

**Issue No 18 August 2026**

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## Welcome to our August newsletter!

Did you know that our emergency parcels contain enough for 3 days worth of nutritionally balanced food per person? They are designed as short-term emergency aids, but offered alongside signposting and referral support for finance or debt to generate long term benefits. We are also usually able to offer vital non-food items such as toiletries, sanitary products, nappies and pet food.

All our clients need a referral to obtain a food parcel, eg from Plymouth City Council, Citizens Advice, Schools, GP surgeries, Social Workers and Housing Associations.

Some of our clients are stunned to discover that our Foodbank survives solely on the generosity of our local community, including individuals, families, schools and local businesses. With our stock continuing to work in deficit (we held 1067.85kg at the end of June and distributed 1137.36 in the last month) we are so very grateful for the kindness of our donors, as well as our hard-working volunteers who, when the photo (right) was taken, said they were "too busy to pose"!





**Save the Dates!**

We're excited to be once again hosting the Coffee Mornings at Harewood House from **Monday 5th October to Friday 9th October**.

Homemade cakes and donations for the raffle and tombola will be very gratefully received nearer the time.

Our week in May was very successful thanks to the support of our Community and we hope to see you again in October so that we can raise more funds for local people in crisis.



## Hillside Court



The Residents of Hillside Court regularly donate to Plympton Foodbank and we love them for it!

They recently held a fundraising musical afternoon, hosted by Barry, one of our wonderful volunteers. The theme was 'The Best of British and the Best of the Rest', with Plympton Foodbank and PUMA as joint beneficiaries.

Barry delivered a fantastic donation in monetary and food form. Hillside Court Residents, you are truly wonderful. Thank you so much!

### Barry's Quick Musical Quiz:

*Can you name the original tune that Elvis used for his biggest hit song 'It's now or never'?*

*Using the original tune, which summer food item was advertised on TV with new lyrics in the 1980's?*

Answers on page 2!



## A Shining Example...

As page 1 reiterated, we're totally reliant on donors to provide emergency supplies to people in need, so it's a very special 'thank you' to Martin, (pictured centre with volunteers Tony and Judith) who personally donated an amazing haul of goods to our foodbank.

Martin, you're an absolute star and your support is greatly appreciated, particularly during such difficult and expensive times for us all!



## Stagecoach Bus Company

A wide shot was needed for this wonderful donation from Stagecoach Bus Company who yet again provided a vast selection of food for people needing a helping hand.

A massive thanks to the drivers and staff at Stagecoach for their generosity!



We have had some brilliant donations recently, including from new supporters such as CEF Ltd based at Plymouth Parkway. It's always lovely to see new faces and we are extremely grateful to everyone at CEF for thinking of us.

These food items were just what we needed and will already have winged their way into emergency food parcels!

Thank you, CEF Ltd!



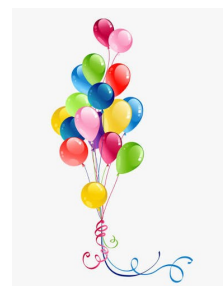
## Our Birthday Girl!



Helen, another of our fabulous volunteers, has just celebrated a very special birthday (21 again!!) and was kind enough to suggest to her friends that they might like to donate to something to Plympton Foodbank in lieu of presents.

We were absolutely delighted to receive monetary donations plus 25.8kg of food as a result of Helen's selflessness and her friends' generosity.

Helen, thank you for your truly inspirational support of Plympton Foodbank - and huge thanks to your fab friends!



## Barry's Quick Musical Quiz Page 1 - the answers!

The original tune that Elvis used for his hit 'It's now or never' is 'O Sole Mio' 1898

The summer food item advertised on TV in the 1980's to the tune of 'O Sole Mio' was *Cornetto* - just one of course!

