

## ONE CAN

One Can has been working particularly hard during the last 8-9 months to help those families across the area in desperate need of food during the pandemic. Many of the usual volunteers had to withdraw as they were over 70 and all the distribution points (like Marlow Methodist Church), were closed, so everything has been done by home delivery from the Wycombe Depot, with a new team of younger people.

There has been a large rise in the number of people being supported. In the week from the 3<sup>rd</sup> - 10<sup>th</sup> November 544 people were supported, 250 of whom were children. This represents a 143% increase over the pre-Covid figures. During October the total value of all the food supplied to clients reached £31,527. Food donations from the community, either directly or through Street Heroes account for about 90% of all the food used. So thank you for all your donations of food items, they are really appreciated. There were 130 volunteers and staff involved with the work and during October, volunteers gave 727 working hours!

Currently there is a shortage of the following items, especially those in red.

  
**Tinned meat** (e.g. ham and corned beef)

**Tinned Halal meat**

**Tinned meat pies**

**Tinned veg**

(eg green beans, mushrooms and potatoes)

**Cooking oil** (esp. olive oil)

**Vegetable stock cubes**

**Shampoo and conditioner**

**Size 6/7/8 nappies**

  
(We currently have plenty of these items)

Baked beans

Soup

UHT milk

Rice and pasta

Tins of fish

Peas and sweetcorn

Tins of spaghetti

Pulses

Hot dogs / meat balls

In place of the Reverse Advent Calendar this year, Christmas items of food have been collected to be made into hampers to give out to the food bank recipients in the first week of December. Many thanks to all who have contributed Christmassy items of food or toiletries for this project. The hamper will certainly be much appreciated.

One Can have recently launched a new App on Google Play or Apple for your phone so that you can access current "wants and needs" whilst out shopping.

Although the original "Meals from Marlow" scheme ended at the end of June, the new "Meals for Marlow" scheme is still operating as a permanent charity, headed by Tom Kerridge and All Saints Church, and we are very grateful that the One Can clients in Marlow are still being supported by this scheme providing meals twice a week where possible.

Thank you for continuing to support the One Can Trust. If you would like know more or if you would like to offer support please refer to the website on how to donate, <https://onecantrust.org.uk>. or give me a call.