

Food for thought

Liz Jones talks to two Friary visitors who have a lot on their plates

"If Friary wasn't here, I'd be dead from starvation." That very stark comment came from Jim, a Friary visitor for several years, whose mental health problems brought him to Friary at a time when he had no food. "I was starving and they gave me cornflakes, a cup of tea and a food parcel," he says. And to Jim that made a life changing difference. "Friary keeps me alive and keeps me fed," he says, "and the dinners here are excellent. You won't get a better meal anywhere for a pound!" Jim doesn't think anyone should go hungry today and at Friary, visitors get a hot meal and a pudding for the cost of a pound. Hot drinks are in good supply and food parcels are provided for people whose benefits have been stopped. They can be either "cooking or "non-cooking" – depending on whether people have any facilities to make hot food. Jim says he can only make hot drinks and hot food in his flat when he can afford the electricity. "But it's not just about food here – there are always people at Friary to talk to about your problems," he adds. "When I moved into my flat I had nothing, but Friary helped me to get all my bits and pieces together."

Pete, meanwhile, has been coming to Friary for many years and has been homeless



several times. Now he is happily installed in a little bedsit, with his dog, and where he can cook for himself.

"Friary helps you with things like kettles and plates so you can feed yourself," he says. "When you first come here you get help but you can't keep coming here to take, take, take. You've got to learn to stand on your own two feet. The dinners here are brilliant and there's always a hot cup of tea. You're made welcome and made to feel human again.

Without Friary I'd still be out there!"

As Pete says, food can nourish a person in many ways. It can make you feel human again, make you feel cared for and welcome as well as providing basic nutrition. Every Monday, Wednesday and Friday, Friary serves up to 50 freshly prepared hot meals per session to people who would otherwise go without hot food. Why not think about ways you can help put food on the plates? Food for Thought!

We then that are strong ought to bear the infirmities of the weak or as the more modern version in the Message Bible puts it..... "Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?" Romans ch 15 v 15.

When we have everything we need and more besides, it's all too easy to leave it to others to care for those in need. What if we were the one in need? Who would we expect to step in and help us?

At the Friary at this time of year, we are reminded of God's harvest and provision. the Friary receives food donations from local churches, schools and sometimes local businesses too. We have a great sense of being stocked up ready for Winter. It's amazing. We are in no doubt that God is prompting people in our community to give generously.

For most local families today, filling up the kitchen cupboards ready for Winter isn't

the way we need to live. Groceries can be ordered online without the need to trawl the supermarket aisles for what we fancy. Alternatively, we pop down to the corner shop when we've run out of something. That's when life is going well. For the people we see here at our Drop-in, a supermarket shop isn't on the agenda, they are managing day to day. Sometimes it is every other day when it comes to having a hot meal.

So, as the purse strings tighten here at the Friary, we are having to become ever more resourceful with the way we ensure we have enough food to give out. We have been creating new links with supermarkets and making in-roads with letting people in our own community know about how to come on board.

I hope this newsletter encourages you to rethink your involvement with the Friary, as together we can provide for the people in our community who at the moment are just going through a rough patch.

Helen Jones, Marketing & Communications Officer for the Friary.

MORE REASONS TO SHOP LOCALLY AT CO-OP

The Co-op Membership Community Fund scheme has nominated the Friary as a local Charity to benefit from a percentage of Co-op own brand purchases made at the stores in West Bridgford.

How it works

Every time Co-op members choose Co-op branded products and services and use their Co-op Membership card (subject to our Membership T&Cs) 1% of what they spend will go to their chosen cause.

Members can change their choice at any time until the end of the giving period on 18th March 2017.

If members don't pick a cause during the giving period then their 1% is shared out equally between all the local causes in their community.

You'll earn straightaway at:

- Food: all Co-op own brand products from everyday things like milk and bread to quality British meat and their Irresistible range.
- Funeralcare: when you pay for a funeral with Co-op or buy a Co-op Funeral Plan.
- Legal services: when you buy various legal products, including Wills and family law products.

In addition:

- Electrical: there will be a great range of offers on selected brands on their electrical website too – have a look for latest details.
- Insurance: they're working on introducing 5% and 1% on home and car insurance in the future.

More about membership: go online coop.co.uk/membership.

Register your Co-op card.

Visit Coop.co.uk/register or call 0800 023 4708 to obtain and register your card.

Any funds raised for the Friary will be distributed shortly after the end of the giving period. So if you haven't already got your membership card, please register for one and get buying Co-op own branded goods!

Thank you to all those customers who continue to donate food in branch at local Co-op stores, the goods are getting through to us!



M&S surplus food



the Friary have been trialling a scheme with Marks & Spencer to use up their surplus perishable food and it's been a pleasure to pass on quality food and cook some of it in our own kitchen. Obviously strict guidelines are adhered to about only using in-date, safe food but due to current processes this means there is an abundant supply coming through locally so the Friary is benefitting. Generally this is fruit and vegetables but when stock levels permit we also get tasty speciality breads and pastries. the Friary and Marks & Spencer are working together to reduce waste and feed the hungry at the same time.

M&S
EST. 1884

What we are about:

the Friary helps local homeless and vulnerable adults to rebuild their lives by offering practical & health services, advice and emotional support.

