

HBC LADIES' NEWS

Welcome | Harston Community Food Hub | Next Month

Welcome

Welcome to June's edition of the **HBC Ladies' News**.

Many thanks to Kordula for an interesting update on the Harston Community Food Hub as it celebrates its first birthday.

Next Month

Now that Summer has arrived, it would be good to gather in small groups on the afternoon of 10th July.

If you are happy to have a small group in your garden for afternoon tea and cakes, please let me know.

Information about venues will be emailed out on Saturday 26th June.

A Verse to Ponder

From Philippians 4:8

WHATEVER THINGS ARE
TRUE
HONORABLE
RIGHT
PURE
LOVELY
ADMIRABLE
EXCELLENT
 AND
WORTHY OF PRAISE
 THINK ON THESE THINGS
 PHILIPPIANS 4:8



This month the Harston Community Food Hub will be one year old. What a blessing it was and is to be able to use the generous space at the church for this project and at the same time it also enabled the church to keep its doors open despite lockdown.

When we started out last year in June we didn't quite know what to expect and how the hub will develop. In preparation for the opening on 27th June 2020 we were busy kitting out the room with shelves, fridge and freezer. We designed posters and flyers for all the households. We drew up necessary documents, secured funds and donations from organisations, local food stores and individuals.

From the start the Food Hub had always two distinct areas:

Fresh food larder - The fresh food (mainly fruit, vegetables and bread/pastries) which is obtained from supermarkets and other organisations is food that can be taken by anyone. The fresh food larder is part of an initiative designed to reduce food waste.

Community pantry - The food with a longer shelf life (mainly tinned and other dried products) and other household goods are either given as donations or bought with cash donations. The community pantry can be used by anyone experiencing food poverty due to the COVID crisis or for other reasons.



Very soon after opening we were overwhelmed by the desperate need in our local area on the one hand and the immense generosity of people in the community on the other hand- generosity in donating food, money, or donating their time as a volunteer.

The steady increase of customers to our community pantry caused us to be more efficient when handing out food



Hints from the Garden Shed

- **Cut back oriental poppies** -

Once the blooms of these striking perennials have faded, the whole plant should be cut back to ground level to stop it collapsing in a messy heap.



- **Hanging baskets, pots and window boxes** - Start liquid feeding six weeks after planting, unless you mixed in a slow-release fertiliser.

- **Pick sweet peas** -

The more you cut for the house, the more blooms the plant will produce.



Monthly hints from *Which? Gardening*

Date for the Diary

Saturday 26th June - 11am - 2pm - Coffee and cake to celebrate the first year of the Food Hub.

Saturday 10th July - Ladies' Group Afternoon Tea and Cakes

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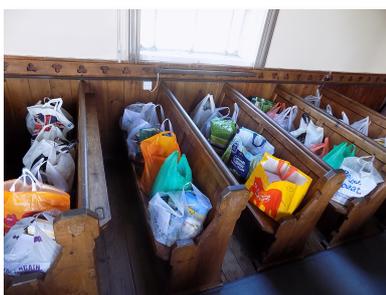
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Harston Community Food Hub (cont.)

essentials. In November we started therefore to pre-pack food bags tailored to the needs of the individuals. Over the last 12 months we were able to help around 90 households, some of them only for a very short period of time, others for a longer or ongoing time period depending on their



situations. At the moment we are packing approx. 40 bags each week which are greatly appreciated.

It is very moving to hear the stories of individuals who gratefully receive the support offered. Our survey in April

showed that about half of our customers to the food larder struggled to make ends meet due to COVID related issues like redundancies or lower furlough payments. For other customers the Food Hub provided not only the needed essentials in order to make money go a little further but also a place for social interaction. During lockdown many felt very lonely and isolated. The food hub was for them the only place they would go in order to meet others face to face - be it at a 2 meter distance - and where they felt safe.

Another service added to the Food Hub was the provision of ready meals. In December we were able to link up with the South Cambridgeshire District Council Meal Scheme and received 16 two course meals weekly that we distributed locally. Later another local volunteer provided further 10 - 12 meals weekly for the benefit of some of our vulnerable customers. Most of these meals were delivered to people's homes often with other fresh food items from the food hub.

We are hoping to have an outdoor coffee morning on 26th June to celebrate this year of generosity. Please do come along and celebrate with us on the day between 11 am and 2 pm with a free coffee and cake.



It is great to see how God has blessed this work over the last 12 months. It has made a big difference in many people's lives.

Thank you for all your support.

Kordula