



We would like to take this opportunity to thank everyone who has supported the Foodbank since we opened our doors 6 years ago. The response from our community has been fantastic and we appreciate every donation of food and money that we receive. Without your help we could not carry on the work we have been doing.

This year has been challenging: in the first 5 months of 2019 we saw an increased usage of 60% against the same period in 2018. Although we did see usage drop off in June and July it has now started to increase again and we are currently seeing a larger percentage of families in need.

Universal Credit is a major factor in the increase in need in our area, not just the five week wait for the first payment, but also the long term effect of debts built up during this period. This does not just apply to people who are unemployed but also people who are working and on a low income.

Our long term hope is that the time will come when foodbanks are no longer necessary. In the meantime, along with your support, we will continue to do our best to support those in our community struggling against food poverty.

Stewart and Cassie

The number of visitors to our foodbank in 2019 increased by almost 400 from the previous year. This was the biggest annual rise in foodbank visits since we opened in 2013.





Café Connect, our community café

Our foodbank operates a community café every Tuesday morning from 10am to 12 noon, providing a free breakfast of hot rolls, cereal and hot drinks for everyone who attends. The café environment allows us to form close relationships with families and individuals in our local community.



Other cafés operate in our area during the week. Here is a full list:

Monday 12 noon – 2pm

Soup and a sandwich at St Agatha's Church ,
160 Methil Brae, Methil KY8 3LU

Tuesday 10am to 12 noon

Café Connect with hot filled rolls at
Levenmouth Foodbank, Bowling Green
Street, Methil KY8 3DH

Wednesday 12 noon – 2pm

Bethany Pop-in at Levenmouth Foodbank,
Bowling Green Street, Methil KY8 3DH

Wednesday 5:30pm – 6:30pm

Open Door Meals at St Kenneth's Church,
Cupar Road, Kennoway KY8 5LR

Thursday 12 noon – 2pm

RCCG Community Café at Levenmouth
Foodbank, Bowling Green Street, Methil KY8
3DH

Friday 10am – 1pm

Connexions Café at Buckhaven Baptist
Church, College Street, Buckhaven KY8 1JZ

First Friday of each month 7pm – 9pm

Living Room

Food and entertainment at Levenmouth
Foodbank, Bowling Green Street, Methil KY8
3DH

A Thank You to the Friends of the Foodbank from our Treasurer Martin Connor

I became treasurer of the Foodbank about two years ago not long after relocating to the Leven area. I have been a treasurer for several charities before so the accounts, wages and banking came as no surprise. The big surprise to me was that there was no core funding from the government or the council to help with the basic funding. In other charities I have been involved with either a considerable part or most of the funding was guaranteed. This is not the case with this project where for five years all the funding has had to be raised by the project itself.



Although most of the food comes from donations locally there is still a considerable cost to be met in paying for the running of the project to achieve the wonderful results it does. Through the efforts of our volunteers and in particular David Henderson, who is the Board member who majors on fundraising, we have managed to get grants from many different charitable bodies to fund us throughout the last five years.

The only guaranteed funding we have had through this time and hopefully into the future have been from the wonderful generosity of a group of local patrons the Friends of the Foodbank. This group is made up of individuals who have committed an amount of money by standing order every month and this funding is the bedrock of the efforts we make to get other funds in. The Friends have helped us from the start to develop the project and allow us to grow so that we now run the café and a schools project. As treasurer I know how much this funding means to us and I thank each and every one of the Friends for their generous giving. In times when everybody has many calls on their spending it is wonderful that you continue to give to us, which allows us to help people when they are at their very lowest point and have nowhere else to turn.

Welcome to our new member of staff



In September 2019 Levenmouth Foodbank Community Support Project welcomed our new administrator Sarah Pitcaithly. Sarah has already been kept busy dealing with enquiries from referral agencies, individuals and families looking to use the foodbank, arranging visits by local schools and much more. Sarah is now the main point of contact for all at the foodbank enquiries and she can be contacted by email at info@levenmouth.foodbank.org.uk

Introducing our volunteers

My name is Eric and I have been helping at the Foodbank in Bowling Green Street, Methil a matter of months. I started my working life as an apprentice at Cammell Laird ship builders in Birkenhead on the Wirrell. The late 50's & early 60's and my weekends spent with my then girlfriend and now wife Sheila, dancing to this teacher dad band called The Beatles (that still remains our only claim to fame).



