



PLEASE READ  
THIS TO HELP  
SOMEONE  
YOU CARE  
ABOUT

**Don't go into debt because of COVID 19**

Your local food bank is geared up to help you through this crisis



## WHAT

St Ishmael Community Council is working with Pembrey & Burry Port Food Bank to ensure that people in Llansaint, Ferryside and outlying farms can access food and other essential items when they need them.

This is:

- A response to COVID 19
- Available to EVERYONE
- CONFIDENTIAL

## CONTACT

JULIE REES  
Clerk to St Ishmael Community Council

MOB:  
07825 003648

EMAIL:  
Clerk.stishmaelscc@gmail.com

## HOW IT WORKS

### Contact Julie Rees

You need to be referred to access the food bank. Julie is the new Clerk to the Community Council and it is her job to help you. She doesn't live locally and doesn't discuss who she refers with anyone but the food bank.

She will ask you a bit about your circumstances, who you are, where you live, how many people live with you, if anyone has allergies/food intolerances and if you have pets.

She will also ask you about some of your preferences (like tea or coffee) and if you need other things like cleaning products and toiletries (loo roll, deodorant, feminine hygiene products, etc).

'This conversation will take a while because we want to send you the things that you need and will use.'

### Wait for your Delivery

Julie forwards your referral to the food bank which often delivers on the same day.

When they deliver, you will get a phone call to say their drivers are on their way. Like most delivery drivers, they pull up in a van, dressed in high-vis waistcoats, carrying ID. You are not likely to know them.

They knock your front door and stand back and wait so to give you time to safely open the door or wave to show that you know your parcel is there. Like all deliveries, if you need the parcel to be left somewhere specific, you can arrange that too.

You can access the food bank 3 times. Ask Julie if you need further support. Both Julie and the food bank can offer further help if you need it.

## WHO QUALIFIES

### EVERYONE who needs food qualifies

COVID 19 means that:

- Many people have been suddenly left without an income – 'I can't believe I am in this situation'.
- Many people cannot access the food they would usually buy - 'What I can get is just too pricey'.

### Do not go into debt to buy food and essential items

The food bank has geared up to help you. You could always help the food bank later, when things change for you.

## HOW YOU CAN SUPPORT, NOW OR IN THE FUTURE

There are many ways that you can help the food bank:

- Do some shopping – leave it in the collection basket at Ferryside Stores, Kidwelly Co-op and Londis where it will be picked up.
- Donate using its Gofundme page:  
[https://www.gofundme.com/f/support-pembrey-amp-burry-port-foodbank?utm\\_source=customer&utm\\_medium=copy\\_link-tip&utm\\_campaign=p\\_cp+share-sheet](https://www.gofundme.com/f/support-pembrey-amp-burry-port-foodbank?utm_source=customer&utm_medium=copy_link-tip&utm_campaign=p_cp+share-sheet)
- Promote it to local businesses which can donate goods.
- Fundraise in your voluntary groups and organisations.
- Volunteer your time to help.

