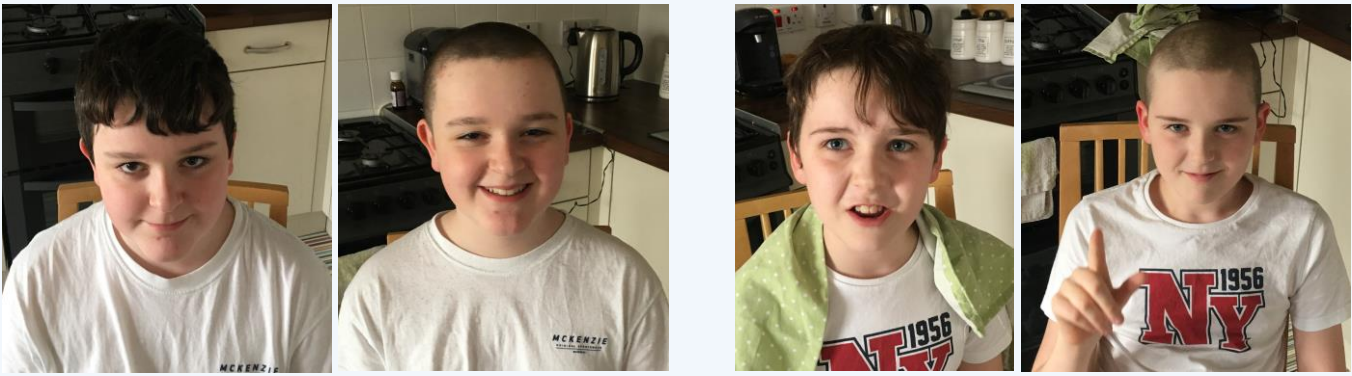


# Gate Newsletter 34. April 2020



Brothers, Brandon and Daniel shaved their heads and raised £150 for our charity. The boys wanted to raise funds to support people affected by the Coronavirus within their community! **Well Done Lads!**

## The Wee County flocks to support our Charity!

Due to the recent national crisis, we have closed all our projects temporarily apart from our Crisis Foodbank. **Project Coordinator and Board Trustee, Rita McNeil was very reluctant to close our Soup Pot during the national crisis. Rita stated that "We didn't want to close this project because we felt that our Soup Pot is a much-needed service within the community. However, we had to abide by Government regulations to protect the NHS and others involved throughout this difficult time. We promise that we will re-open as soon as it is safe to do so".**

However, we thought it was of paramount importance that our Crisis Foodbank remained open during this time. We adjusted our procedures to safeguard all people involved and for the first time since our charity was founded, we are carrying out doorstep deliveries. The project is still operating through a referral system to ensure that stocks are distributed fairly and we are also accepting weekend referrals using the usual referral procedure.

Over the last 8 weeks, we have experienced a 100% increase in referrals, and this is just the very beginning! The Clacks community have been wonderful at donating cash and food during this time for which we are very grateful. Currently, we have a good level of food stock, but we are working hard, continuously appealing for donations to maintain our stock levels, in order for us to continue to support those most affected by the crisis. Many people and local businesses have visited The Gate to donate cash or food and we have been overwhelmed by the levels of support.

Approximately 90% of our existing volunteer group are self-isolating and we totally understand and respect their need to do so. We appealed to our community and had a huge response to our plea for volunteers. Over 50 people came forward and offered to help us. Volunteers have been involved in admin roles and assisting in our foodbank, including sorting donations and preparing & delivering food parcels within the community. We have a full working team in place and a reserve list should things change. We could not operate our projects without the valued support we have received from the general community. We are very grateful. Working together to support the most vulnerable! We will get through this together!



Over the last couple of months, on two occasions, Robertson's Potatoes, in Alva have donated 20 sacks of potatoes. Their donation ensured that every person got a big bag of tatties within their food parcel during this difficult time!



We are very grateful to Jas and Staff from Premier Lornhill and Medwyn stores for their recent donations. We have been struggling to purchase fresh food with our increased referrals, so these donations came along at the perfect time!

## Supporting Our Community!

Over the last 8 weeks, we have distributed **2177 bags of food, supporting 1209 people, providing 25,389 meals!**

## Foodbank Q1 Stats (Jan – Mar 2020)

**Parcels  
647  
People  
Supported  
1274  
Meals  
Distributed  
26,573**

the gate foodbank

Our Foodbank Coordinator, Adrienne Hilton would like to thank everyone who has donated their time, food and/or cash recently to support our Foodbank.

Adrienne said "We have been distributing a high number of food parcels daily to support people who are most affected by the Coronavirus pandemic. We have used cash donations to purchase essential stocks and fresh items to supplement food packs that are essential during this time. Some people are unable to go out to the shops for health reasons, so we are very grateful to provide items such as bread, milk, spread, fresh fruit and vegetables, eggs, and cheese within all food parcels".



## Stock Items Urgently Needed

**Tinned Meat  
Nappies (size  
5 upwards)  
Jam  
Rice Pudding  
Coffee  
Weetabix  
Squash**

## Help & Advice!

We have received a large number of telephone calls from the general public requiring all sorts of support.

CTSI are working in partnership with agencies to support vulnerable people within Clackmannanshire.

Below is useful contact information and numbers to call should anyone need further assistance with other matters.



In January 2020, we introduced a "Picking Area" within our Foodbank. We had a large stock of excess items such as salt, vinegar, sugar, sauces, pasta, and nut-based products that were building up in our storage area. Service users were able to choose essential extras when they collected parcels directly from our Centre. However, as we moved on to doorstep deliveries only, this service has been temporary postponed and will return as soon as normal practice is resumed. Overall promoting choice, dignity and independence for our service users.

## CTSI HELP & ADVICE Where can you go to get help? In Partnership with Clackmannanshire Council



### CRISIS & EMERGENCY

If you need urgent advice and support, or have received a shielding letter from the Government, then please use the new Clackmannanshire Community Helpline. Phone line open Mon-Fri from 9am to 5pm and 10am to 4pm on weekends.  
Telephone: 01259 452275  
Email: [communitysupport@clacks.gov.uk](mailto:communitysupport@clacks.gov.uk)



### UNWELL OR SICK

If you, or someone you live with, develop a high temperature or new and persistent cough please follow self-isolating advice. Do not go to your GP. Visit the NHS website for advice. Phone NHS 111 if your symptoms get worse.  
NHSINFORM.SCOT • CALL NHS 111  
GENERAL ADVICE 0800 028 281



### IN NEED OF CARE & SUPPORT

Clackmannanshire Third Sector Interface  
Connecting people with their community.

07977 142605 or 07534 405043  
ADMIN@CTSI.ORG.UK

Community Care Guide: [bit.ly/ctsicareguide](http://bit.ly/ctsicareguide)

VISIT [CTSI.ORG.UK/COVID-19](http://CTSI.ORG.UK/COVID-19) FOR MORE INFO

Registered Scottish Charity Limited by Guarantee, Charity No: SC042543 Company No: SC398938

A cheerful picture of a few of our volunteers who are smiling through these difficult times!

Working hard to help people most affected by the national crisis!



**STARTER PACKS  
Q1 STATS  
20 Packs  
Distributed,  
Supporting 20  
adults and 6  
children!**

**SOUP POT  
Q1 Stats  
433 people  
visited our Soup  
Pot for support  
from January to  
March 2020**