



# Newsletter

ryedalefoodbank@gmail.com

Issue No 01—May 2015



## Children donate Easter Eggs.

Children from Welburn Community Primary School with some of the Easter Eggs they have donated to the Ryedale Foodbank.

**‘People shouldn’t be starving in a place like Ryedale, in this day and age!’**

**Ryedale Foodbank provides “emergency food for local people in a crisis!” if you need help, contact one of our support agencies for a red voucher. These include:**

Homestart Ryedale, Hope Central, Hope Debt Advice, Horton Gateway Housing, Malton Community Primary School, Mental Health Matters, Next Steps, Norton Trinity Methodist Church, NYCC Parent Support, Pickering, NYCC Youth Support Service, Pickering Medical Practice, Ryedale CAB, Ryedale Children’s Centre, Ryedale Community Mental Health Team, Ryedale District Council, Saville Street Methodist Church, School Health Team, Pickering, St Peter’s Church, Stonham Homestay, York College, Yorkshire Housing (Norton), Yorkshire Housing (York), Domestic Abuse Service.

Hope Central

62-64 Castlegate

Malton

Wednesday 10-12

Friday 1:30—3:30

Methodist Church

Potter Hill

Pickering

Thursday 4-6

Howe Road

Norton

Tuesday 2-4

## 831 HELPED BY RYEDALE FOODBANK IN LAST YEAR

Over 830 adults and children have received three days' emergency food and support from Ryedale foodbank in the last 12 months, an over 70% rise on numbers helped in the previous financial year.

The latest figures published by the Trussell Trust nationally show that over 1,000,000 people have received at least three days' emergency food from the charity's foodbanks in the last twelve months, more than in any previous year. The data indicates that despite signs of economic recovery, the numbers of people turning to foodbanks continues to grow.

The top three primary referral causes at Trussell Trust foodbanks (nationally and locally) were benefit delays, low income and benefit changes.

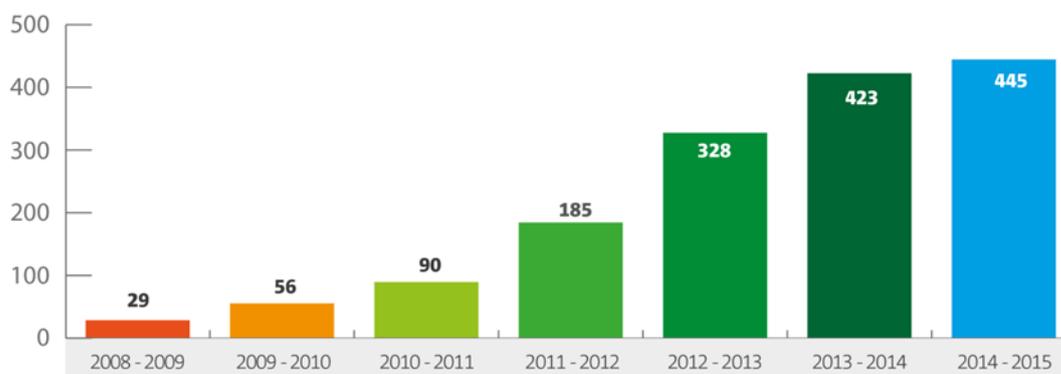
Last year local people donated 9.947 tonnes of food to Ryedale foodbank, and over 50 people volunteered 2 or more hours per week. Local schools, businesses and faith groups have provided vital support to the foodbank, enabling us to give three days' nutritionally balanced food and support people in crisis.

Of the 831 people given three days' emergency food, 290 were children.

### **Foodbank growth:**

Nationally, in the last year total numbers of foodbanks launched rose by five percent, whilst numbers of people helped by foodbanks rose by 19 percent.

### **Growth of The Trussell Trust Foodbank Network 2008 - 2015**



Marcella, a former dental assistant who has chronic back pain and is recovering from a spinal operation, was helped by the foodbank recently and says: *'It's so hard to pay rent and survive at the moment. I have friends who are working minimum wage jobs who have had to go to foodbanks. People should not just be surviving, they should be able to live and have a life. I was less than surviving when I went to the foodbank. Going to a foodbank was very emotional for me, I felt a bit ashamed at not being able to support myself but they took the pressure off, they gave me advice and helped me to find a support worker. The foodbank gave me faith that there are people who understand and who you can trust. We need to stop judging people and listen to every individual and understand how they got into the situation.'*

As well as providing emergency food, Ryedale foodbank provides essentials like washing powder, nappies and hygiene products to families who are struggling point, as well as signposting them to other services in the local area . Many Trussell Trust foodbanks, including Ryedale foodbank, are partnering with other agencies to provide additional services such as welfare advice, budgeting help and debt support at the foodbank itself, helping people to break out of crisis.