

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
- The givers of our recent donation of £2,000.
- Sainsbury's, Anniesland Lidl, Asda, Tesco Maryhill, Prêt à Manger, Parkview Pantry
- St Mary's Primary School and John Paul Academy
- St Andrew's Bearsden, Immaculate Conception, St Gregory's, Our Lady of Perpetual Succour, St Peter's
- Those who individually donate at our door

Call for donations

We **urgently** need more monetary donations to keep up with rising demand. Donations can be made on our website at:

stgregorysfoodbank.com/#donate

or in-person.



Summer at the Food Bank

At St Gregory's Food Bank, our work would not be possible without the dedication of our volunteers, which was acknowledged by their receipt of the National Churches Trust Volunteer Award in October.

Our volunteers are a diverse group of people from various backgrounds, with ages ranging from teenagers to people in their 70s, and people of different faiths and none. As well as the great people on the door, the 'behind the scenes' work is equally as important: from our shoppers, drivers, administration, night-openers, social media, and those who maintain and rotate stock.

In this newsletter we will point towards where you can find more information about what our volunteers do and how you can get involved. We are in particular need of people prior to our opening hours to help set up on weekdays, and someone with a finance or accounting background to join our management committee (with meetings four times per year).

Huge thanks to all who support us as demand for the food bank continues to rise. 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.

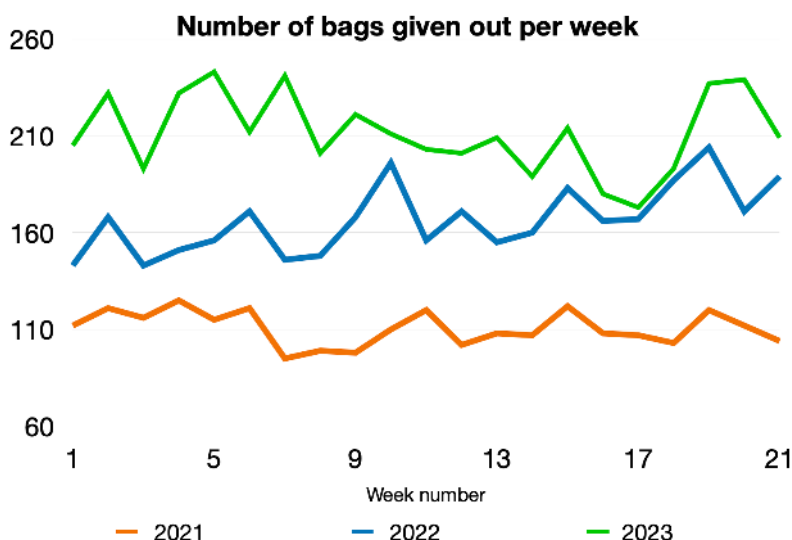
Stay informed

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/stgregorysfoodbank)

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



Demand continues to rise - figures update

The above graph shows the number of bags given out per week over the first half of each year. As you can see, in 2023, demand is continuing to rise significantly when compared to previous years.

Volunteer stories

Volunteers' giving of their time and talents is the most precious gift that we receive. Our volunteers come from all backgrounds, all with the common aim of helping our community. There are a range of volunteer opportunities available to fit whatever time you have available. Sometimes you can help by collecting bags, jars or egg cartons;. If you can give more time in the week then there are opportunities to work on the food bank door, behind the scenes to keep our operation running smoothly; as a shopper; donation collector; helping with our social media; helping with admin work, or as a driver out of hours. Having spoken to some of our volunteers, they have said that working at the food bank has 'helped with self esteem and confidence', that they 'feel part of a team', and they feel the work 'gives a sense of purpose and fulfilment'. If you would like to get involved, please see the information below.

We are keen to give more information about volunteering at St Gregory's Food Bank, including more details about the various roles available. There will be blog posts with both volunteer stories and information about volunteering roles on our website in the coming months.

Get involved

We will be holding three information sessions in the coming months for anyone interested in getting involved: 31st July, 28th August, and 25th September at 1pm in St Gregory's Church Hall. Please email stgregorysfoodbank@gmail.com to notify us if you will be attending. All welcome.

In more exciting news, there will be a series of informational videos available on our website and social media during the coming months. The first video will contain information from current service users about what using the food bank is like. The second will detail volunteering opportunities and the third will be information for funders. More details to follow.