How we do it:

By offering necessary assistance to those in need by providing the following services:

- Professional Advice and Referral
- GP Surgery, Dentistry, Optometry
- Drugs Counselling
- Specialist Welfare Rights Advice
- Specialist Housing Advice for Rushcliffe Residents
- Barber
- Sunday Evening Fellowship
- Range of volunteering opportunities
- Welfare provision of Food, Clothing, Toiletries & Household items
- Shower and Laundry
- IT Suite
- Café facilities including drinks, snacks and home-cooked hot meals.

CEO Sleepout Nottingham



CEO Sleepout Nottingham was held at Notts County Football Club on Thursday 13th October 2016 (8pm – 6 am), with over 70 people taking part.

CEOs, senior managers and local influential people were encouraged to sleep out on the pitch for the night and raise money for local charities, specifically for homeless and disadvantaged people. The Friary was very pleased to be one of the four beneficiary charities for this high profile local event.

Already a national event, this was the first CEO Sleepout in Nottingham. Whereas this event was held at Notts County Football Ground, it was very much a collaborative project with both Nottingham Forest Football Club and Notts County Cricket club giving it their backing. Take a look at the link <http://www.ceosleepoutuk.com/nottingham/> to see

the leader board and find out about those who achieved incredible fundraising targets on behalf of the homeless charities. Of course, this was predominantly a fundraiser but having been attended by local CEOs and influential business people hopefully it will put "homelessness" high on the agenda and draw people's attention to the realities we experience in our day to day work here at the Friary.

Our own CEO commented afterwards: "Walking back to the office the next day, without a shower and having bed hair, I felt quite embarrassed to be out in that state and hoped I wouldn't bump into anyone I knew...the headache from lack of sleep was horrendous." When asked if he could have imagined going to the Job Centre to look for work in that state, he replied "not a chance, I felt rubbish".

Edwalton Primary School

Edwalton Primary School puts food on the table at the Friary. Healthy eating – Home grown vegetables – Feeding the poor



A scheme launched recently by Food Share in collaboration with Edwalton Primary School is teaching local primary school children how to plant and grow food, eat healthily and give away surplus crops to the poor in their community by delivering it to our Centre on Musters Road, this is then used to prepare meals in our own kitchen. Local children, growing local food to be eaten by the neediest in our local community! Further details will soon be available on our website, including a recent film made by Food Share. The children were very proud to hand over donated food at their recent Harvest Assembly.

Temporary storage solution – BIG YELLOW to the rescue!

We are very grateful to Big Yellow Self Storage for offering us free storage, this is a massive help to us. It forms part of our solution to the issues we have been encountering related to the storage of donations for our bargain sales and is a very welcome development.



Local butchers continue to slice the weekly shopping bill

Two of our local butchers continue to reduce our meat bill by collecting money on our behalf at their stores. By popping into your local butchers – Harringtons in Hilton Crescent Edwalton and Rutherfords on Abbey Road West Bridgford, you can now easily make a donation to the “Food for Thought” scheme to benefit the people we help at the Friary. At the same time you will be supporting your local butcher.

Whilst we continue to provide approximately 180 freshly prepared meals for homeless and vulnerable adults here at the Centre every week, you can help by keeping our weekly shopping bill to a minimum.



the Friary Working locally to end homelessness

Share the Warmth 2016



Do you really need your Winter Fuel Payment

or

Could you help a homeless person stay warm?

the Friary help vulnerable adults needing extra support especially during the cold Winter months

If you feel comfortable to donate some or all of your Winter Fuel Payment please:

- **contact the Friary Office on 0115 981 0009**
- **Email us: admin@the-friary.org.uk**
- **or make a donation through [JustGiving](https://www.justgiving.com)**
- **visit our website www.the-friary.org.uk**

the Friary 46 Musters Road West Bridgford Nottingham NG2 7PR
registered charity number: 1056825

Friary Centre – Client Visits

We record the number of people who walk through the door, these are people who can freely turn up without an appointment:

- In August 2016 the Friary recorded 1,377 visits.
- In September 2016 the Friary recorded 1,356 visits.
- In October 2016 the Friary recorded 1,233 visits.

Just to put that in perspective that's between 93 – 119 people seen by us in one session. And numbers are rising! If you happen to go past the Centre you will see people queuing outside from 7am onwards when our doors open at 9am. I

feel it important to let you know the scale of the situation we are dealing with. We welcome initiatives from the local community to assist us in our work so please do get in touch with any suggestions you may have. Money, time, skills and resources; we all have something to offer.

*Helen Jones,
Marketing &
Communications
Officer.*



Where to find us

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Nottingham NG2 7PR

Phone 0115 982 5448
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Chief Executive; Sam Crawford
General Manager; Ann Bremner MBE

FRIARY OPENING TIMES

Monday, Wednesday, Friday
9 am – 1 pm

Sunday Evening Fellowship
8 pm – 9 pm

New Depot, Unit 6c, Ludlow Hill Road,
West Bridgford, NG2 6HF
Tel: 0115 998 1764
Open Tuesdays and Thursdays
10 am – 3 pm

www.the-friary.org.uk

the Friary Working
locally to end
homelessness



You can find out more about our events and what's going on by following us on twitter @**theFriary88**

REGULAR GIVING: Please visit our website for details on how to set up donations on a regular basis. This is the most helpful way for our Charity to be able to budget and plan for the future. Complete a Gift Aid form as appropriate.

Registered Charity Number 1056825
Company registered in England and Wales
Number 3190740