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# WASTE INTO WELLBEING

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April 2020

## **Kendal People's Cafe and Hub - Spring Greetings!**

Hello Friends - since our last Newsletter in January, life has changed for everyone, with the response to the Covid 19 Virus, so we hope you are all coping with this as best you can.

Many of our existing volunteers have been self isolating or shielding family members and I know are missing their involvement with our work and we miss them too. Many new volunteers have been stepping forward offering to help us while they are on furlough -we welcome them and we are deploying as many as we can within our more limited current operations.

### **New Coordinator- in at the deep end!**

Our new part-time co-ordinator Stacy Hurley who started work for us at the end of February, has played a vital role in helping Waste into Wellbeing adapt to the constraints of social distancing, maximising new volunteer opportunities and creating new partnerships to benefit the community in Kendal & District. We would like many of these changes and strong partnerships to be carried forward into the post Covid -19 world. We are so pleased to have her !

### **Hub activity - Collection and Food shares.**

We are currently focusing most of our efforts on daily food collection from supermarkets, if and when they have things to share, and three regular food shares around Kendal. Alas some of our usual suppliers have temporarily stopped operations in Kendal so haven't been able to supply us with fruit and vegetables. We are notified daily by supermarkets through a food share scheme as to whether they have food to share .

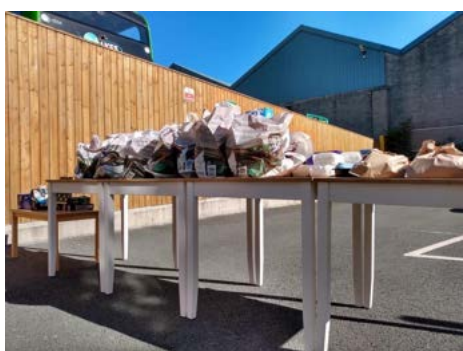
Stacy, Jo, Janet and Kate and Mhairi( from Outside In) are keeping a close eye on collection arrangements , incoming supplies and bag contents.



Supplies vary greatly in range and volume but over the course of the 7 days we are usually able to compile up to 120 decent bags of mixed goods for sharing . We are also benefitting from Morrison's donating a mixed pallet of goods each week that we share with Manna House.

We've also had supplies of sanitary goods and nappies to share from time to time , and over Easter quite a few chocolate goodies !

Prior to the lock down we were able to share loose goods at the South Lakes Foyer and in Hallgarth Community Centre. Both of those venues have had to close so thankfully we have been able to make other arrangements .



Our friends at Outside In have not only allowed us to use their excellent storage facilities, they've also hosted the Food Share in their yard weekly on a Monday morning from 10am.

Hilary , the Salvation Army minister has made us very welcome on a Friday afternoon from 4pm and allowed us to run the food share from the doorway of the Salvation Army Hall on Gillingate.



We have continued to do food share at Hallgarth, now on a Thursday afternoon from 4pm but from outside the Community Centre. Thank goodness for a month of blue skies!

We felt it was safer to present the food share in pre packed paper carrier bags to minimise handling and risk of spreading the virus. We've had some bags donated and we've used some of our grants to buy a supply of bags too.

The bags go quite quickly but people waiting have always queued patiently and kept to 2 metres apart. Some collect a bag for neighbours who are self isolating .

## Cafe and Other Pop Ups

In February we worked with SLDC to help with a Half Term project pilot to provide lunches for some children that would normally receive Free School Lunches . This was for a limited group that had funded places on an activity scheme at the Leisure Centre. We provided

sandwiches , snack or tray bake , fruit and drink ( with help from Asda Community Champion). It may be challenging to scale this up but the post pilot activity is on hold pending the Covid 19 lockdown.



At the beginning of March we were poised to start offering a second Saturday cafe on the 3rd Saturday of the month to offer “Soup and Something “ in addition to our 1st Saturday of the month full menu offering. We were also supporting South Lakes Repair Cafe and had future dates in the diary to provide food at the Unity Festival in June, Sandylands Fete in July and at Torchlight weekend in September .But even before the government announcements we realised that we could not run the

Cafe safely so announced the temporary cessation of cafe.

At present we know that some of those future events are definitely cancelled , some are at risk and we await guidance about when we can resume cafe activity . We can't wait to get started again !!

