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Dear Friends at Park Rd Medical Practice,

Newcastle East Foodbank was overwhelmed by the donation that you brought for distribution among the many family's that we will be helping over the Christmas time.

Since January 2015 we have given out 289,52 meals. In August many family's were put under pressure because their children would have normally received free school meals and breakfasts, we in foodbank found that the need for food increased dramatically.

Christmas time is a very vulnerable time for those who are in crisis, so we at Foodbank like to make sure that everything that we can do to make this easier for our clients, this year we are making up toiletry boxes wrapped in Christmas paper just to show how special they are.

The food that we provide all comes from donations or collections, Churches, Community Groups, Businesses and Supermarket Collections and School harvest.

We give a parcel of food which is 3 main meals for 3 days and is worth about £28, we work on a voucher system so the client has to get a voucher from one of our distributors who are from a wide area of professional people that help in times of need.

We are serving and supporting those that are going through very rough times and we have found that the client that comes for food often comes back wanting to volunteer or help in some practical way as they want to give something back, just last week we had a client come back to us with a bag full of food and all he could say was "thank you for helping when I was in such a dark place".

Once again thank you for all your support

Every Blessing



Maureen White and Team

Newcastle East Foodbank.