



Exmouth Community Larder : late summer 2018

Reserve food stocks are now low - in fact no reserves except for beans and soup!

Harvest Festivals are eagerly awaited; these usually give us good reserves together with extra donations over Christmas.

Meanwhile, THANK YOU for those who have donated cash which enables us to fill the gaps of other items on our shelves and keep us in a good state to provide the necessary support in the neighbourhood throughout the year.

Volunteer levels through the summer holidays have varied, but we have always managed to serve our clients right! Demand in July was a record high, whereas last year July and August were low!! We still don't know why numbers fluctuate so.

New volunteers are always welcome in the autumn when there is much to do with the Harvest donations coming in. This is a good time for anyone interested in joining us to help through the busy period and then stay on more regularly if The Larder is work they would like to support. Just come along when we are open or email in advance. We open Mondays 2-3.30 pm and Fridays 1.30-3 pm in the Salvation Army hall beside the Exmouth Museum in Sheppards Row (EX8 1PW)

Support for people in difficulties continues to need "foodbanks", despite various political promises. Increased funding for Mental Health and reducing alcohol and drug abuse are very welcome steps, but there still people who have lost their way in our abundant and affluent society. The population in our area is about 40,000; a small proportion have problems, a few even run out of food - and it is those whom we meet and serve. No welfare system run by sensible and organised people could imagine the scrapes people can get themselves into, and need a hand up!!

Food is our main focus, but we should not undervalue the importance of treating people in a positive and constructive way at the same time. This does not mean giving food willy-nilly - we are here to give a "hand up" not a free "hand out". We believe that is the intention of our many and generous donors. It is rare for us to decline food, but it does happen. On the other hand, we do not place any limit on the number of times someone may come who has a genuine ongoing need, despite taking all the right steps to get their Benefits and other support sorted out.

So, if you would like to join us as a volunteer, come along.

To all our donors, we hope this gives a snapshot of how you would like to see your generosity dispensed - and you are very welcome to visit when we are open.

*Exmouth Community Larder
mid August 2018
www.exmouthlarder.co.uk*