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Cell Groups Cooking Challenge

And you thought cell groups weren't for you!

It was a warm Wednesday evening in June and members of Chawn Hill Church cell groups came together to take part in a challenge and find out about the *Food Bank*.

The challenge was to create a meal from only the ingredients on a list of foods that would be given to a family in crisis, and the cells came up trumps.

We had variations on the theme of pasta and tuna, and even a pudding that wasn't just tipped out of a can but amongst the meaty entries the winner was Mary Raey's "Mince & Spud Pie". There were only three ingredients and the recipe is to be included with bags of food given out in the future.

They were also treated to a presentation about the vision for the *Food Bank* and a glimpse at the level

of need in our borough and neighbourhood.

There was also a showing of a short DVD showing the work of an existing *Food Bank* including interviews with people who had used the service and found it very useful.

A question and answer session was very fruitful and we have been able to start asking the right people so that we get this important project off on the right basis.

Volunteering to learn report by: Sharon Wright

After attending the Food Bank Annual Conference in Salisbury, we decided it would be good idea to visit a Food Bank to see it in action and to avoid making the same mistakes they may have made when setting up.

We decided on Gloucester as it is the nearest. So for five weeks a party from Chawn varying from one to four people has set off for Gloucester. Each week has brought a new challenge from getting lost, torrential rain, punctures and childcare but nothing was going to stop us.

On arriving at Gloucester we met Sue the coordinator and administrator, and Luis and Cassandra, a man and wife team of missionaries from Brazil. On the face of it the job

looked quite easy. Sorting and stacking a few tins, surely that couldn't be difficult? Wrong!

Every donation of food has to be weighed-in as this is the easiest way of accounting for movement of stock. Then every tin has to be checked for its 'sell by date'. Each tin is then carefully stacked (three high) by it's 'sell by date'. This is fine until you come across a tin that is earlier than the tins on the shelf. We found ourselves having to move up to two hundred tins one by one in order to make space for the new tin. To make it more difficult there can be four people working in the narrow and 'stepped' environment of the Gloucester warehouse and things can get a bit tricky. We were also amazed on how dirty we got handling tins.

On every visit we came away with more questions than answers and spent the journey home trying to work out solutions. We have learnt a lot from Gloucester Food Bank and have enjoyed our time there. We know now how it works, have hands on experience and also know what we would like to do differently. We are currently planning one more visit, this time to Swindon Food Bank to see how their set up differs from Gloucester.

Gloucester is a church of one hundred people who are doing amazing things touching people's lives through the Food Bank. Chawn is a church of three hundred plus, just think how many more amazing things we could do and how many more people we could touch through the Food Bank.



© Nomads Clothing 2006

“When all the clothes came in I was shocked at how much stuff there was,”

Clothes Party report by: Wendy Aitcheson

Our first fund raising event for the food bank was a fair trade clothes party on Fri 7th July. I think we were all a bit anxious, whether or not it would go down well, would enough people attend. We asked if people could help to bake cakes (if it had been left to me don't think we would of sold many ha ha)

When all the clothes came in I was shocked at how much stuff there was, shoes and jewellery as well. The couple who were running the clothes party were really friendly and helpful.

With a bit of help we got everything set up, (thank you to all who helped, it was greatly appreciated).

We had a good turn out of people, soon everyone was keen to try on clothes, so much to choose from, didn't know where to start.

Teas/coffees and soft drinks were on sale, along with the cakes, we just asked for donations instead of a set price list (the price of a good packet of pasta) The cakes went down a treat.

A raffle was done, and the winning ticket got £25 to spend on fair trade clothes.

From the feed back we had on the night it was enjoyed by all, and liked the idea of a clothes party.

There were quite a few cakes left over, so it was decided to sell them after the service on Sunday. Once again we just asked for donations for the food bank. They sold out quite quickly, and the children were first in line. From our first fundraiser we did really well, between the commission from the clothes party and the sale of cakes and refreshments, we made just over £100. How's that for our first venture, praise God!

What goes on at the 'Bank' report by: Malcolm Wilson

The Red Voucher Scheme

About 2 weeks ago I had the privilege to witness a day in the life of The Food Bank in Gloucester.

Towards to end of my visit some clients entered the premises having been issued with a Red Voucher which is the connection and contact for the client and the food bank ensuring the client receives the food parcel.

A client will be issued a voucher from recognized agencies e.g. Social services, Salvation Army, C.A.B and many more such agencies. The client will only be given a voucher if they have fallen

through the benefit system and fulfill all the necessary criteria required by the Food Bank.

