

Dear donors, volunteers, and supporters

In this month's newsletter we're featuring The Vench, one of our 5 community partners; we're also looking at recent & forthcoming events for FFA – and sharing a scrummy recipe.



**The Vench** first opened 50 years ago and remains an integral part of its local community, providing a range of regular and special events for children and families to relax, play, develop skills, resilience and confidence and access support. Since 2020, FFA has been part of that support by providing



food for on-site cooking clubs, snacks at child/youth sessions and their twice-weekly food club (serving 80+ families) – helping them supply nearly 3000<sup>1</sup> meals per week to families in need. The Vench are hosting a birthday celebration on **9<sup>th</sup>-10<sup>th</sup> September**, so do visit and find out more (see <https://thevench.co.uk/>)

**Events:** This year, we have a full Summer of events where we aim to raise awareness and vital funds to enable FFA to maintain this support, for example:



**20<sup>th</sup> May:** The '**My Community celebration**', Horfield Methodist church, generated lots of interest in what we do, and an opportunity to learn about other organisations, share ideas, and build relationships with local residents - and councillors (see photo) Thanks to all the team who represented us, including Claire Williams, our new official photographer.

**17<sup>th</sup> July: BBC Gardeners' world:** are making a film about how vegetable seedlings planted at Blaise Plant nursery are grown on by the Ardagh Allotment group, donated to FFA and then delivered to our 5 community partners. As part of this, the Allotment group will be showing what can be grown in a 1m<sup>2</sup> garden and FFA will supply cheap simple recipes using Ardagh grown produce and your donated foods e.g. this scrummy recipe for [SPANAKORIZO](#) (Greek spinach and rice) from Anna.

**2<sup>nd</sup> September:** the [Westbury on Trym Village Show](#) has invited FFA to showcase our work and collect donations at this amazing annual celebration of local people, skills, and community.

**19<sup>th</sup> September:** we will be holding the second **FFA Open day** – please get in touch if you'd like to help.

Meanwhile the cost-of living crisis continues to escalate and drive record numbers of low income families to use food banks (see [Guardian Article 04-2023](#)). So, thank you for your ongoing support. **We're currently experiencing a drop in donations (food and funds) – please do spread the word so we can continue to support our community partners and local families in need.**

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<sup>1</sup> Including on-site meals and food bag ingredients for cooking at home (FFA Survey December 2022)