



'Now I can sleep tonight.'

The words of one of our guests after she received food along with practical help and emotional support in the aftermath of a burglary.

Great need - great response.

Huge thanks to all who donated food or money in 2019.

2019 was a challenging year with a 45% rise in the number of food parcels we gave out. The fact that we could meet this need is testament to the generosity of our supporters who stepped up to help. So often the people who come to us are overwhelmed that there are people out there who care about them enough to help. Thank you on their behalf. As you can see from the numbers below, we need to ask for your continued support In 2020. Our website has a shopping list of the items we need and details of how to donate. We also have details of our upcoming Tins4Lent appeal on our website and Facebook page.

So much more than a food bank

Your support enables us to provide help and advice to vulnerable people struggling with a wide range of issues, including housing and benefits problems, addiction and mental health. We also support a large number of asylum seekers. As a Christian charity, we offer prayer and seek to instil value and self-worth in our visitors, who we believe are all created in the image of God.

Looking forward to 2020

As you may have heard, we are looking to move to new premises this year. We have just received planning permission on a building and are in negotiations with the landlord, so watch this space. If you are of the praying persuasion we would value your prayers for this venture. Our current building has been good to us but a new, bigger space is needed with the rise in numbers seeking our help.

386

INDIVIDUALS,
COUPLES OR
FAMILIES HELPED IN
THE PAST 3 MONTHS

10,000

APPROXIMATE
NUMBER OF FOOD
ITEMS GIVEN OUT
EACH MOTH

33

CURRENT
VOLUNTEERS

Could you be number
34?

A truly international team

We are blessed to have volunteers join us from all over the world. Our volunteer team over the last few months has included individuals from Egypt, Nigeria, Philippines, South Africa, Iran, Albania, Iraq, Brazil... and Yorkshire!

Three of our Brazilian volunteers (left to right: Marcella, Alice & Thales) returned home before Christmas... we miss these smiling faces!



Some of our team choose to volunteer while they are seeking leave to remain in the UK. When their applications are successful they tend to move on to work or study or relocate to another city. We said farewell to three volunteers shortly before Christmas after celebrating their good news of 'leave to remain' status.

Hadi (left) volunteered with us for a year until he got refugee status and he is now applying to study at university. Mehran (right) has just joined our Friday team.

Seeking leave to remain is, more often than not, a stressful process which requires a lot of patience. Please remember those who are going through this having already endured traumatic events. *"When I get leave to remain I want to stay here in Lancaster because the people here are so welcoming and I want to be a part of this community."* Afrim

Want to pray for our community but don't know where to start? We suggest the following...

PROVISION

We meet people every day who are struggling to provide for themselves and their families.

HEALING

Many people are wrestling with hurts past and present that have derailed their life.

PEACE

When people are in desperate need, anxiety and depression can rule and ruin their life.