The Voucher will state the issuing agency, the number of people requiring assistance and all the client's details. A Red Voucher is used to prevent photo-copying and therefore reduce bogus or multiple claims. The information is then entered on to database and also paper file is set up, keeping the food bank accountable for what has been transacted. From this information the food bank can then issue the appropriate food box. When a client presents a

voucher it is a great opportunity to get the client to share what may be behind the need for the food parcel e.g. drug abuse or debt problems or unemployment. The volunteers can then spend quality time with the client and offer to pray with them also and finally refer them on to a more specialized agency if needed.

This is the two handed Gospel in action

BY MEETING THE CLIENTS NEEDS WITH LOVE AND COMPASSION THEY GET TO MEET JESUS AND HIS LOVE AND COMPASSION

What we're all about....in a nutshell

- ✚ The collection of a variety of tinned and dried foodstuffs through individuals, churches and organizations.
- ✚ Exchange of a voucher for 3 days nutritionally balanced food appropriate to the number of people in the family unit.
- ✚ Providing signposting to; advice, counsel and practical support agencies dependant on circumstances

What can you do to help? a report from The Food Bank Team

✚ Can you make a decent cup of tea or coffee?

✚ Would you be able to spare a couple of hours a week to sit and chat with someone who may be at their wits end?

✚ Can you sort your groceries when you get home from the shops?

If the answer is yes to any of these questions then you are well qualified to help out at a Food Bank.

When the Food Bank centre is up and running there will be a need for all kinds of people doing lots of different tasks. Some of these will involve working with the public or administration or even warehouse work.

Before we open there are many tasks that have to be done, money to be raised, premises to be found and financed.

We believe that God is at the centre of this project and that He will provide everything needed to see people fed because His word tells us to do it.

Matt 25:31-45
Isaiah 58:6-9



A cuppa and a chat

Mary's Mince & Spud Pie

Ingredients

1 tin Minced Beef
1 tin Mixed Veg
1 tin Potatoes

- Empty mince into saucepan, swill tin with water and add to mince
- Drain & rinse veg, add to mince and mix together
- Heat gently in a saucepan until hot
- Meanwhile- drain, rinse & slice potatoes
- Put mince & veg (hot) into a dish, then layer potatoes over
- Brush with milk
- Put under grill until potatoes start to crisp or bake from cold @ 190°C for 15mins

*Simple grub but
delicious....*

Food Bank "Wish" List

Below you will see a list of some of the items and equipment that we will need to run the Food Bank.

Some of the items will be for the warehousing and some for the Food Bank/Cafe itself.

You may even have some of the smaller items stashed away in the loft or garage gathering dust.

It may be that you have friends or relatives that have access to some of these items or even business contacts who are refurbishing or relocating offices/premises and are willing to donate.

Haven't got anything? You could give a gift of money or (the biggy) your time. Thank you in advance, we know it's a long list but if we don't ask we won't get. **THANK YOU**

We are going to be a project of Chawn Hill Church and as such we come under the same charitable status.

Could you please indicate on the form any items you are able to donate to the Food Bank and return it to: Food Bank Office, Chawn Hill Church, Chawn Hill, Stourbridge, DY9 7JD or hand it to either: Wendy Fryatt, Sharon Wright or Wendy Aitcheson @ a Chawn service

Name: Contact No:

Item	specifics	Able to Deliver	Needs Collecting
Ring Binders A5 & A4			
Box Files A4			
General office equip & stat.	Red & white paper		
Parcel Scales	To weigh up to 120 kg		
Cleaning equipment	Broom, vacuum, dusters etc.		
Step ladder			
First Aid Kit / Book			
Clock			
Rubbish Bin			
Flooring	Lino, Carpet, Laminate		
Sofa/Suite, coffee table			
Café tables, chairs			
Leaflet stand/rack			
Toy box & toys			
Cd player			
Computer	(For client browsing) monitor		
Kettle, mugs, spoons			
Printer, cartridges			
Kitchen units, worktops			
Fire extinguisher			
Warehouse racking	Needs to be 600mm d x 900mm w		
General shelving			
Folding table & strong table	One for sorting, one for the scales		
Fridge			
Christian newspaper	For including with food		
Warehouse			
Shop premises			
Other items please specify			

For Further information or to support our work in any way, please contact;

The Food Bank

at

Chawn Hill Church Centre

Chawn Hill

Stourbridge

West Midlands, DY9 7JD

phone:

Email: coming soon

Web: coming soon