

# 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 are 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 from M&S five nights a week
- Various supermarkets including local Tesco, Sainsbury, Asda and Lidl
- Kelvin Books, Bonnetmakers and Dyers of Glasgow and Sweeney Solicitors
- Findlay Church, Our Lady of Perpetual Succour, St Mary's Episcopal Cathedral, Immaculate Conception, St Gregory's and St Peter's Partick
- Those who donate anonymously. You know who you are!

## 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/#donate](https://stgregorysfoodbank.com/#donate) or in-person.



## Making connections

At St Gregory's Food Bank this spring we are emphasising the relationships that we are building between groups within our community. In the same fortnight we were visited by both the Moderator of the General Assembly of the Church of Scotland and the Archbishop of Glasgow.

We are very grateful for sizeable monetary donations from the Hugh Fraser Foundation, Glasgow Care Foundation, Glasgow City Council Area Partnerships and Allied Vehicles.

In April we received another fantastic donation from Eilidh and her team from John Paul Academy. Whilst taking part in the Young Philanthropist Initiative, they researched and presented about our food bank, winning against 21 other teams. The prize money of £3000 has gone to us, enabling us to pay for our FareShare subscription for the year!

Thanks to all who are supporting us as demand for the food bank rises. You enable us to provide for those in need.

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.**

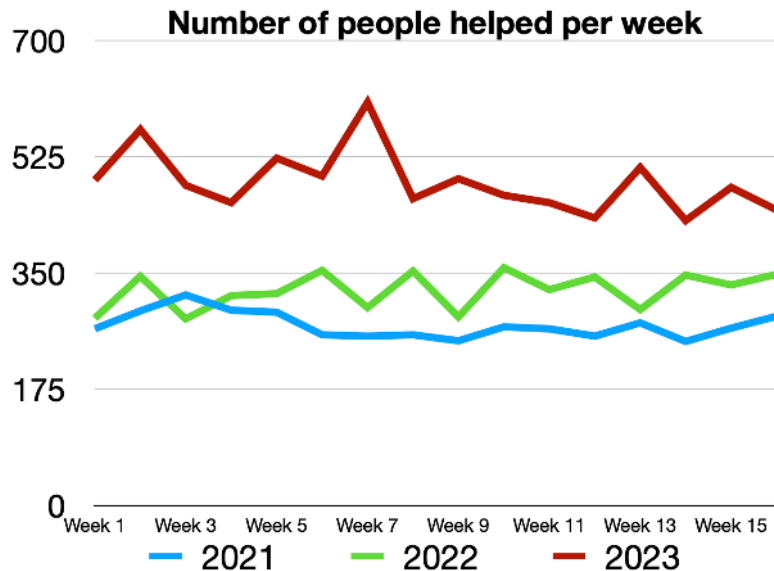
## Stay informed

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/st_gregorysfoodbank)

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



## Figures and costs update

The above graph shows the number of people helped in the first 16 weeks of the year, comparing 2021/2022/2023. **As you can see, the number has almost doubled between 2021 and 2023.** We have calculated that each bag is now worth £10, reflecting our huge rise in costs associated with the 'cost of living crisis'. Alongside this, we are increasing the nutritional value of what we're offering. Each bag now includes fresh fruit and veg, eggs and cheese, and extra protein - meat or fish - which is paid for from donations.

## Volunteering from East Park

We have recently been working with some young people with additional support needs from East Park. Paula McGuire, a support worker, has kindly written the following for our newsletter:

'Some of our young people have been helping at the local food bank run by St Gregory's. Here they help with essential tasks such as organising food items and at the attached warm space serving the public. This helps our young people gain essential skills such as community engagement and organisation.'

St Gregory's Food Bank staff have been very supportive to the young people who attend. Our young people have had a positive experience and a sense of achievement when they see that their help makes a difference. Engaging in the local community is something that we are proud of at East Park and we are grateful to everyone at St Gregory's who have supported this and allowed our young people grow and achieve further skills'.

## Information sessions

If you'd like to know more about the food bank then we'd be more than happy to show you around and answer any questions you may have. We are open Monday to Friday, 10:00-12:00. Please email [stgregorysfoodbank@gmail.com](mailto:stgregorysfoodbank@gmail.com) to arrange a visit.

## Warm hubs

Find a list of Glasgow's Warm Hubs at the following webpage: <https://www.warmwelcome.uk/#find-a-space>.