In all those years that have followed employment has never been a problem for my age group whether that be manual work or clerical. We can hear it, read it and in fact see it for ourselves the lack of employment today and not bat an eyelid, that's exactly where I was 12 months or so ago. Foodbank, heard of it, but that's about all. The Foodbank trolley in Sainsbury's I would pass without a second glance, didn't want to know.

However my inner self had other ideas and I was prompted to begin asking questions and this eventually led me to being called to the Baptist Church hall in Bowling Green Street. I first met Stewart English who is responsible for running this particular Foodbank, his title is coordinator, I have his permission to call him Stewart. Stewart gave me the low down as to how things operated, I completed a few forms and was asked to start 3-4 weeks later. My eyes were opened that first day and indeed in the following weeks as to the needs of people in this locality and not only here but all over Scotland. The other eye opener is the kindness and respect given by all the volunteers to all that come through the doors not forgetting too those working in the background. Ok, I'm only on the door but its great to be involved and among such generous people giving their free time to such a good cause as this.

May we pray for that one day these doors can be closed and the foodbank is no longer needed.

If you are interested in volunteering with us, information can be found on our website at <https://levenmouth.foodbank.org.uk/give-help/volunteer/>

We are extremely grateful for the seasonal harvest collections organised by many of our local schools. Pictured below is the fantastic donation from Kennoway Primary School in October 2019.



Thanks to grant funding from Asda and a contribution from Fife Council we were recently able to purchase a new van to help with our busy weekly food collections.



Our schools project continues to engage with all our local primary schools, seeing pupils involved in fun activities while learning how the foodbank operates.



During the busy Christmas period we received numerous generous donations from organisations and individuals, some of whom are shown below.





Birthday and Anniversary donations

Many people in our community are using significant anniversaries and birthdays to ask for foodbank donations instead of gifts. Fiona and Tam Brown helped us with a huge donation on the occasion of their 40th wedding anniversary.



How to use the foodbank



In order to access our foodbank service, the first step is to get a **Foodbank Voucher**. Vouchers can be obtained from a number of agencies such as Citizens Advice, housing support, family centres, health visitors, social services and local charities. If needed, we can put you in touch with a suitable agency.

Donating to the foodbank



Foodbank donations can be made at our premises in Bowling Green Street in Methil during our normal opening hours of 3:30 to 5:30pm every Monday and Friday. Alternatively we have collection points throughout the area in Sainsbury's, Methil and Leven libraries, Bank of Scotland and Nationwide bank branches in Leven, Methil Co-op and Nisa (post office) in Leven. Many local churches and schools also arrange regular food collections. Some items we are regularly in need of are:

Tinned soup, beans and spaghetti

Tinned meats eg stew, mince, ham, corned beef

Tinned vegetables eg peas, sweetcorn, carrots, mixed veg

Milk, long life UHT

Fruit juice, long life (not refrigerated) and **diluting juice**

Coffee, small jars or packets preferred

Tea bags, various pack sizes

Jam, various flavours, and **marmalade**

Snacks, crisps, sweets, etc

Rice, pasta and instant mash potato

Cooking sauce, for pasta and curry

Tinned fish, tuna, salmon, sardines, etc

Rice pudding, custard and sponge pudding

Sugar, small bags

Cereal and porridge, various size packs

Tinned fruit

Ketchup and condiments

Biscuits

Toiletries, shampoo, deodorant, toothpaste, toilet roll, etc

Laundry and kitchen supplies

Baby supplies, nappies, wipes, etc

Dog and cat food

Seasonal items, eg selection boxes, Easter eggs, etc



If you would like to help or support our foodbank in any way, please contact us:

Email: info@levenmouth.foodbank.org.uk

Web: <https://levenmouth.foodbank.org.uk>

Facebook: www.facebook.com/LevenmouthFoodbank

Twitter: [@levenfoodbank](https://twitter.com/@levenfoodbank)

Telephone: 07966 502854



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