

ISSUE  
**11**  
Spring  
2023

# Newsletter

## Paignton Community Larder



**Over 10,500 food parcels, equating to over 305,000 meals provided since October 2017**

Paignton Community Larder is coming up to it's 6 year anniversary since we first opened our doors, and we are proud to say we have been able to help many families and individuals in need, providing over 10,500 food parcels.

During this time, we have also helped by sign posting people to other help and support agencies.

Items needed Baked Beans, Soups, Pasta, Cereal, Biscuits, Jam, Tinned meat ,Tinned meals ,Pasta N Sauce ,Noodles ,Tinned potatoes, Jars of Pasta Sauce ,Squash ,Flavoured Rice ,Custard .

We have many collection points open so if you are able to donate:- Paignton Morrisons. Paignton Tesco's, All Paignton Co-op's ,Torquay Tesco Fleet Street, Torbay Leisure Centre, Churston Library, The Foot Clinic (Preston) or please drop donations to us at

Southfield Christian Centre.

12-2 Monday to Thursday.

### Paignton Community Larder Team



#### More demand Than Ever

After providing 94,000 meals in the form of food parcels last year, 2023 shows no signs of slowing down. It is a sad sign of the times that our numbers have doubled in 24 months and after two months we are already seeing greater demand on our service. The number of families and individuals relying on food banks to survive is only increasing during the cost of living crisis that is having such a detrimental impact throughout our communities. We will continue to do our best to provide a service that benefits those most in need, whilst creating a space where everyone is made to feel welcome and valued.

We can not thank our supporters enough for the donations we receive every week. Without that support we would not be able to cope with the demand. We are humbled and thankful to be part of a community that is so united in their support for each other.

#### Volunteering

The united community spirit is demonstrated daily by our team of volunteers who every week provide over 100 hours of time, skill, dedication and love to support those in need. A charity is nothing without its volunteers and we are blessed to have a team that is determined to make a difference every day to the people who come to us. We are always looking for new team members, especially those with IT skills who would also like to welcome people as they arrive. The other need is for drivers who can help provide support with picking up food donations.

If you are interested then please contact us, we would love to hear from you.



## Volunteering



My names Trevor and I am a volunteer at the larder. I attend the foodbank because I like helping out people who are in need. I have volunteered with the Larder for over 3 years. I hope to continue helping people because there is great need and I don't like to see people suffering.

If you want to join Trevor please contact us

## Activities

**Snack & Natter** – Monday – Thursday 12 –2pm

Come in and enjoy some light refreshments, chat with the team, or join in activities like drawing, stone painting, or jigsaw puzzles.

**Wellbeing Wednesday** – Every Wednesday 9:30 – 11:30

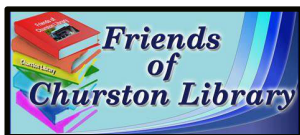
A space where it is okay not to be okay. A safe, non-judgemental space where you can bring a hobby or learn a new one. Includes an entirely optional space for prayer.

**Rising Moments** – Thursday 9:30 – 11:30



Please call Karen on 07773257633 for more details and book a space.

## Thanks to the following organisations



**Torbay Methodist Church  
Paignton Baptist Church  
Barton Baptist Church  
7<sup>th</sup> Day Adventists  
Torquay NHS  
Paignton & Preston Rotary Clubs  
And many others**

## Contact Information

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