



Styal Running Club Food Bank Run 2023

What is it?

The Food Bank Run is a new movement that is gaining pace in 2023. Created off the back of a run started several years ago by Hampshire based running club, Fareham Running Club, they are now encouraging every club, group and food bank to link up and create their own Food Bank Run. Around 450 clubs have signed up to support this great cause. See <https://runr.co.uk/pages/foodbankrun> if you are interested in more information.

More than 2 million people use food banks, and this is increasing. February has typically been a month when food bank use is high, but donations are low so Food Bank Runs are particularly encouraged this month.

Food Bank Run collection point

We would like to collect items at our club runs (Tuesday and Thursdays) throughout the month of February, as well as our Food Bank Run. We will have a collection point at Wilmslow Phoenix and would welcome donations from all who use the facilities, which we will then pick up when we are there. We will take these donations to the local food banks (including Hope Central, Foodfriend and The Trussell Trust). Please use the hashtag #foodbankrun on any social media to promote this.

What items should I donate to the foodbank collection point?

Please consider using the app 'Bank the Food' to look at what local food banks are particularly asking for.

Food banks regularly ask for:

Food- cereals (low sugar, high fibre options), tinned soup and stew, pasta, rice and pasta sauce, tinned meat and fish, tinned vegetables and beans, tinned spaghetti, tinned fruit, condiments and spices, cooking oil, broth and stock, instant mash potato, rice and sponge puddings, jelly, custard, jam, biscuits. All items should be non-perishable and in date.

Drinks- tea bags, small jars of instant coffee, granulated sugar, UHT milk, diluting juice, 100% fruit juice

Toiletries – deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, toothpaste

Household items – laundry liquid detergent, laundry powder, washing up liquid, antibacterial cleaning sprays

Feminine products – sanitary towels and tampons

Baby supplies – nappies, baby wipes and baby food

Pet food- tinned and dried food (cat and dog food), cat litter

Food Bank Run

Styal Running Club are organising a Food Bank Run on Saturday 25th February at 10am. Our friends from Wilmslow Phoenix are welcome to join this- ask Louisa or David, or email styalrcwelfare@gmail.com if you want more information. It is an unofficial fun run of approximately 4 miles, and we will also welcome support from non-runners transporting items and promoting the event.

How else can I support the local food banks?

- Food Bank Run on Saturday 25th February 2023 at 10am



- Foodfriend have collection points in Wilmslow's Sainsbury's, Alderley Edge Waitrose, Wilmslow Parish Hall and Fitism Gym Wilmslow. For more information see <http://wilmslowparish.co.uk/food-friends/>
- Hope Central- Monday to Friday 11am-12pm at the back of St Chad's, Handforth SK9 3ES; Monday to Friday 9am-3pm at The Welcome Knutsford WA16 8PD; Saturday 10am-11am at St Benedict's Church, Handforth SK9 3AD <https://hopecentral.org.uk/get-involved/giving-food/>
- In Wythenshawe see <https://wythenshawe.foodbank.org.uk/give-help/donate-food/> for donation points (storage centre in Wythenshawe, supermarkets and food banks)
- In Stockport see <https://stockport.foodbank.org.uk/give-help/donate-food/> for donation points (supermarkets and food banks)
- In Trafford see <https://traffordsouth.foodbank.org.uk/give-help/donate-food/> for donation points (supermarkets, Altrincham Methodist Church, warehouse in Timperley)

How do I access food banks?

- Wilmslow- Foodfriend (for people in the Wilmslow Parish area)- based at St Bartholomew's Church, Wilmslow see <http://wilmslowparish.co.uk/food-friends/>. Call Flo (project manager) on 07592 582567 to organise support
- East Cheshire- Hope Central, see <https://hopecentral.org.uk/i-need-help/short-of-food/> referrals should be made via a professional (e.g. GP, social worker, teacher). Please speak to the SRC welfare officers (Louisa/ Michael) if you need support with this
- Wythenshawe Foodbank- various locations, see <https://wythenshawe.foodbank.org.uk/get-help/how-to-get-help/> details for how to be referred or call Wythenshawe Foodbank Helpline – 07518 198 645
- Stockport Foodbank- various locations, see <https://stockport.foodbank.org.uk/get-help/>. To be referred call the Prevention Alliance (0161 474 1042) or Citizens Advice (0808 278 7803). If you are struggling to find a referral agency, please call 07483 115349 during office hours.
- Trafford Foodbank- various locations, see <https://traffordsouth.foodbank.org.uk/get-help/how-to-get-help/> Call 0300 330 9073 Monday to Friday 8.30am to 5.30pm.