

Newsletter

Autumn 2024

<https://billinghamstocktonboroughfoodbank.org.uk>



[Welcome to the Autumn Edition of the Billingham and Stockton Borough Foodbank Newsletter.](#)

HARVEST COLLECTION 2024

Harvest is an important season for the foodbanks. It is a time when our local schools, churches and other volunteers come together and collect extra food to donate.

But it is also the time of year when referrals to the foodbank increase as household budgets become squeezed by colder and darker days. In 2023, new referrals for people in crisis visiting us increased by over **30%**, and we sadly expect to see those numbers increase this year.

We know budgets are tighter this year than ever before, so it's important that our community comes together to make sure everyone gets enough to eat.



DONATE NOW!

Help by donating an item or two from the list to support people facing hardship.

You can also donate money to help to cover the costs of storing and distributing emergency food as well as delivering additional support and advice.

LET'S MAKE IT HAPPEN TOGETHER!

To get involved with our Harvest collection, please look to donate two or three items from the shopping list on the next page.

You can drop the items off at one of our centres or in a shop that has a foodbank cage near the entrance/exit e.g. Aldi, Tesco, Asda.

For more information just email: info@billinghamstocktonborough.foodbank.org.uk or visit our Facebook page – more contact details are also on the last page of the newsletter.

HARVEST APPEAL



HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



Using your phone camera, you can now scan the QR Code below to go directly to our Donations page.

Don't forget to add Gift Aid 😊



SHOPPING LIST

- Long Life Milk
- Sugar
- Jam / Honey / Peanut Butter
- Small Fruit Juice
- Squash
- Pasta Sauces / Curry Sauces
- Tinned Fruit
- Tinned Fish
- Tinned Meat
- Tinned Vegetables
- Tinned Beans
- Tinned Tomatoes
- Tinned Rice Pudding
- Custard
- Deodorants
- Shampoo
- Shower Gel / Soap
- Shaving Foam
- Washing Up Liquid
- Washing Capsules / Detergent
- Sanitary Products
- Toilet Rolls
- Toothpaste



Case Study

Jan* and her husband both work but they are not managing. They were struggling with money for utility top ups for the meter. Council tax arrears were about to be taken directly from her husband's salary and she was fearful about the impact of this.

Jan said she did not know where to start first or who to go to. A teacher had told her about our foodbank, so she decided to take a risk and visit us for help. Our volunteers put together a food package of support for the family.

I referred her to our benefits and debt welfare advisor specialist who Trussell Trust fund full time from Citizens Advice. Fuel voucher support provided access to support for gas and electric. We also supplied the family with a toaster and slow cooker, as slow cooking is the cheapest way to prepare meals.

Our communities are shifting and working people are entering deprivation at a scale previously unseen.

**Names have been changed to protect identities*

Let's Meet...Helen

Many of our regular supporters will recognise Helen at the helm of our Foodbank, so we asked Helen,

"Tell us about a typical day for you in the Foodbank?"



"Today I started with my regular morning briefing to volunteers and staff; updating what has happened and what is coming up, then finishing with morning prayers for the day.

Then I was off to Stockton Foodbank to drop off some school uniforms and to catch up with how the volunteers are doing.

Then I head off to a meeting with one of our referral agencies to discuss and explain our updated food voucher procedures, before coming back to interview a potential new volunteer for our Billingham foodbank.

The foodbank was busy with clients coming in to collect food parcels and to speak with supportive volunteers. I made time to catch up with our foodbank Financial Inclusion Advisor. It is important that we share any concerns we have about clients that may need extra support and guidance.

I make time to speak with some of our clients and listen to their worries about mounting debts. I encourage them that it is a good idea that I refer them to our foodbank advisor, she will then be able to assess them properly and arrange specific financial support, this might be fuel vouchers, debt advice, or support writing a benefit claim.

I talk to visitors who have come to donate food, we take pictures and I put them on Facebook. I finish this day off by helping to tidy up and put food away."

THANK YOU TO OUR COMMUNITY – here are just some of our many volunteers and donations.

April 24 - Cummins of Darlington support us again. Billy Lake, Warehouse Manager said they were a bonus. Thank you, lads. Pictured L-R Josh, Harry, Dan and Matty



April 24 - Amazing Amazon

An amazing group of colleagues visited us from Amazon for one of our corporate volunteer days. Pictured L-R: Ali, Rachel, Phil, Flora, Helen, Simon, Kenny and Nahom

April 24 - Queensway Dental Clinic called out to Billingham & Stockton Borough Foodbank with two trolleys of food & toiletries donated by staff and patients.



April 24 - The 1st Norton Cub Scouts Group came to [Billingham and Stockton Borough Foodbank](#) for an Experience Hour. Thank you to everyone from 1st Norton Cub Scouts who donated food. We appreciate your support.



May 24 - Claire McGarvey from Stockton Riverside college visited us to deliver a large donation of food 174.80kg.



May 24 - Helen visited Oxbridge Lane Primary School to give a talk to two classrooms of pupils. Thank you everyone for your support and the large donation of 75.40kg



May 24 - Claire Knowles from Carlton Women's Institute invited Foodbank Manager, Helen, out to Carlton Village to give a talk to all their members about the work Billingham and Stockton Borough foodbank is doing in the community. They all donated food which amounted to a whopping 79 kg, plus £90 in donations. **Check out some of their budget friendly recipes below!**





June 24 - Thank you so much to Leanne and Peter from Newcastle Building Society who gave up their time to volunteer.

