



Working together to help the hungry and those in crisis in Knighton and East Radnor

we're here to help

**Knighton
Food Bank
opening times:**
Tuesday and
Friday
10am to 11.30am

**NEED HELP
AND ADVICE?**

**Age Cymru
Powys**
01686 623707

CAB
0845 6018421

Disability Powys
01597 824059

**Knighton
Community
Support**
01547 520653

PCC Housing
01597 520653

**Powys People
Direct - Social
Services**
01597 827666

Samaritans
116 123
(free to call)

Shelter
0845 0755005

Women's Aid
01597 824655

If you are experiencing difficulty buying enough food for you or your family due to a sudden crisis, contact one of the following support agencies:

- Social Services
- District Nurse, Midwife/ Health Visitor
- Domestic Violence Agency
- Housing and Mental Health Services
- Church Minister
- Job Centre
- CAB
- Food Bank Manager

what happens next?

If you qualify for urgent help, your support worker / advisor will contact the food bank by telephone. They will be told the time and day for you to call at the Food Bank at the Baptist Chapel on Norton Street. Opening times are Tuesday and Friday from 10 to 11.30am.

You will be provided with a three day supply of food to see you over the crisis. If you need help for longer, whoever referred you will let us know and we will provide a further food parcel.

If you need food urgently but are not in touch with any of the support agencies we may still be able to help.

Contact the Food Bank manager Helen Anderson on 07731 524 058 or

a message from the chair of knighton food bank

In November 2015, I took over as Chairman of Knighton Food Bank, after the departure of my predecessor Rod Smith, who had done an excellent job in helping to establish the Food Bank in our community. I have no hesitation in saying that we can all be proud of the efficient and compassionate service our Food Bank provides to those in our community who are in crisis..

If you are already a supporter of our Food Bank in terms of making regular donations of food, or giving cash donations, or even giving us regular donations through a Standing Order, please accept our grateful thanks. We continue to need what you give, both for our clients, and to sustain our running costs, which are around £500 per month.

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visit www.knightonfoodbank.co.uk for more information

The Food Bank is a free and confidential service, reliant on voluntary donations of food, cash and supported by volunteer helpers. 

Contact us:
Helen Anderson,
food bank
manager.
07731 524058



Thank you

To our supporters and all those who provide food, cash, and gifts of money via standing orders.

In addition, thank you to our volunteers and committee members who give their time so freely.



In the last 12 months we issued 73 food parcels.

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a message from the chair of knighton food bank

If you are someone who doubts whether we need a Food Bank, you will be interested to know that in the two weeks over December we fed 21 adults and 14 children, all of whom were in urgent need of food aid. One of the most common reasons for this need was sudden change in circumstances (for example, loss of job or re-location) and the benefit system can take several weeks to process payments.

All this means that we hope you will continue to help us, or begin to do so if you haven't done so before.

Knighton Food Bank is open 10 to 11.30am, Tuesday and Friday, at the Baptist Church, Norton St. Donations of food can be left at Knighton Vicarage in any of the churches, or in our box in the Midcounties Co-op. For financial donations please ring Helen Anderson on 07731 524058 or visit our website www.knightonfoodbank.co.uk

Thank you for all your interest and help

~ Revd Dr Peter Cope

A date for your diary

Fundraising news

The Food Bank committee is pleased to announce a forthcoming concert performed by **The Llanfair Singers**, at Presteigne Assembly Rooms on **Saturday 14th May 2016**.

Further details will be publicised from March, including where to purchase tickets.

Please visit our website for more information or contact Helen on 07731 524 058.

your questions answered

Q I live in Presteigne, would I be able to ask for help from Knighton Food Bank?

A Yes, anyone living in the Presteigne and surrounding villages is eligible for help. We are supported very generously by the residents and church members in east Radnor and we are pleased to offer help where needed.

Q My sister lives on her own and has some health problems but she is not in touch with any support services. I am worried that she is not having her heat on as she finds it so expensive.

A If your sister is going without heat and struggling to keep up with buying food, she will be eligible for help from the food bank winter project, until the end of March. Please ask her to call 07731 524 058 (or you can do it for her if she agrees).

Q I have been made unemployed and have a wife and four children to support but my Job Seekers and other benefits are not in place yet.

A Please contact the food bank with your details. Food parcels will be given to you whilst your claim is dealt with.

winter crisis project

Winter is a particularly difficult time for many people on low incomes or who have found themselves in hardship. Some people have to choose between buying fuel for heat or paying for meals (and perhaps food for their pets).

Knighton Food Bank will continue the **Winter Crisis Project** until the end of March 2016.

To qualify for this extra help you do not need a referral from other support services. You can contact us direct or ask a friend or neighbour to do so on your behalf. 

Contact us:

Helen Anderson,
food bank
manager.

07731 524058

knightonfoodbank

BAPTIST CHURCH, NORTON STREET, KNIGHTON, POWYS

MANAGER: HELEN ANDERSON

TEL: 07731 524 058

EMAIL: helen@knightonfoodbank.co.uk

www.knightonfoodbank.co.uk