

4families

June 2017

Dear supporter,

I am writing to you to let you know that during the coming school summer holiday we will be running our successful 4Families project again.

As you may be aware, children whose parents are in receipt of certain benefit payments are provided with free school meals during term time. This provision is obviously lacking in the school holidays, and particularly during the long summer holiday, families may struggle to provide meals for their children.

4Families is a project aimed at **tackling holiday hunger** by providing a **healthy meal** for the **whole family**. As part of the club, families also have the chance to enjoy various activities. Families and volunteers eat together, providing a counter to the isolation sometimes felt by parents during this period. There is also the opportunity for parents to chat with volunteers who will be able to signpost them to other agencies for help as necessary.

Families are referred to 4Families by one of our existing referral agencies and they register with us in advance to give us some idea of numbers attending.

The menu has been crafted to include a range of healthy meals that children enjoy. Meals will be made using food donations from the Foodbank as well as additional fresh food, much of it donated.

In addition, we will have some supplies of the generic aspects of school uniform (white tops, dark trousers, skirts etc) for people to take away as is helpful to them as we have found this is an area in which people also struggle at this time of the year.

4Families will be running on the following dates:

St Andrew's Church Hall, Melbourne 11.30am-2pm	Friday 4 th August	Friday 11 th August	Friday 18 th August	Friday 25 th August
Trinity Methodist Church 11.30am-2pm	Wednesday 9 th August	Wednesday 16 th August	Wednesday 23 rd August	Wednesday 30 th August

There are a number of ways you can help:

- VOLUNTEERING - we need people (over 18) to help either in the kitchen or with general activities, for any or all of the dates above. Potential volunteers will need to complete our standard application procedure.
- DONATIONS of SCHOOL UNIFORM (trousers, skirts, shorts, white shirts and polos) - this would need to be washed and clearly labelled - more details of where to donate this to follow

If you represent a church or other group, please circulate this information and the requests. If you are able to help in any way, please contact Ruth via info@chelmsford.foodbank.org.uk. We will keep you updated of developments!

Many thanks for your ongoing support,

Ruth
Ruth Leverett
Project Manager, Chelmsford Foodbank