

What else we do

We're also able to provide information on organisations offering the following services:

- Budgeting and financial management skills
- Advice on who to contact for other support and assistance
- Information on family-based activities and courses

Please let us know if you or someone you know would like more details.

Call: **07960 285520**

Email: contactus@bridgnorthfoodbank.co.uk

Make a financial donation

If you are a UK tax payer, as a part of Bridgnorth Community Trust, we are able to reclaim Gift Aid at no extra cost to you - for every £1 you give we can claim an additional 25p.

Please download a **Gift Aid Declaration** from the website or contact us for more details.



Why we help in this way

We understand many individuals and families are finding times tough for a variety of different reasons. People sometimes need a helping hand and we're here to help!

The Bridgnorth Food Bank is sponsored and supported by all the Christian Churches in the town - and some rural Churches - but our service is available to everyone.

By working together with statutory agencies, community groups, businesses and health care professionals, our aim is to provide practical assistance for those in need.

Please contact any of the following:

- **Bridgnorth Anglican Team** - 01746 767174
www.bridgnorthteamministry.org.uk
- **Bridgnorth Baptist Church** - 01746 768129
www.bridgnorthbaptist.co.uk
- **Cartway Methodist/URC** - 01746 764359
www.bridgnorthurcmeth-cartway.org.uk
- **People's Hall Evangelical Church**
- 01746 763846 www.peoples-hall.org.uk
- **St. John's Roman Catholic Church** - 01746
762348 www.stjohnschurchbridgnorth.org



Bridgnorth Food Bank

Number Seven | West Castle Street |
Bridgnorth | Shropshire | WV16 4AB

07960 285520 | www.bridgnorthfoodbank.co.uk

Sponsored and supported by the Christian Churches of Bridgnorth
A part of Bridgnorth Community Trust. Registered Charity No. 1154617



Providing emergency food assistance for people in need

Opening Hours

Mondays 10:30 - 12:30

Bridgnorth Food Bank

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How we can help

Bridgnorth Food Bank provides **emergency assistance** for anyone who is in **genuine need**.



How it works

- Food is donated, checked for "best by" dates and stored, ready for distribution.
- Local agencies (see opposite) refer people in need of assistance to the Bridgnorth Food Bank and issue them with a food voucher.
- Clients come along to our Distribution Centre at Number Seven, West Castle Street, Bridgnorth with their voucher and we discuss with them their particular circumstances and needs.
- We agree a support plan with a review date so we can check whether circumstances have changed and issue suitable items.

How you can help

We're indebted to the many people who help us achieve our objectives.

You could join them and help us by:

- Volunteering your time and skills
- Making a financial donation - see overleaf
- Making a regular or one-off donation of the items we need - see opposite
- Organising an event or arranging a meeting for us with an organisation or social group to which you belong

Call or email us if you can help us in any way.



Referral Agencies

The following organisations are able to issue **food vouchers**:

- Shropshire Council Teams and Statutory Agencies, e.g. Benefits & Employment
- Organisations such as: Shropshire Family Information Service | Home Start | Citizens Advice etc.
- Health Visitors & Health Professionals
- Housing Associations & Providers
- Local Churches

"Thank you so much - without the Food Bank's help I wouldn't have been able to feed my family whilst I was off work recently" - from a local client

But that's not all

Bridgnorth Food Bank aims to alleviate poverty and help those in need with the underlying causes.

Whilst the majority of funds donated will assist us provide food, in certain cases we may also provide clients with other items they may need, including cooking utensils, clothing and toiletries etc.

Donations also help with running expenses - rent, heat and light, volunteer training, etc. - which are necessary for the effective running of Bridgnorth Food Bank.

There are no paid employees - all those involved give their time as volunteers, free of charge.

Our **Constitution** (which is available on request or via our website) sets out what we do and how we do it.

Food Donations



You can also help us by donating products - just take this list to the supermarket on your next visit and add some items to your weekly shop.

Please make sure that "sell by" or "best by" dates are of at least 6 to 9 months.

Please select from the following items:

- **TINNED MEALS** (**meat-based** e.g. curry; chilli; stewed steak; Irish stew; minced beef and **VEGETARIAN** options)
- Tins of **FISH**
- **TINNED TOMATOES & TINNED VEGETABLES**
- **SOUP** (tins or packet) & **BAKED BEANS** (415g)
- **PASTA & COOK-IN SAUCES**
- **SPAGHETTI** (500g)
- **PASTA** (500g) & **RICE** (ideally boil-in-the-bag)
- **INSTANT MASHED POTATO**
- Tins of **FRUIT / RICE PUDDING / SPONGE PUDDING**
- **TEA BAGS** (40's or 80's)
- **COFFEE** (small or large jars)
- **SUGAR** (500g)
- **LONG LIFE MILK** (UHT or powered)
- **SQUASH** (1 litre bottles) or **FRUIT JUICE** (concentrate not fresh please)
- Jars of **JAM / HONEY**
- Box of **CEREALS** (or selection boxes)
- **BISCUITS / SNACK BARS**
- **TOILETRIES** (e.g. soap or handwash; shampoo; deodorant; toothpaste and brushes; razors; toilet rolls)
- **CLEANING ITEMS** (e.g. washing up liquid and washing powder/laundry liquid)
- **BABY ITEMS** - baby food; wipes; nappies

Items can be delivered to our Distribution Centre at

**Number Seven | West Castle Street |
Bridgnorth | Shropshire | WV16 4AB**

when the Food Bank is open on
Monday mornings

THANK YOU FOR YOUR GENEROSITY

