

# BOUNDS GREEN FOOD BANK VOICE



## ALMOST A YEAR OLD

Last June, an inspired group of locals were aware of significant hardship in our area and took it upon themselves to address the need they had observed. On Saturday 20 June 2020 they opened a Food Bank at Shaftesbury Hall, Bounds Green. No red-tape for eligibility. Free choices from a variety of fresh items. The dignity of volunteers and guests was a core value.

This three month Food Bank trial has transformed itself into an ongoing project with six energetic groups helping to run it, an advice service and a number of seasonal projects. The need proved so substantial that in January a difficult decision was made to manage available resources by restricting access to people living in N11, N13 and N22.

As it's our birthday we want to raise a massive cheer of gratitude to our local community of volunteers & donors—your energetic support is our lifeblood.

## IN THIS ISSUE

- ALMOST A YEAR
- NEWS & UPDATES
- VOLUNTEER VOICES
- MEET A BGFB TEAM
- IN OUR  
NEIGHBOURHOOD
- VOLUNTEER QUIZ
- PHOTOS FROM OUR  
FIRST WEEK
- CONTACT US

# NEWS & UPDATES

## Volunteer Recruitment

We've seen a slight drop off in the number of active volunteers with the easing of lockdown. To be able to serve the number of guests accessing our service, we are recruiting. We now need Drivers, Food Service Volunteers, and a Graphic Designer. We'd be super grateful if you would help publicise this and recruit friends and neighbours to our vital project. Please direct them to our [website](#) to join.



## The Shoe Drive

Throughout the month of May we have had 5 drop-off points for our shoe drive where we invited people to donate shoes for children and adults in need. We are delighted with the tremendous response! We have received over 1000 pairs! We are excited to be distributing them to our guests on the 8th and 10th June.



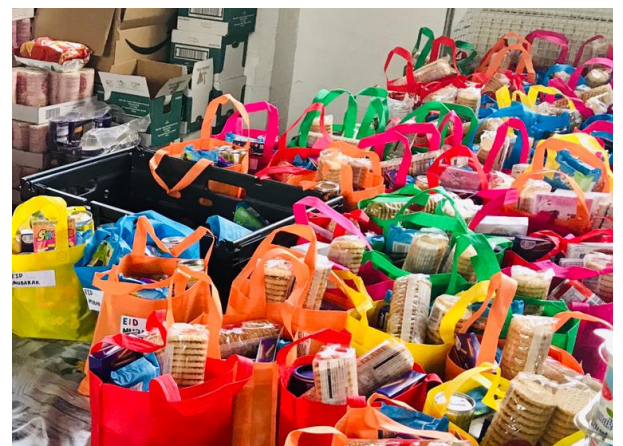
## Digital Access

Thanks to our generous locals and donors we have purchased and distributed 34 laptops to children in our neighbourhood with no computer access at home, making it almost impossible to do their schoolwork during lockdown. A huge thank you to everyone involved in donating, sourcing, finding, approving and distributing. You know who you are!



## Cooking for Eid and Eid Treats

In the last week of Ramadan, guests were able to access a variety of ingredients that would help with cooking for Eid. Three days before Eid, 170 treat bags (chocolates, biscuits, and some fun gifts for children) were given out to all guests. Special thanks go to the Duke of Edinburgh Award team who provided us with colourful signs and labels for Easter and Eid.





# VOLUNTEER VOICES

## It was Kevin's Fault

*By Frank Reynolds*

It started with Kevin's request for help on the Blake Road Mutual Help group. One of my many weak moments. A damsel in distress – a ship on the rocks. "I can help". \*send\*

Together we designed and printed the banners, proudly announcing the "Food Bank would be at Shaftesbury Hall!" Delivered on the day before we changed address and moved to St Michael's Hall!

Later, in another weak moment, Ishraq nobbled me. The twinkle in his eye as he strode across the hall still haunts me. But it wasn't really Ishraq– he was just the messenger. As the bright morning sun glimpsed through the high windows, the energy in the hall was the message.

So now I drive for the Food Bank. People say I'm a bit pushy. Everyone will tell you that. I make a fuss when cars are parked in front of the hall. I like to know the container is stacked efficiently. I don't like mixing fresh with ambient food. A Food Bank snob of the highest order.

Sometimes good things happen when we open ourselves to opportunity. They say "You make your own luck." I think this means that you put yourself in a position to accept the luck when it inevitably arrives. And it arrived that day when I was invited to be an 'Ad hoc driver'.

So maybe, in fact, it was my fault?



## Bags of Love

*By Sheena Patel*

At the start of April, a small team started making fabric shopping bags from our own and donated material.

The idea was borne from my sadness at the amount of plastic bags we were purchasing and using at the Food Bank.

We have turned out almost 300 bags of various shapes and sizes since then (see pic on the last page), now also making face coverings, continuing my mask-making from Lockdown 1. We've found the bag making therapeutic as well as productive, we even had a cuppa together in the garden and have become great friends.