## Lunch Bunch.



We have been able to keep the monthly Lunch Bunch 2 course hot meals going despite the usual Lead Chef Gillian having to self isolate . In addition we have been able to do an extra couple of soup and something deliveries to the 25 older vulnerable Kendal folk. Thanks to volunteers including Helen, Kate, Jane, Claire and Jerry , and the ICC nurses for either compiling lunch boxes or delivering to some very happy Lunch Bunchers.



Natalie , the ICC nurse full of the spirit of Easter !

We have been able to make use of meals that we had already prepared for Cafe and had stored in

our freezer . We also benefitted from some businesses sharing their stores as they went into lockdown . Soups and cakes from Hilary B and Pauline H have gone down a treat. A couple of our new volunteers Gareth and Ryan are chefs on furlough and have made delicious soups , mini quiches , puddings, cakes and main meals such as cottage pie .



On May 8th we will have a special celebration Lunch Bunch delivered meal for VE Day 75 years anniversary . We promise not to serve Snook or Woolton Pie but we know the ICC nurses are warming to the theme . We have asked for youngsters in Kendal to colour in posters, draw pictures or write stories or poems that we plan to share with the Lunch Bunchers after the items have been quarantined for a few days. We are hoping to get loads of contributions so that we can share with some of our local care homes .

## Funding update

We have been fortunate to be granted £4000 from the CCF COVID 19 emergency fund. This has enabled us to increase our coordinator Stacy's time by 8 hours a week during the crisis, building on the robust systems that we feel we now have developed since the Freida Scott fund enabled us to appoint Stacy.



The experience of rapid change that we have all felt recently, is likely to continue. Whilst challenging, we believe it will also mean that our operation will be different after this crisis.

In view of that we also successfully applied to DEFRA for one of their small scale emergency WRAP grants and have been granted £6000 to help us transition during and beyond the crisis for 6 months from June.



Tesco also have an emergency fund with a max of £500. We are asking them to co-fund 50% of a blast chiller which would enable freshly cooked meals to be rapidly cooled for the freezer, halving the volunteer time needed whilst waiting to store. The remainder would come from the Kendal Mayor's Charity appeal which we anticipate will be distributed soon.

## Volunteers and Training

We are delighted that so many new volunteers have approached us- we had already seen an increase in January and February and this increased hugely in March so we have almost doubled our Volunteer base. We realise that many are temporarily on furlough so won't necessarily be able to continue beyond the lockdown .

We have been able to deploy many of the volunteers into supermarket collection , Hub and" Outside In " sorting for storage or packing into paper carrier bags and delivering to and organising the Food Shares and organising and delivering the Lunch Bunch meals. Some volunteers may not have been called much, or at all so may feel underused however we really need people on standby for occasions when others have to self isolate or we get an upturn in supermarket food.



In February and March we had begun formal face to face Induction training for new starters - a two hour group session seemed to work very well. We have paused these in the interest of personal safety and are conducting either telephone induction or task specific instruction from co- worker ( at a distance of 2 metres)

We are still offering Food Hygiene Level 2 Training to our volunteers which can be completed on line in the students own time - now is a very good time to do this!!!

Other training such as First Aid can be picked up again once the Covid -19 is over .



## **Help and Opportunities etc**

If any of our Volunteer family find that in these difficult times, that they could do with some help themselves for shopping or errands please do contact one of the Oversight Group and we will sort something out .

The Oversight Group are now meeting weekly by Zoom to look at commitments and resourcing for the Hub and Lunch Bunch ,funding , recruitment and any other business .

The group is still comprised of Chris Rowley ( Trustee and Hub) , Janet Clarke ( Hub and a Outside In) , Damien Bonsall ( cafe) , Kate Tordoff ( cafe / Hub/ half term project) , Jane Hodgson ( cafe/ repair cafe/ Salvation Army Army, Health & Safety ), Jo Gibbs (Hub) Amy Hardy ( Hub , Hallgarth and display/ printed Comms) and Stacy Hurley attends as coordinator .

We are ready to respond to opportunities and changes and help our volunteers to mobilise.

If anyone would like to attend one of the Oversight group meetings please let one of us know.

With Best Wishes for the Spring and keep safe during these difficult times .

From The Oversight Group .

Chris, Jane, Janet, Jo, Kate, Damian, Amy and Stacy