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Welcome to our September newsletter!

This month has been extremely busy and we are very grateful for the support of our local community which enables us to continue serving those most in need.

We hope that everyone who donates to us (whether it be one item or a car load) realises what an incredible difference they are making to individuals and families who visit us. To see someone arrive at the foodbank in desperate need, only to leave with a smile of relief on their face, makes us so appreciative of the food and basic essentials coming through the foodbank's doors.

The Rees Centre Family and Wellbeing Hub at Mudge Way in Plympton have recently added a donation point in their Reception area and have also offered to drop donations to us.

A huge thank you to all at the Centre!



Harewood House Coffee Mornings

It's almost upon us!

Our week of hosting at Harewood House Coffee Mornings begins next **Monday 5th October to Friday 9th October!**

We do hope you will pop in to see us for a hot or cold drink, sandwiches and cakes, which in turn will help us raise much-needed funds for our neighbours experiencing challenging times. There will be a tombola and a raffle too! We so enjoyed our stint in April (photos below) but with high demand on the Foodbank, we hope to surpass the amount we raised then. A warm welcome awaits you!



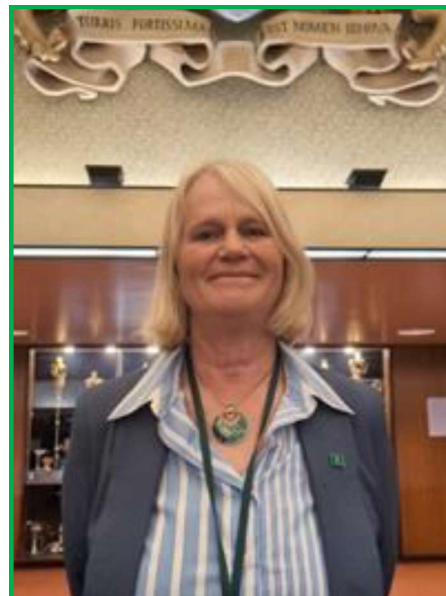
Councillor Sally Nicholson

Earlier in the month, Councillor Sally Nicholson visited our Foodbank and recognised the “valuable service” offered, including the fact that our clients receive not only provisions but “a listening ear”.

Additionally, Councillor Nicholson, under the Community Grant Scheme, presented the Foodbank with £200 which we will use to provide food parcels and everyday essentials to local residents who need a helping hand.

We are very grateful to Councillor Nicholson for her ongoing support of Plympton Foodbank including highlighting the work of our volunteers.

Thank you!



Frequently Asked Questions

The only way we are able to continue to meet the needs of local people is through the generosity of our donors. If you are thinking of donating or are asked by others about how to donate, you might find the following information (using Trussell guidelines) useful.

- ***Can I donate food past its expiry?***

No, please ensure all food is in date and unopened.

- ***Do food banks accept baby formula?***

No, our Foodbank follows the UNICEF advice which warns against giving formula out to people in case the wrong type is provided, or a type that the baby is unaccustomed to.

- ***Can I donate fresh or homemade food?***

Plympton Foodbank is unable to safely store fresh goods and ask for non-perishable items only.

- ***Can I donate dog food or other pet food?***

Yes, we will gladly accept dog and cat food.

- ***Can I donate money instead of food?***

Yes, money can be donated by cash or cheques. For bank transfers, our Nat West bank account details for the foodbank are:-

Payee: Plympton Foodbank or PCC Plympton StMary Parish or StMarys Plympton

Acct 47230274

Sort Code 560063

Please note that the account will be stated as PCC Plympton St Mary Parish (No 1128769 on the Charity Commission website)

If you state under payment reference “Foodbank only”, the Treasurer will be pleased to send a receipt and a ‘thank you’ so that you can track the payment.

* *We hope to see you at Harewood House next week!*

