

Food Poverty In Lancashire

How you can help

LANCASHIRE FOLK ARE HUNGRY

It's obvious today that there are millions of people in the UK and thousands in Lancashire who are regularly going hungry or simply can't afford to buy nutritious food for their families.

It's estimated at least 30,000 food parcels were distributed across the county last year; not just to people who were destitute because of benefit delays and stoppages, but also to people struggling to get by on low and irregular wages.

Churches and communities have responded magnificently to the crisis by setting up and supporting projects such as

- **Food banks** – there are over 30 in Lancashire
- **Community cafés**, 'Soup Kitchens' and drop ins
- **Adult learning** about cookery, household budgeting and nutrition
- **Food Co-ops** and community shops
- **Food growing** in the community
- **Make Lunch Clubs** for children who have no free school meals in the holidays



Feeding Lancashire Together

is a partnership programme between Together Lancashire and Lancashire County Council. It is funded through the LCC's Public Health Dept food poverty grant programme. Our aim is to offer support to organisations and projects (both funded and unfunded) across the county, that are working to address issues of food poverty and healthy eating in the context of low incomes.

There is more information about our programme on our website at <http://www.cuf.org.uk/together-lancashire/feeding-lancashire-together>



A joint venture of Anglicans, Methodists and Church Urban Fund

Contact Tel: 01254 658914

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So here are some suggestions of ways you can offer effective help - not just at Christmas and Harvest but throughout the year.

Donations

You can give to local projects..... (a list of local contacts can be found on the back of this sheet)

- Appropriate food to your local food bank or community café project
- Money (if possible Gift Aided) to the charitable work of these projects
- Your time as a volunteer, including professional skills in management, catering, marketing finance etc.

And more generally

- By prayer
- By raising the issues of food poverty in your church, community group, with politicians and in the media
- By thinking about your own food use – avoiding waste, reducing food miles, buying fair trade products.

Campaigning

If you are concerned about food poverty you may want to write to your MP or councillors, or get involved with campaigns such as those run by Church Action at www.church-poverty.org.uk

PTO for local information and contacts

Tackling Food Poverty IN PRESTON

Local organisations who would appreciate your donations and offers to help as a volunteer

If you come across someone who is in need of food please check with the organisation before sending someone to see them. In most cases there are formal referral procedures before a food parcel can be issued

The Salvation Army manages the largest food bank service in Preston (People need a formal referral from an approved agency) It also runs a drop in and free meal each Friday lunchtime and several other support services for homeless and vulnerable people.

Telephone No: 01772 555425

Website: www.salvationarmy.org.uk/preston

Luv Preston works with St Wilfrids RC church to run a drop in and free meal each Tuesday evening. They are also developing a food bank service for Larches, Lea and Savick in partnership with other local churches

Telephone No: 01772 298107

Website: www.luvpreston.com

INGOL Churches Share It Project

Is a partnership of the RC, CofE and Methodist Churches in Ingol operating a food bank and other services out of Holy Family Church. Referral vouchers are held by most local professionals. For further information contact any of the churches or the Intact centre or email ray.borg@btinternet.com

Penwortham Churches Together Food Bank <https://www.facebook.com/PenworthamFoodBank/>

At Penwortham Community Centre, Kingsfold Drive, PR1 9EQ Fridays 10 am to 12 noon
Contact penworthamfoodbank@gmail.com

Heritage Church 229 Lancaster Rd N Preston PR1 2SQ

Offers emergency food supplies and other support contact Nicola@heritagepreston.com 07427 466490

CITY Church / Hope For Life (working with Community Solutions NW)

Delivering food parcels to households referred through LCC's Care and Urgent Needs Scheme and through local children's centres. Contact hopeforlife@citychurchpreston.com

The Foxton Centre - offers a one stop support service for homeless people including advice and support to get rehoused as well as a community café four days each week. Foxton also works in partnership with Central Methodist church to run the **Lune Street Drop In - each Sunday evening**.

Telephone No: 01772 555925

Email: info@thefoxtoncentre.co.uk

Website: www.thefoxtoncentre.co.uk/

The Preston Homeless Forum - co-ordinates activity of all the groups working with homeless people, including the City Council. They have ensured that there is at least one centre offering food and friendship on each day of the week somewhere in Preston.

Their website www.homelessinpreston.org.uk is full of useful information and you can download and print out an up to date information leaflet listing all drop ins who provide cheap or free meals and the ways homeless people can get advice and practical help.