**FOOD BANK ANALYSIS FOR APRIL 2022**

April has been very similar to March in terms of numbers. We have been able to help 144 adults and 78 children from 94 households. Last year, numbers had just started to drop a little but there is no expectation of that happening this year.

We are aware that there are a few families who don’t like to admit that they are struggling and therefore don’t take advantage of any help that we can give. If you are aware of any such people, please encourage them to use us, there really is no shame in admitting that they need some help and we certainly don’t make any judgements. They do need a voucher from a referrer, e.g. a minister, midwife, mental health worker, social worker, CAB, their children’s school, BIVC in Berinsfield, Q1 in Goring or their health visitor, to name a few. The referrer should also be supporting them to ensure that they are getting all the help available. This helps ensure that the family or individual is not reliant on the food bank indefinitely.

I’d like to thank our delivery volunteers this month especially. If you enjoyed orienteering in a past life, you might find delivering our food parcels a satisfying challenge! Our drivers are out for about an hour, and drive all over the place bringing very welcome supplies. We pay mileage, of course, so if you feel you might be able to help with this essential work – about once a month, please get in touch. David manages this aspect of our activity. You can reach him on [davidtole@gmail.com](mailto:davidtole@gmail.com).

We are still receiving generous donations of food and money and Waitrose come every week with a delivery of food that has been donated in their shop. Thank you all so much for thinking of those in need.

My best wishes to you all.

Alice Penney