

# Volunteer Newsletter 5

February 2019



## END OF YEAR UPDATE - 2018

What a year we had at The Gate supporting the most vulnerable within our community. Resources were stretched to the max as the demand for help soared. More people attended our Soup Pot than previous years, foodbank referrals increased significantly, and families faced increased pressure despite some parents being in paid employment. Pressure was placed upon many parents over the school holidays who were struggling with the cost of child care and food whilst trying to access suitable activities for their children to attend throughout school holidays. More people were finding themselves socially isolated, sometimes due to

poor weather conditions, low income or lack of connections within their neighborhood. Staff did what they could to help along with our wonderful volunteers who continue to provide an outstanding service, unpaid to support the most vulnerable within our community. We could not operate our services without our volunteers' help and assistance. We are very grateful for the time that each volunteer has dedicated to The Gate and we know that the assistance has really helped to "make the difference" to many people living within Clackmannanshire who have falling on difficult times.

*Thank You So Much!!*

### 2018 Fast Facts

#### Foodbank

**80,455** Meals distributed  
**3,967** People supported  
**2,205** Parcels provided  
**144** Additional parcels provided to vulnerable families throughout the festive period

#### Soup Pot

**1602** Service users supported

#### Home Starter Packs

**41** Packs distributed  
Supporting **43 adults & 31** children

#### School Uniform Bank

**323** Children were provided with school uniforms and equipment  
**118** Referrals received  
**21** Schools and nurseries supported (aged 4 – 16 years)

#### Community Café

**1,250** people attended our Friday Café to socialize with others

#### Community Groups

**Up to 10 people** attended our Books N Blether reading group on a monthly basis  
**8 – 10 people** attended our weekly Knit N Natter group  
**25 – 40 people** attended three different Gig at The Gate events during 2018



**Soup Pot Volunteers Enjoy a Well-Deserved Lunch Together!**

After serving up a 3 course Christmas meal and providing a gift and a small food parcel to over 40 services users, our Soup Pot volunteers enjoyed a Christmas lunch together.

The Soup Pot service users have been very grateful for the volunteers valued and continued support throughout the year.



## JACKSON'S JOURNEYS

Our Jackson has been travelling the world with our volunteers and has also been attending local events. He really is a lucky pup! Remember, Jackson likes to join in on all types of occasions so if you are planning to go to a birthday party or something similar then take along the cute companion! Let's see which countries Jackson will attend and what type of events he will experience during 2019!

### Supporting Young People throughout the Summer of 2019

We are working in partnership with Sunnyside Primary School and other professionals to deliver a Summer Club this year.

If you are interested in participating in this project and if you are particularly skilled in craft work, drama and/or singing workshops, then please speak with Marie for further details.

### "Feeling the Cold"

We are very aware that The Gate Centre is cold throughout winter months.

We are working hard to try and improve the temperature in the building.

We have carried out basic work, such as putting springs on the doors to avoid unnecessary drafts.

We have also recently submitted a funding application to carry out some work to insulate the building.

We will keep you informed about any developments!

## FUNDING CUTS!

***Fresh Items may be removed from our food parcels if Council cuts go through!***

People relying on our Foodbank could see a reduce offering if we lose our council funding. Our Foodbank and Soup Pot could see 10% of their funding disappear!

**Val Rose** (Gate Director) said *"Part of the money the Council provides is used to buy fresh food. Its important that people receive nutritious food. We would have to re-evaluate how we support this need if the cuts take place"*. Some of the money also supports our Soup Pot and Starter Pack projects that support a varied amount of people.

The proposed cuts would be chipping away at the safety net for the most vulnerable living within Clackmannanshire!



**Volunteers Needed**  
 Summer Club Volunteer  
 Fundraising Volunteer  
 Café Volunteer  
 General Handyman/woman

If you are interested in any of the volunteering opportunities discussed or if you would like to know more about any matter in this Newsletter, then please speak with Marie to find out more!