We hope the helpers and guests alike will reuse the bags for years to come!

*Love, Sheena, Sonia, Debra, Erica, Sue, Pauline & Ulrike, aka The Bag Ladies!*

# MEET A BGFB TEAM: EVENTS AND PROJECTS



*By Catherine Folan, Nicci Iacovou, Emma Killick and Mary Mason*

Our role is to initiate, plan, organise and oversee any additional projects that aren't directly related to delivery of food.

Almost without realising, the Events and Projects Group (EPG) began in Autumn 2020 with the Winter Coats drive – initiated by Catherine Folan – which went far beyond our expectations with over 600 coats being donated. This morphed into an official group within the Bounds Green Food Bank as we realised we would exist in the longer term and we could address some of our guests' other needs. So we – Mary Mason, Catherine Folan, Emma Killick and Nicci Iacovou – followed up with the Christmas project. With the help of so many of our lovely, committed volunteers and the generosity of the community, the Christmas project was a great success. <https://www.boundsgreenfoodbank.org/our-progress>

## Recent projects

Since the beginning of 2021, with the help of our dedicated volunteers and the generosity of the local community, we've run three projects.

**Winter Warmers:** In February we provided more than 1,000 pairs of socks, scarves, hats, gloves and thermals to our guests.

**Easter:** we were delighted to give all our guests a choice of Easter eggs.

**Eid** - Cooking for Eid and Eid Treats: details about this in the News and Update section.

## Current and future projects

- A major focus for the Food Bank is to assist individuals and families to access the help they need, so we have launched Advice First Aid. Every Thursday, people can come and get initial advice and support about welfare benefits, housing, debt, and (where needed) be referred onto specialist support.
- Shoes (adults and children) have been collected throughout May to distribute on 8th and 10th June to Food Bank guests.
- In August we are launching a Back to School project where we plan to provide school uniforms and equipment to guests.
- In the Autumn, we will collect and distribute children's winter coats.

And we plan to spread a bit of joy at the end of the year with Festive Gifts and Hampers again (and an appearance from Santa).

Many of us are aware that food insecurity is just one part of the challenging situations many of our guests experience. Hence the holistic approach taken by BGFB in helping to address the needs of our guests, resulting in the various projects mentioned here.

If you have any ideas for an event, please get in touch at [boundsgreenmutualaid@gmail.com](mailto:boundsgreenmutualaid@gmail.com)



# IN OUR NEIGHBOURHOOD

## THE UNITY ART PROJECT

By Ava Burns

Local artist Edward Quigley featured Bounds Green Food Bank in his entry to the Unity Art Project!

The Unity Art Project was set up by Lucy Chapman, an artist and teacher who wanted to bring together other artists to help combat food insecurity in the UK. Artists were invited to improvise on the original piece and make it their own. The final pieces were auctioned for the benefit of the Trussell Trust network of Food Banks. Ed's work went up live on Monday 17th May and was auctioned for £200.

A self-taught mixed media artist, Ed chose to base his poster around us: volunteers who help out each week and help contribute to Bounds Green Food Bank. The most special part of his work is how he discreetly incorporated some of the names of our lovely volunteers into the brickwork of the hall. (See the illustration on the first page). This was a lovely tribute to BGFB and all of us volunteers, and we are thrilled to play a part in this project.



*If you've got ideas for running a similar project, or fundraising for BGFB, please write to us. We would love to hear from you.*

instagram: @art\_by\_eq

## VOLUNTEER QUIZ

Solve our four food-related riddles and you could be in line for a treat!

By Ava Burns

ENTER BY 15th JUNE, THE FIRST THREE CORRECT ENTRIES DRAWN WIN A YUMMY PRIZE!

- What vegetable is the most fun to be around and the one everybody wants to hang out with?
- I am a bird, I am a fruit and I am a person. What am I?
- What has no beginning, middle or end?
- What type of cheese is made backwards?

Submission to: [newsletter@boundsgreenfoodbank.org](mailto:newsletter@boundsgreenfoodbank.org)



# PHOTOS FROM OUR FIRST WEEK

JUNE 2020



## NEWSLETTER CONTRIBUTIONS

Thanks to everyone who has contributed to Voice this month. Voice is a space for all volunteers to contribute and be heard, so if you've got ideas on what you'd like to hear more about, or would like to submit photos, drawings or an article, please get in touch.



## CONTACT US

To donate, volunteer or get general information visit: [www.boundsgreenfoodbank.org](http://www.boundsgreenfoodbank.org)

To respond to any of the call-outs above please contact us at:  
[boundsgreenmutualaid@gmail.com](mailto:boundsgreenmutualaid@gmail.com)  
or call the Helpline 07933 680 869

For suggestions & feedback:  
[volunteersupport@boundsgreenfoodbank.org](mailto:volunteersupport@boundsgreenfoodbank.org)