

How can you help?

The Foodbank is about local people helping each other. There are lots of ways you can get involved and give to people living locally who need your help today.

- Become a Foodbank Friend by giving a regular financial gift towards our running costs;
- Donate food to the Foodbank;
- Give your time as a volunteer:
 - ♦ Make tea, befriend people or give out food at the Foodbank.
 - ♦ Help out at one of our supermarket collections.
 - ♦ Sort and pack food at the Foodbank.
 - ♦ Organise a collection or fund-raise at your school, workplace or church.



Wadebridge Christian Centre is a Registered Charity No. 1050242 Registered in England & Wales

Shopping List

Tinned tomatoes
Tinned vegetables
Tinned meat/fish
Tinned fruit
Long life fruit juice
UHT milk
Sugar
Tea/Coffee
Cereal
Sauces e.g. Ragu
Pasta & Rice
Packet mash
Rice / sponge pudding
Biscuits
Jam/Marmalade

Donating Food

You can donate food or collect a box at:

- Wadebridge Foodbank shop at 1 Chapel Lane, Wadebridge on Tuesdays 10:00am - 12.30pm & on Thursdays 2 - 4.30pm.
- Bodmin Christian Fellowship, Berrycoombe Road, Bodmin (past the Fire Station) on Wednesdays 1:30 - 3pm.

Foodbank Food Collection Boxes in:

- Wadebridge Co-op
- Bodmin Sainsburys
- Padstow Tesco



Become a Foodbank Friend



Contact Us

Wadebridge Foodbank
c/o Wadebridge Christian Centre,
Molesworth Street, Wadebridge.
Cornwall. PL27 7DR.

☎ 01208 813110

✉ contact@wadebridgefoodbank.org
www.wadebridgefoodbank.org



Wadebridge Foodbank provides three days worth of nutritionally balanced, dried and tinned food to local people in times of crisis. Food is given out in exchange for a voucher, distributed by local statutory and voluntary organisations such as schools, doctors, churches etc. It is available to anyone living in Wadebridge, Bodmin, Padstow and the surrounding rural areas.

Food is donated by local people, and the Foodbank is run by volunteers, but there are ongoing costs of running the Foodbank:

- rent for the shop,
- utility bills,
- transport/delivery,
- publicity.

We want to ensure that the Foodbank can be kept running so that we can continue to meet the needs of local people in crisis.

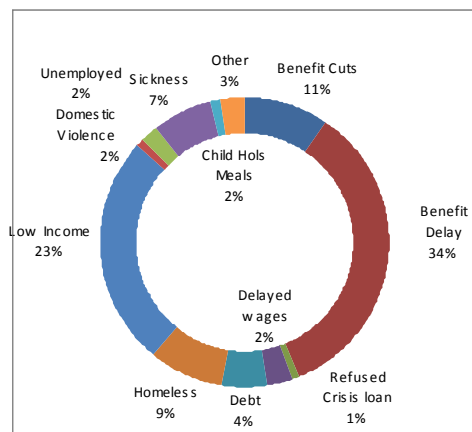
We need £500 a month to cover our running costs, and ensure our future sustainability. Would you consider committing to giving from just £1 per month, or maybe more?

What have we done so far?

In our first year we have :

- had 2,784 kg food donated,
- worked with 30 distributors,
- given out 129 boxes of food,
- fed 352 people - 193 adults and 159 children,
- fed almost one person each day of the year.

Some reasons for referrals include benefit delay, low income, benefit cuts, domestic violence, and redundancy.



If you need a food box

Foodboxes are only given out on receipt of a voucher. You can get one from local care professionals and other voluntary organisations (i.e. GP, social worker, school, health visitor, CAB, local churches etc). If you are unsure who to go to please contact us.

**Restoring dignity
Reviving hope**



I'd like to help local people in crisis...

I would like to become a Foodbank Friend, & set up a standing order

To: (name & address of your bank) _____

Sort code: _____ Account No: _____

Please pay a regular gift of (please select or specify) £1/£5/£10/Other _____ (please enter amount in words) _____ to Wadebridge Foodbank.

Starting on ____/____/____ and from then every month until further notice.

Signature: _____

Date: _____

Wadebridge Foodbank Bank details
Lloyds TSB, 14, Molesworth Street, Wadebridge. PL27 7DE.
Sort code: 30-98-98 Account: 01663223
Please take this form to your bank.

Your details

Name: _____

Address: _____

Post code: _____ Phone: _____

Email: _____

☐ Tick here to receive our newsletter

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☐ Yes, I pay tax in the UK and would like Wadebridge Foodbank to treat as Gift Aid donations all gifts I have made in the last 6 years, and any future gifts, unless I inform you otherwise. (You must pay income/capital gains tax at least equal to the amount of tax reclaimed on your donations.)

Please return to us at:

Wadebridge Foodbank

c/o Wadebridge Christian Centre
Molesworth Street, Wadebridge.
Cornwall. PL27 7DR.



Thank you