



Our volunteer, Oliver, takes his place in front of the camera as we take photos for the Trussell Winter Appeal 2024.

The appeal raises funds to support the work of approximately 1700 foodbank venues across the whole of the country.

“Lights, camera.....”

This has been a busy time for us at Exeter Foodbank.

We were asked if our foodbank would be the featured foodbank in the [Trussell Winter Appeal](#) this year. So we have recently been getting ready, taking some photos and sharing some of the clients' stories. These families have been really keen to share about the help that they have received at foodbank and the difference that it has made to them.

Being asked to feature in the appeal is very affirming of the work that we do, and we want to share this with you because of the wonderful way that the people of Exeter continue to faithfully support us.

We do not see this as 'our' foodbank.

We see this as 'Exeter's' foodbank and we are stewards of all of that goodwill and all of those donations. We want to make as much difference as we possibly can.

It has been incredibly humbling to read the stories of the clients who have shared them with us. They are not stories of receiving a bag of food. They are stories of people who were at their lowest point but came in to find some hope and support. Many of these families now no longer need help from a foodbank because we have worked together to help them through that situation. That is why we have been asked to feature in the appeal. The holistic work can include a referral, a voucher, a cup of tea, greeting someone by their name, giving time, listening, offering support, offering advice, working with other professional agencies and then seeing them go out with hope in their eyes.

This is the story that we want to share.

Since 2023 we have been able to reduce the number of longterm foodbank clients in Exeter by over 50%.

This is a significant achievement. It is because of our holistic approach and 'F.I.' work (more about that on page 2!).

Read our
Annual
Report -

scan the QR
code or visit
our website.



Sadly, we are still hearing from 3 new households in Exeter every day who need our help for the first time.

WHAT IS “FINANCIAL INCLUSION” AND WHY DOES IT MATTER?

We read an article recently which was critical of foodbanks for spending money on things that ‘are not food’ - this is one of many pieces that we have read like this. The article said that typically, foodbanks would spend money on ‘courses’ and things like ‘financial inclusion’. But the article didn’t say what financial inclusion actually is. We are passionate about financial inclusion and spend a lot of time and energy working on it.

According to the World Bank: *Financial inclusion is the idea that everyone should have access to affordable financial products and services, regardless of income or background. This includes access to transactions, payments, savings, credit, and insurance. Financial inclusion is important because it can: Reduce poverty, Boost prosperity, Help people plan for emergencies and long-term goals, and Enable access to working capital for businesses.*

Some foodbanks, including Exeter Foodbank, have financial inclusion projects that offer services like debt advice, budgeting help, and benefit advice. These projects can help people move away from needing donated food and become financially independent.

Our volunteers are wonderful people and they give up their time to help their neighbours in need. Sometimes, in the moment of absolute crisis, what our clients really need is a cup of tea, a listening ear and to leave the foodbank knowing that they will have something for dinner. So we do budget a significant amount of money into food purchases so that everyone has every item that we can offer in this time of need.

The aim of Exeter Foodbank is
“to ensure that nobody in our city goes to bed hungry”

The motto of Exeter Foodbank is
“restoring dignity, reviving hope”

The dream of Exeter Foodbank is
“to see a United Kingdom without the need for foodbanks”

“This is my second time using Exeter Foodbank. I was really nervous the first time as I felt like people would judge me, but I was made to feel so welcome. I didn’t feel like I was being ‘judged’. All the staff here are so lovely and friendly and really helpful. I bring my mum with me to help me and for support and as well as offering me a ‘cuppa’ they also offer my mum a drink which is lovely.

The system here is done really well and has been well put together. I can’t speak highly enough of everyone here and the help they are able to offer to support me.

Thank you so much”

(Entry in our Visitor’s Book - Aug 7th 2024)

However, **our aspiration for each person is much higher.** What we really hope is that, a little while down the line, that same person will be able to buy their shopping in the supermarket of their choice with the money from their own pocket. That is what financial inclusion work aims for. If a person / household can begin to ensure that they have the correct benefits arranged, or their debt is managed or their budgeting is in place, then they may move forward from their current crisis.

