

JUNE 2024



Dear Friends and Supporters

We can't believe that it's half-way through the year. We distributed **132 emergency food parcels - the highest May figure recorded since our records began in 2021.**

Numbers we would expect to see in January. We are so grateful for your donated food and support.

Welcome to Sara, Food Cupboard Team Leader and Alex, Local Pantry Coordinator

Hi, I am Sara, I am thrilled to be joining the team and to hearing from you about all the amazing work you have been doing. I only discovered this beautiful part of the world when I moved here with my husband 2 years ago. I have 2 adult

children, Ollie and Charlie and a labradoodle called Rebel. I hope to bring my tool-bag of skills to the role and help continue the amazing work you have been doing within this community. **I can't wait to meet you all and get stuck in.**



Hello, I'm Alex and am West Somerset born and bred having grown up in Dunster then moving into Minehead in my early 20's. I have worked for various organisations mainly in Human Resources, however having taken a career break it was time for a change and this role gives me the opportunity to support the community I have grown up in.

I am married with 2 sons, a daughter-in-law and an 18 month old grandson, who I can spend hours talking about! **I look forward to meeting and working with you all.**



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This Month's Shortages

Can you help us by providing any of these items?

- ✓ Tinned cold meat
- ✓ Savoury biscuits / crackers
- ✓ Individual porridge pots
- ✓ Individual custard /rice pots
- ✓ Small tins of potatoes
- ✓ Tins of frankfurter sausages

Thank
you!

We have set up a joint initiative to tackle rural food poverty with Porlock Community Library.

Living in a rural area brings specific challenges for people on low incomes, and this has been exacerbated by the cost-of-living crisis.

Porlock Library will now keep emergency food parcels available for people who are in crisis.

By working alongside partner agencies we aim to ensure food parcel recipients are offered a package of practical help.

This may include support to apply for benefits, manage income and deal with debt or addictions. One of these partners, **The West Somerset Advice Bureau, provides a dedicated drop-in session at the library between 11am and 2pm every fortnight. The next sessions take place on June 13th, June 27th, July 11th and July 25th.**

It's National Volunteers' Week between 3rd and 9th June. Volunteering is a fulfilling way to give back to your local community, so if you're interested in getting involved with the West Somerset Food Cupboard, please email foodcupboardws@outlook.com to find out more.



All the best from everyone at WSFC