June 24 - Jo, Judith, Beth and Lisa from CF Fertilisers volunteered for a day in our warehouse. Thank you for your support!



June 24 - We regularly have support from different organisations and agencies whose staff kindly volunteer their time to work in our foodbank. Johnson Matthey organised for 12 of their staff to work with us over 2 days.



June 24 - Thank you so much to Sophia, Nicole, and Brogan, who joined us from Queensway Dental Clinic to volunteer for Billingham and Stockton Borough foodbank for a day.



July 24 - The lady who donates anonymously has returned. She told Billy that she had seen our earlier post about food we were running out of. Billy said it was lovely to see her back. A big thank you from all of us!



July 24 - We had an anonymous donation during July. A brother and sister brought in the donation on behalf of their family. Their words can say it far better than we ever could: "We donate once a year on the anniversary of our mum's death. This is the 16th year anniversary of Lakshmi. We took over from our dad". Thank you from everyone at the foodbank.



July 24 - A big thank you to King Edwin School, Norton, Class 1 for their £80 donation. "The pupils wanted to support the local foodbank"



August 24 - We are so pleased that staff from Barclays are supporting us! Pictured: Eileen, Anna and Debs from Barclays, Debs, Angela and Bridget.



August 24 - Big thank you to Cummins of Darlington who have donated Back to School stationery for 50 children, whose parents visit Billingham and Stockton Borough Foodbank for crisis food packages.



August 24 - Thank you so much to a lady who called in today to donate some hand knitted baby clothes, some have been snapped up by a client already. She wants to knit some more items for us, so we have suggested adult hats and scarves for winter.



September 24 - There are angels in Billingham. Today a 75-year-old local lady called Sadie bought some food for us from some tax refund she received. This is what she said: *"Years ago I worked in social services, so I experienced families in crisis. I have always donated here and wanted to again. I grew up in poverty in Durham, and often went without. Quite often we wore clothes from the Sally Army, so it's important to me that I share what I have got"*.



August 24 - With 3 weeks to go until they take on their epic Coast to Coast cycle challenge, the team at CF Fertilisers has raised just over £4,000 for the Billingham and Stockton Borough Foodbank.

If anyone would like to support their efforts, simply visit the team's GoFundMe via this link <https://www.gofundme.com/.../cf-raise-ps10k-for-the...> or type: gofundme and search : CF supporting the Billingham & Stockton Borough Foodbank.



September 24 - Yesterday our lovely friend Geoff Eltringham who has supported us for many years called out to Billingham Foodbank to deliver food he had bought for us. Thank you so much Geoff for your amazing generosity over the years.



BUDGET FRIENDLY MEALS

With huge thanks to Carlton Women's Institute for providing the recipes.

Winter Warming Mixed Chilli Beans with Peanut Butter



Just 6 Essential Ingredients to serve 4 people

- * 1 x 500g Tin of Kidney Beans in Chilli Tomato Sauce
- * 1 x 500g Tin Beans / Mixed Beans in Water
- * 500g Tomato Passata (with onions if possible)
- * Chilli Powder (to suit your taste)
- * 4 tablespoons Peanut Butter
- * 4 servings/individual pouches of rice

Method

1. Drain the mixed beans/other beans and keep liquid.
2. Put all the kidney beans in chilli tomato sauce and the drained mixed beans in a pan.
3. Add the passata.
4. Simmer for 10 minutes.
5. Taste - Add more chilli/salt/pepper/oxo cube to suit and simmer again for 2-3 minutes.
6. Stir in the peanut butter until all mixed in and simmer for a further 2-3 minutes.
7. Add a little of the liquid from the beans if it is too thick.
8. Serve with rice.

Comforting Layered Corned Beef Hash



Just 6 Essential Ingredients to serve 4 people

- * 1 x Tin of Corned Beef
- * 1 x Tin of New Potatoes (sliced)
- * 1 x Tin Carrots (sliced)
- * 1 Onion
- * 1 Oxo Cube
- * Butter/Oil

Method

1. Put butter/oil on a low heat and add chopped onion. Cook until soft.
2. Slice the corned beef and layer in a shallow dish with onions and sliced carrots.
3. Finish off the top with the sliced tinned potatoes.
4. Mix the Oxo cube with $\frac{1}{4}$ pint of water and pour over the top.
5. Bake in oven until warmed through and potatoes are crisping on the top.
6. Serve with beans, tinned vegetables or eggs.

If you have any budget friendly recipes that you would like to share, please contact us and we can publish them in our next newsletter!

PLEASE LOOK OUT FOR OUR SPECIAL CHRISTMAS EDITION OF THE NEWSLETTER IN EARLY DECEMBER!



We are privileged to have people visit us who want to give to us out of the kindness of their hearts.

We have several anonymous donors who donate food and money to support the people in our community.

They don't want praise, but we feel they fully deserve it!

For more details about the donations we receive please visit our Facebook page:

Billingham & Stockton Borough Foodbank

Opening Hours

Office & Warehouse:

Monday to Thursday from 9am – 1pm

Billingham Foodbank:

Tuesday & Thursday from 11am – 2pm

Stockton Foodbank:

Wednesday & Friday from 10am – 1pm

Hebron Church, Stockton

Billingham & Stockton Borough Foodbank

4-6 West Precinct
Billingham Town Centre
Billingham
TS23 2NH

Registered Charity No.:
1177777

Registered in England & Wales

We want to see a future where food banks aren't needed
and we know that together, we can make that happen.

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<https://billinghamstocktonboroughfoodbank.org.uk>

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