

# ST GREGORY'S FOOD BANK

*'For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.'* Matthew 25:35

## Generous donations

We have been overwhelmed by kindness from our community, meaning it's impossible to thank everyone individually! However, in addition to those we have previously mentioned, we would like to thank:

- The volunteer drivers from St Andrews who uplift for us five nights a week from M&S in Milngavie. This is a herculean task and we are continually grateful.
- St Mary's Primary, Hyndland Secondary School, Belhaven Nursery, St Charles' Primary, Abercorn Secondary School, and Little Me Nursery;
- Spar Cleveden Road, Òran Mór, Turning Point Scotland, Esbel Limited and M&S Argyle Street;
- St Peter's (Partick) and St John's-Renfield

## Call for donations

As the cost of living continues to rise, we are continuing to appeal for support. Donations can be made on our website at: [stgregorysfoodbank.com/](https://stgregorysfoodbank.com/) #donate or in-person.



Photo credit: Mike Swift

## At the end of 2022 - thank you!

It has been a busy year at St Gregory's Food Bank. The cost of living crisis has led to an increase in service users and food costs. In the week leading up to Christmas we helped 541 people - a sobering record. Amidst the difficulties, we are indebted to those who have supported us so generously. We were delighted when volunteers Fiona Mackay and Paul Hegarty (pictured above) received the National Churches Trust Volunteer Award at Mercers Hall in London on behalf of our food bank volunteers.

We would like to say *thank you* - whether you are a volunteer, a driver, if you help with admin, if you give your time, food or monetary support, or whether you are a local business or championing us in your local church or supermarket. We also express appreciation to our volunteers for keeping the food bank open during the Christmas period. Your kindness is a lifeline to so many in the community.

With gratitude,

***The Team at St Gregory's Food Bank***



## About St Gregory's Food Bank

St Gregory's Food Bank is an independent food bank operating five mornings a week from the Chapel of St Gregory's RC Church in Wyndford, Maryhill.

We provide a range of grocery and store cupboard items with household cleaning and personal hygiene items available on request to the most vulnerable in society. No referral is required, meaning anyone can access support.

As we are blessed with the use of Fr Cameron's presbytery, we have no overheads: no rent, and no heating bills. The food bank is staffed entirely by a dedicated team of volunteers which means there are no staffing costs.

**This means that every penny donated to the food bank goes directly to those in need.**

## Stay informed

We are now on various social media platforms. Stay up-to-date at:

 [St Gregory's Food Bank](https://www.facebook.com/stgregorysfoodbank)

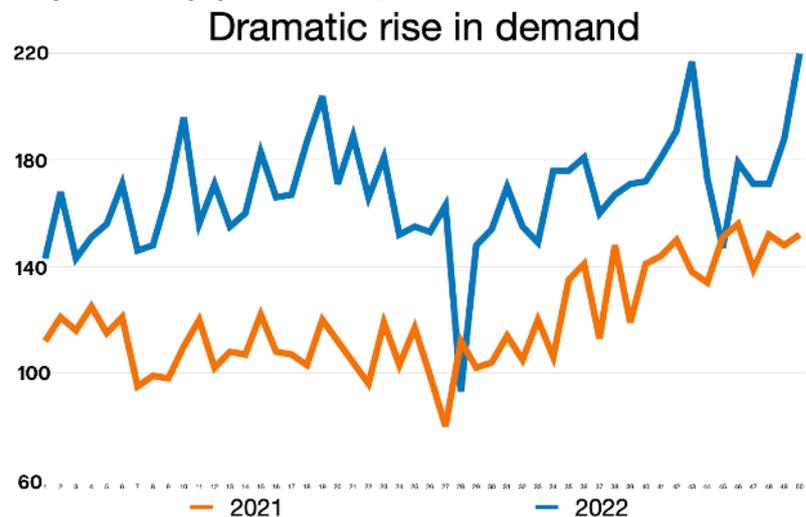
 [@st\\_gregorysfoodbank](https://www.instagram.com/stgregorysfoodbank)

 [@stgregorysFB](https://twitter.com/stgregorysFB)



## Bags given out - 2021 vs. 2022 in figures

In 2022 the food bank experienced a dramatic rise in users and bags given out. The below graph shows 2021 (orange) vs. 2022 (blue) numbers of bags given out over each week of the year. As you can see, 2022 meant a large rise in bags given out compared to 2021:



You will notice two dips in food bank usage in 2022. These are week-commencing 18th July and 14th November. These dates coincide with the issuing of the 'Low-income Cost of Living Payments' by the Scottish Government. We believe that this correlation suggests that levels of food insecurity decline when governments offer more support to people on low incomes, resulting in less food bank usage. Bags now cost £9 each (previously £8), contributing to increased food costs at the food bank.

## Information sessions

For anybody who would like to learn about the food bank, we will be holding information sessions on three dates: Monday the 30th of January, Monday the 27th of February and Monday the 27th of March at 14:00 in the St Gregory's Church Hall. Please let us know via email at [stgregorysfoodbank@gmail.com](mailto:stgregorysfoodbank@gmail.com) if you would like to attend. An evening session can also be arranged by appointment.



## In the news, and on our website

We have recently had features in the Glasgow Evening Times, Herald Scotland, Money Box Live, and the Sunday Post.

## Warm hubs

Find a list of Maryhill 'warm hubs' at the following webpage: [www.heraldsotland.com/news/23187064.glasgow-warm-hubs-open-doors-cost-living-crisis-bites/](http://www.heraldsotland.com/news/23187064.glasgow-warm-hubs-open-doors-cost-living-crisis-bites/).