

# 2019 Fast Facts

## Foodbank

92,227 Meals distributed  
4807 People supported  
2344 Parcels provided  
144 Additional parcels provided to vulnerable families throughout the festive period

We also supplied **500 Advent Calendars**, **1000 tubes of sweets** and **250 boxes of biscuits/chocolates** to our referrers to distribute to vulnerable children and families living within Clackmannanshire.

## Soup Pot

1350 Service users supported

## Home Starter Packs

77 Packs distributed  
(88% increase in referrals in comparison to 2018 statistics).

## School Uniform Bank

355 Children were provided with school uniforms and equipment. We received **75 referrals** and **194 children visited our Open Week**. Supporting children and young people aged 4 – 18 years of age from 21 schools & nurseries within Clackmannanshire.

## Community Café

On average, around **25 to 30 customers** attended our Friday café for nutritious food and social involvement.

## Gig at The Gate

Over **40 guests** attended 3 different gigs for an afternoon of fun, dancing & singing along with others!

## FVRC's Recovery Café



On average **20 – 25 people** attended **FVRC's weekly Recovery Café** which operates every **Monday 4pm – 9pm** at The Gate Centre.

the gate

Volunteer  
Newsletter 9  
January 2020



What a year 2019 was at The Gate! Throughout the year, the Clacks community supported us by donating over 26 tonnes of food to help people affected by poverty. In March, we almost lost our Council funding due to budget cuts. However, due to our loyal community's participation in a budget engagement with elected council members, the decision to maintain our level of funding was confirmed.

We welcomed various visitors throughout the year, including HRH, the Duke of Kent along with Clack's Lord Lieutenant Johnny Stewart, Vice Lord Lieutenant John Spruce and Clerk to the Lord Lieutenant Craig Dunbar.

The visit was arranged by Johnny Stewart who said "HRH, the Duke of Kent was delighted to visit The Gate Centre and was fascinated by what he heard and saw. HRH was particularly pleased to meet so many volunteers and to hear about what they do for so many people

There is no "I" in Team, but we are sure glad we have "U" in our Volunteers!

requiring help in Alloa". We were also delighted to welcome Tamsin Dingwall, Moderator for the Church of Scotland's National Youth Assembly as well as others, such as Father Zhang and Miss Li from the Scottish Churches China Group. It was Father Zhang's first trip to Scotland since he was a child and he was amazed at the range of services we operate to support a wide variety of people. We were delighted to work in partnership with Sunnyside Primary to

operate an Easter and Summer Club. Parents and children thoroughly enjoyed attending drama, arts & crafts, first aid, sewing and cooking workshops operated by Gate's volunteers, members of Riverside Drama Club and staff from the NHS & Sunnyside Primary. In September, our volunteers enjoyed operating a Harvest

"one off" cook-In workshop. Tullibody Community Garden and Asda provided us with fresh fruit and vegetables. Our volunteers and 20 service users converted the fresh items into jam, chutney and fruit crumbles. The produce was shared through our Foodbank and Community Cafe returning the generosity back into the community. Of course, none of this would be possible without our wonderful volunteers at The Gate!

## Helping our Volunteers to Celebrate Big Birthdays Throughout 2019



Sandra's 65<sup>th</sup>



Margie's 70<sup>th</sup>



Hazel's 70<sup>th</sup>



Janis's 70<sup>th</sup>



Jean's 80<sup>th</sup>



### Yorkshire Building Society Staff Continue to Support Us!

**YBS Staff** have always provided us with volunteer assistance throughout major initiatives, such as our Annual School Uniform Bank and fundraising efforts.

**Branch Manager, Ramsay Duncan** stated that the YBS organisation encourages staff to get involved in their local community, allocating volunteering hours to support worthwhile charities such as The Gate. Ramsay said *"Until you are involved in community projects, it's difficult to get a genuine understanding about people's true life situations. I was personally surprised at the level of poverty within Clackmannanshire, therefore, my staff and I are happy to put something back into the community by volunteering at The Gate. We are really enjoying ourselves whilst helping others at the same time"*.

### Huge Congratulations

We would like to say huge congratulations to **Anne Marchant** after her **first grandchild** was born on Monday 23<sup>rd</sup> Dec 2019.

**Anne's daughter Claire and son in law Chris** warmly welcomed their new son **Nicholas** on this joyful day!

Claire and Chris used to be volunteers with The Gate and introduced Anne to our Charity. I am sure the happy couple have their hands full tending to young Nick's needs, and we wish them all very well in their future together!

**Wonderful News!!**

### Volunteering Opportunity – Help Needed!

Do you have a spare couple of hours on:  
**Tuesday 10<sup>th</sup> March 2020 from 8am to 1pm?**

We have been asked to provide 280 people with sandwiches, wraps, drinks and cakes at an event at Alloa's Town Hall.

Please can you let Marie know ASAP if you could assist in any way.

Its great fun and a joyful experience whilst raising much needed funds for our charity.

### Training Opportunity!

If you are interested in attending the below training session at The Gate Centre:

**CONFLICT MANAGEMENT**

**Please speak with Marie now!**

This type of training could be applied to situations applicable to your volunteering role!