

VOLUNTEER NEWSLETTER 10

APRIL 2020

Over the last couple of weeks we have tried very hard to provide our volunteers with the most up-to-date advice based upon changing NHS and Government guidelines. We are confident that the guidance we have provided has allowed us



through this difficult time! Social isolation can have a major impact on emotional health and many people who are self-isolating may be struggling during the Coronavirus crisis. So please try to keep talking to one another!

to best protect staff, volunteers and the people we support.

During these unusual times, we ask that you keep in touch with us and with volunteers you may have befriended throughout your time at The Gate. A telephone call, an email or a simple card posted through a volunteer's letter box will really help some people to get

We always look out for each other when we are together so let's make sure that we continue to do so until things get back to normal. In the meantime, if The Gate Charity can do anything for you to help you to get through this difficult time, then please get in touch either by email or by telephoning Marie on 07769 202454.

We will get through this together!!!

Do you have a funny photograph or story to tell during this difficult time of self-isolation? Share your photographs and stories to help everyone smile during this trying time! Email photographs and your story to Marie.



Staff and volunteers recently enjoyed a spontaneous fire safety training course!



Foodbank Developments

We are working hard to continue to operate our foodbank to support vulnerable people within our Wee County. In the last week, we have experienced a 100% increase in referrals for support and this is just the very beginning! The Clacks community have been wonderful at donating cash and food over the last couple weeks, 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 affected by the crisis.

Approximately 90% of our existing volunteer group are currently 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 to help us so we have a full team supporting our foodbank at the moment. As things are changing daily due to the effects of the Coronavirus, we have a reserve list in place for volunteer support. However, if your circumstances change and you wish to get involved, please feel free to contact Marie on 07769 202454 for a chat.



We were delighted to receive a huge donation from Robertson's Potatoes in Alva. Their donation ensured that every person got a big bag of tatties within their food parcel!



**time to
UPDATE**

Introducing our “Picking Area” within our Crisis Foodbank



Last month, 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. We also wanted to give our service users the opportunity to chose items they would use to promote the values of dignity, choice and independence. This system also created the opportunity for us to distribute those excess stocks kindly donated by our loyal community.

Each service user was choosing 5 items when they collected their food parcel from The Gate Centre and the system was working well. However the Coronavirus outbreak has seen us move to home deliveries only and the system has been postponed.

The Picking Area will be reinstated as soon as the foodbank resumes normal practice.



Our Jackson is staying with our youngest volunteer Lily Christie during the lockdown period. He is receiving regular attention, lots of cuddles and is enjoying self-isolating with Lily within his temporary home!

During Q1 (Jan – Mar) 433 People Visited The Gate’s Soup Pot for Support!

Over the last couple of months, Ludgate Church’s new minister Rev Laing has visited our Soup Pot to offer our service users a listening ear. NHS dental nurses have also visited on a couple of occasions, providing useful advice to promote good oral health within our community.

Project Coordinator, Rita McNeil was reluctant to close our Soup Pot during the national crisis stating that ***“We regret having to close because we feel this 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”.***

Jackson enjoyed a trip to Iceland in February 2020.



**Iceland
Feb 2020**

Angela and Jackson all wrapped up and keeping warm!