Our relationships with agencies like **Citizens Advice Exeter**, **Exeter Community Energy**, **Job Centre Plus** are all geared to working through the root causes and aiming high for that person.

We believe that everyone should have this chance. Situations of poverty often exclude people. Our great aim is to include people, so that they feel valued, of worth, and have resilience.

Sometimes a foodbank parcel can help someone for a day or a week. But the Advice and Support Work can lead to a happier and healthier life.





Citizens Advice Exeter is sadly having to reduce our service. As part of this, we are reducing our office space and moving to one end of our building at Dix's Field.

From the week commencing 14 October, advice can be obtained either by calling 0808 278 7845 or dropping in on Monday or Wednesday 10-1pm

We have several projects with different agencies across the city, which will continue.

We are actively seeking grant funding from a range of sources. If you would like to support us see below. There is a QR code for our fundraising page:



A new weekly Foodbank Session

From Monday 7th October we will be starting an evening session at our venue in Cowick Street.

Sadly, more working families are needing to access support and are unable to collect their food during our normal session times.

We will be open from 6-7.30pm at Cowick Street, EX4 1AA each Monday evening until Christmas as we assess the level of demand.



Here at **Exeter Baby Bank** our work, as it sounds, is very similar to that of the Foodbank. Instead of food, we are distributing baby clothes and items to families facing financial hardship, to ensure they have the essentials they need to thrive.

We are working with The Baby Bank Alliance and a community of 300 Baby Banks across the UK to bring about change for families, to ensure families do not have to choose between paying the bills or buying nappies and children can face the best possible outcomes in development, health, education and earning potential.

Our local community rally around donating good condition clothes, cots, prams, nappies and toiletries and then our amazing team of volunteers work hard to sort, clean and safety check items before they head back out to a new family via our referral system with professionals.

Like the Foodbank our work relies heavily on the kindness of our community and local businesses, and we are so thankful to the people of Exeter who keep the donations coming and give up their time to volunteer to help those around them during their time of need. Please do follow our social media platforms where we add weekly wish lists of items we are looking for and updates about our work.



"First time coming here since you moved. Had to come after my mum had her first UC payment. After rent being paid, she only has £28 for the month to pay gas, elec and to feed herself. The council offered vouchers to last the month. The new place is so clean and everyone is so helpful."

Entry in our Visitor's Book - 21st August 2024

Harvest 2024 Appeal

Whether it is your school, church, office, community group or street, we would be delighted if you would consider arranging a collection for us. You will always find the items that we need on our website.

If you would like to find our details, please contact our Ops Manager, Teresa on [07818226524](tel:07818226524) or info@exeterfoodbank.org.uk. We can provide newsletters, a powerpoint presentation and even a short video that explains the work that we do. Thank you for your support.

Can you help by donating any of the following items?

- Tinned Meat
- Vegetarian Meals
- Custard
- Noodle/pasta snacks
- Biscuits
- Household cleaning items




Thank you
very much for
your support!




www.exeterfoodbank.co.uk | Registered Charity in England & Wales (1128795)

Bags for Life / Carrier Bags

We always need a supply of good, strong carrier bags.

If you have any to donate, please get in touch with us by phone or email as we would be delighted to receive donations.

Thank you to Young Devon

A huge shoutout to the amazing young people from the Work Based Learning Group at Young Devon!

They took the initiative to host a coffee morning along with a silent auction - all to raise money for the Exeter Foodbank. With their hard work and dedication, they raised enough to spend **£135** on much-needed food items from the Foodbank's wish list.

A big thank you to everyone who supported the event — your generosity is making a real difference in our community!



EFB receives no statutory funding and relies on the generosity of local people to meet our ongoing running costs. You can help by visiting www.exeter.foodbank.org.uk to download a standing order form or set up regular giving online. Or contact us 07818 226524 to request a form in the post.

- **By debit/credit card** at www.exeter.foodbank.org.uk
- **By sending cheques** (payable to Exeter Foodbank) to:
Exeter Foodbank, 174/175 Cowick Street, Exeter, EX41AA
- **By online bank transfer**
Sort Code: 08-92-99 Account No: 65314566

