



# BRAINTREE AREA FOODBANK

Providing practical support to local people & working alongside other Foodbanks to build a future where everyone has enough money for essentials



# ABOUT OUR FOODBANK

- We provide emergency support to local people who don't have enough money for essentials
- We help connect people with additional support to address the reasons why there isn't enough money coming in
- We bring together experiences and evidence from our Foodbank with what other Foodbanks across the Trussell Trust network are seeing, so we can push for change





*“I was working as a secretary and a cleaner, and I am a mum. I was diagnosed with breast cancer, advanced stage.*

*After treatment, I had chronic fatigue syndrome, no money and bills were rising up”*

**Lucille**



*“Without the support of the food bank during the pandemic, I would have had to choose between food and a shower, and clean teeth and clean laundry to wear.”*

**Lucille**

# PEOPLE NEEDING THE FOOD BANK LOCALLY

APRIL 2022 - MARCH 2023

**9473**

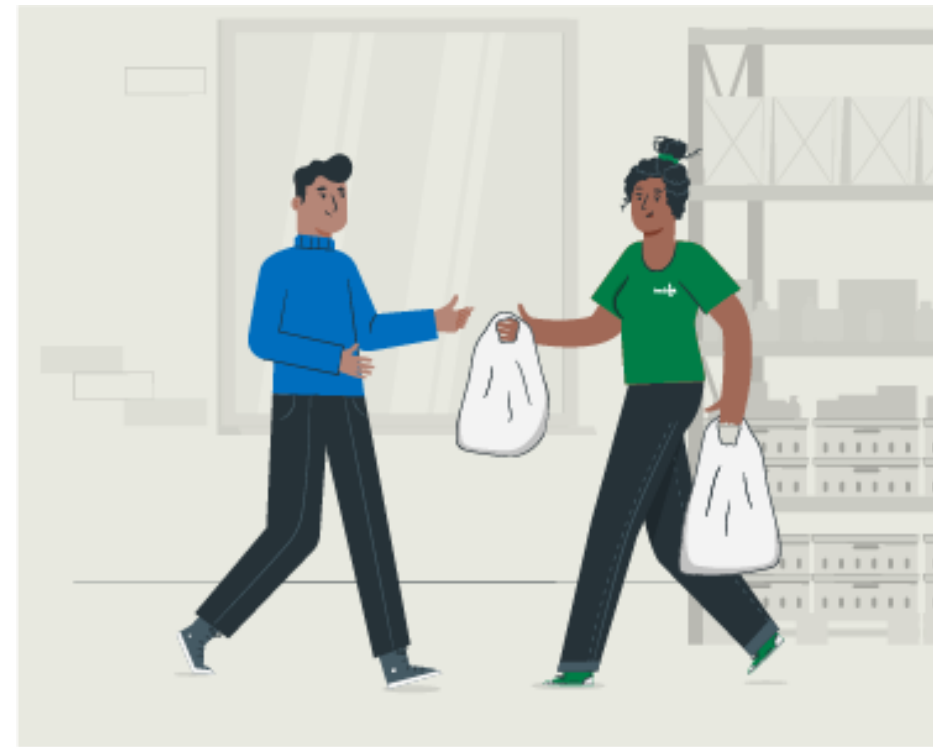
emergency food parcels provided to local people.

**4292**

went to children

**↑ 189.78%**

increase in the last five years



**WE SHOULD ALL BE FREE  
FROM HUNGER**

# WHO NEEDS OUR FOOD BANK AND WHY ARE THEIR INCOMES SO LOW?



SINGLE PARENTS



DISABLED PEOPLE AND PEOPLE WITH HEALTH PROBLEMS



PEOPLE NEEDING TO CARE FOR CHILDREN OR RELATIVES THAT AREN'T WELL

# TOGETHER WE CAN CHANGE THIS

There'll always be a role for strong community groups looking out for their neighbours. But it isn't right that people don't have enough money for the essentials.

We need to change this.



# LOCAL PEOPLE, SUPPORTING LOCAL PEOPLE



*You can help by:*

- *Donating food*
- *Donating money*
- *Spreading the word about what we're seeing*

# THANK YOU

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