



What's happening at Hope Nottingham?

APRIL 2023

Transforming lives

Dear Iain,

Hope Nottingham's vision is to **inspire and grow communities of hope**. We aim to make a real and positive difference to people's lives, not only by offering practical support but by helping people feel a deeper sense of connection and belonging through our many community activities.



"Thank you for giving me hope in the darkness"
Hope Nottingham Guest

You can read more about the impact we make in our latest **Annual Report**. We couldn't bring about positive change in local people's lives without your support and that of our wonderful volunteers.

[Donate to support our work](#)

Unprecedented demand for foodbanks

With high energy and food prices impacting local people, foodbanks across the UK are seeing huge demand.



Data released by the Trussell Trust shows that nearly 3 million food parcels were given out across the network between April 2022 and March 2023 - the highest ever number, representing a 37% increase on the previous 12 months. At the same time, levels of donations are falling. For example, Meadows, our busiest foodbank, report that donations between January and March this year are 40% down on the same period last year.

Hope's 14 foodbanks rely on donations from individuals, businesses, churches and schools in their local communities, without which we would be unable to support people in need.

You can donate at collection points in local supermarkets or drop off donations directly to your nearest Hope foodbank. We are particularly in need of custard, rice pudding and tinned fruit. You can view the full list of items we need, as well as our foodbank locations and opening times [here](#).

If you would like to host a food collection at your workplace, church or school, we'd love to hear from you. See our [website](#) for more ways you can get involved.

Can you help? Volunteers needed!



RENEW

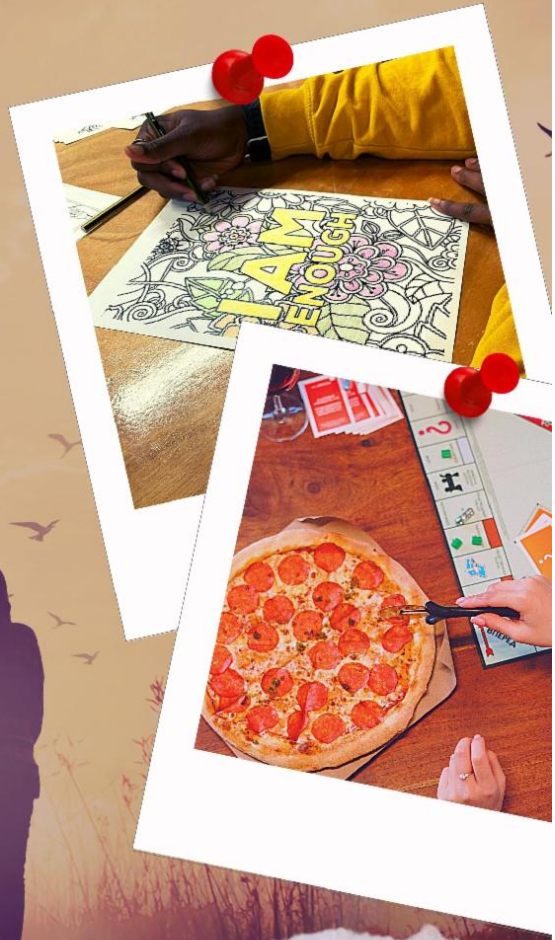
YOUTH WELLBEING CAFÉ

INSPIRING AND GROWING COMMUNITIES OF HOPE

#ITSOKNOTOBEOK

EVERY THURSDAY (TERM TIME) 17:00 - 19:00 AT HOPE HOUSE

OUR YOUTH CAFÉ PROVIDES A SAFE AND QUIET ENVIRONMENT WITH BOARD GAMES, ARTS & CRAFTS AND A CHANCE TO DO HOMEWORK FOR ALL YOUNG PEOPLE FROM AGES 9 TO 14



EVERY WEEK THERE WILL BE A MEAL AND QUIET SPACE / OPTIONAL PRAYER AREA PROVIDED. MOST IMPORTANTLY #ITSOKTONOTBEOK



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Follow us on social media:
  

IN PARTNERSHIP WITH
Renew Wellbeing
Quiet shared spaces where it's ok not to be ok

Hope Nottingham is in need of enthusiastic volunteers who can support our Renew Youth Wellbeing Cafe which takes place at Hope House in Beeston on Thursday evenings.

Our Renew Wellbeing Youth Café supports a maximum of 12 young people per session on a weekly basis. Following a different model from a traditional youth club, the aim is to support young people's mental health by empowering them to look after their wellbeing.

Our thanks go to Sarah Fegredo, Regional Coordinator for Renew

Wellbeing who has been supporting us and is now moving on to set up other projects.

To find out more about this and other current volunteer opportunities at Hope Nottingham, see our [website](#).

Carlton Food Club now open!

Our new community Food Club opened this week at Hope's Carlton Community Hub. Offering £10-15 of food for £3.50 per week plus a £1 joining fee, our community food clubs provide low-cost, quality food for local people at the same time as tackling food waste. Thanks to Netherfield Children's Centre, Gedling Borough Council and our fantastic volunteer team for their support in getting the club up and running.



The club runs each Thursday 12.30 -2.00pm at **Carlton Community Hub** on Carlton Hill. Contact us [here](#) or drop in for a membership form.

Hope House community meal

Sharing food together is a great way to build community and get to know people - and our monthly pay-what-you-can community meals at Hope House are open to all. Our next meal is on Tuesday 9th May at 6pm at Hope House, Beeston. We'd love to see you there!



Let us know you are coming by calling on 0303 040 1110 or by [email](#).

Thank you

Our volunteers and staff are always grateful for the support you offer.

We love hearing from our supporters, so please do get in touch to have a chat or arrange a visit; or see our [website](#) for more ways to get involved with our work.

Every blessing,

From the Hope Nottingham team



INSPIRING AND GROWING
COMMUNITIES OF HOPE

[Read more about our work](#)

Hope Nottingham | 0303 040 1110 | www.hope-nottingham.org.uk



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