

SOME HISTORY OF THE LOCAL FOOD BANK

- ❖ In 2011, the then vicar of St Edmund's in Hunstanton, Fr John Bloomfield (now our valued organist at OLSE), along with other local church leaders, realised that many people in the area were struggling to provide food for their families.
- ❖ The Food Bank was held on the stage area of the old church hall. Donations were gathered and organised into individual food parcels for families who sought help. There was no such thing as a standard food parcel at that time! The Food Bank still operates from this space today.
- ❖ When the hall was renovated, a new room was dedicated to the Food Bank, from where it still operates today.
- ❖ In 2019, the Hunstanton and District Food Bank joined with the Trussel Trust community of over 1,400 food banks across England and Wales, making it more secure.

THE LOCAL REALITY

- ❖ Some neighbourhoods are obviously more affluent than others. But it's a shock to learn that the population in the area that includes Burnham Market is more deprived overall than around 75% of neighbourhoods across England, demonstrating that areas of considerable affluence are also home to considerable need.

AND ELSEWHERE AROUND HERE?

- ❖ Only around 20% of neighbourhoods across England are more deprived than South Hunstanton, while North Hunstanton is about in the middle.
- ❖ In Dersingham, one area is in the most deprived 25% and another in the least deprived 20%.
- ❖ Quite a range! Poverty can be invisible while being in our midst.

HOW DO WE KNOW?

- ❖ The "*Index of Multiple Deprivation*" (IMD) is the official measure of relative deprivation for small areas in England (current data Nov 2025).
- ❖ The IMD combines seven individual types of deprivation (for example income, and living environment) to produce an overall relative measure of deprivation.
- ❖ Each area across England is of around 1,600 people and they are measured on these indexes on a scale of 1 to 10, where 1 is the most deprived.

CATHOLIC SOCIAL TEACHING AND THE FOOD BANK

"Catholic social teaching (CST) is rooted in Scripture, formed by the wisdom of Church leaders, and influenced by grassroots movements. It is our moral compass, guiding us on how to live out our faith in the world." (CAFOD)

All of the principles of Catholic Social Teaching are met to some degree by supporting those who use the Food Bank. In particular:

- ❖ **Human Dignity** - 'What makes people special? 'How should we treat each other?'
- ❖ **Family, Community and Participation** - How can we ensure that all are treated equally?
- ❖ **Common Good/ Rights and Responsibilities** - The common good is reached when we work together to improve the wellbeing of people in our society and the wider world. How do we respect all in our community?
- ❖ **Solidarity** - How do we stand with others? How did Jesus show service and justice? How do we help our neighbour?
- ❖ **Sharing God's World, Protecting the Poor and Vulnerable** - Should everyone get exactly the same? Should some people get more? Why?

The Hunstanton and District Food Bank some background

- ❖ Hunstanton and District Food Bank reaches as far as Burnham Market, Bircham Newton, Dersingham.
- ❖ Many people using the Food Bank are “barely managing”. They may be in work, but still unable to cover their essential spending (housing, utilities, food and clothing)
- ❖ Those in need often cannot make use of fresh foods because, lacking a fridge or freezer, they cannot buy and store fresh produce
- ❖ The Food Bank also now it provides energy top-ups too, and directs people to other sources of help

What to donate

Hunstanton & District Powered By
 Food needs BanktheFood

■ Urgently need
 ■ Running Low
 ■ Well Stocked

■	INSTANT MASHED POTATO	■	FRUIT SQUASH
■	TINNED FRUIT	■	TINNED POTATOES
■	PASTA SAUCE	■	TOOTHPASTE
■	BREAKFAST CEREALS	■	LONG LIFE MILK
■	TINNED COLD MEAT (HAM ETC)	■	TINNED VEGETABLES
■	READY MADE CUSTARD	■	DEODORANT
■	TINNED RICE PUDDING	■	NAPPIES SIZE 6
■	BISCUITS	■	PASTA (500GR PACK)
■	TOILET ROLLS	■	TEABAGS
■	JAMS	■	TINNED FISH
■	SOUP	■	CONDIMENTS
■	HAND SOAP	■	TINNED PULSES
		■	BABY WIPES

LIFE IN OUR CATHOLIC CHURCH

LENT 2026 ALMSGIVING

**Justice
tempered by charity**

FOOD BANK DRIVE

During Lent this year, we will
be supporting the

HUNSTANTON AND DISTRICT FOOD BANK

by filling the boxes in the church
with food from the red and yellow
lists of food needs each week -
updates on what's most needed will
be in each week's newsletter
throughout Lent

This leaflet includes information
about the Food Bank, what's
needed, and why it's so important
for many people in the area.