

Newsletter



Issue No 03 – 05 / 10 / 2023

818KG OF FOOD DONATED FROM TESCO COLLECTION

A huge THANK YOU to everyone involved in our recent Tesco Collection on Friday 22nd and Saturday 23rd September.

A total of 818KG of food was donated, alongside further monetary donations to go towards purchasing food to make up parcels.

We are very grateful to be part of a great local community that helps and supports those who are faced with crisis situations and are not able to afford life's essentials. Aberdeen North Foodbank is a lifeline for so many who experience these situations, and we couldn't do it without your support – thank you!

As the need for the foodbank has increased, we are usually giving out more food than we are receiving, which results



Ashlyn, Foodbank Volunteer, at the Tesco Collection Stand

in our warehouse stock often being low on many items. This is why the collection days really make a difference, as we get an influx of generous donations of food, alongside raising awareness of the need on our doorsteps, enabling us to continue reaching and supporting those in need.

Our next Tesco Collection is just around the corner on Friday 20th and Saturday 21st October.

If you would like to support us by volunteering throughout the 2 days, the sign up form can be found by following the QR code:

Volunteering includes being at our stall to engage with the public, hand out leaflets and receive donations from customers.



“ Without the foodbank, I don't think I would be here today. ”

BAGGING 10 MUNROS FOR CHARITY

A big thank you to the Nu Style Products Ltd Team who raised an amazing £795 for Aberdeen North Foodbank from their Bagging 10 Munros for Charity Challenge! We appreciate the Nu Style teams support and all their hard work to have been able to donate this money to help local people in crisis across Aberdeen!

If you would like to fundraise in any way for the Foodbank, please get in touch! We'd love to hear from you!



Get Involved!

We are so thankful for all our incredible volunteers who work to make the foodbank happen! We have a range of teams, events and opportunities that we would love for you to consider getting involved in.

1. Host a collection point!

You can do this at your university, school, workplace, or on your street with your friends, family and neighbours. We can supply you with posters and handouts to spread the word of your collection point and the date items need to be donated by and arrange to pick the donations up. This can be an ongoing collection point or a one off! This is a great way to help us continue to support people in need in our community.

2. Volunteer in our Warehouse!

Our warehouse team meets on Tuesdays or Thursdays between 6-8pm. They don't have sessions every week but they do meet regularly to organise food that has been donated and prepare deliveries to go to the foodbank centres.

3. Volunteer at one of our Foodbank Centres!

We have 3 foodbank centres that rely on volunteers to run smoothly. These happen at different times throughout the week. Volunteers help by setting up for the session, speaking with clients, making hot drinks and preparing and handing out food parcels.

If you would like to get involved in any way, please get in contact with us via our email below!

Aneita's Story



Aneita was working in education when a problem with her tax credits meant she was forced to use a food bank.

"I was suddenly plunged into a financial nightmare, not knowing how I was going to pay my bills, feed myself and my daughter, buy things we needed..."

I remember sitting in the waiting room, with my daughter, waiting to be given a food parcel. I was holding back my tears not wanting my daughter to see me upset and thinking 'how has it got to this?'"

There are 43 food banks in the Trussell Trust's network in Scotland, distributing parcels at over 120 venues, and in 26 local authorities.

Between 1 April 2022 to 31 March 2023, these food banks distributed

259,744 emergency food parcels, including almost 90,000 parcels for children. This is the most food parcels ever distributed in Scotland, and a 30% increase compared to the same period last year.

This rising need reflects the impact that the rising cost of living is having on people in Scotland, with many reporting going hungry or cold in the winter months.

Polly Jones, Head of Scotland for the Trussell Trust, writes: "Everyone in Scotland should be able to afford the essentials – to buy their own food and heat their homes. No one should have to turn to charity for essentials like food, but for as long as they need to the Trussell Trust will be there."

If you would like to learn more about the work that The Trussell Trust are doing to end the need for foodbanks and to get involved in their campaigns, head to their website: www.trusselltrust.org



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



Aberdeen North Foodbank



@NorthABFoodbank



AberdeenNorthFoodbank

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