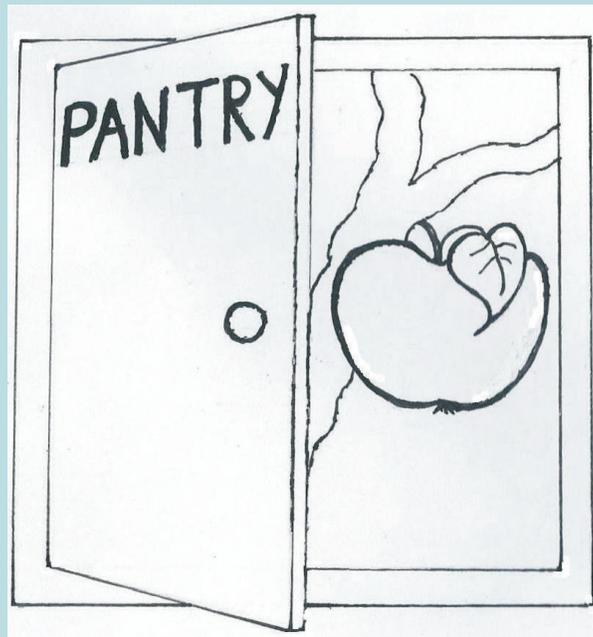
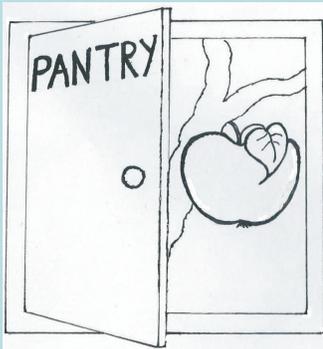




# Pontardawe needs a FOOD BANK



Help PANTRY  
to help your  
neighbours



## Who are we?

PANTRY (Pontardawe, Alltwen, 'N' Trebanos, Rhos / Rhydrafro and Ynysmeudwy) is a charity run by volunteers. We work in partnership with local organisations such as Social Services, Credit Unions, Health Services, Job Centre Plus, who refer people to us with a voucher. PANTRY will then issue referrals with enough food for their family for four to five days.

## Is there a need?

Yes ! it's shocking that in this day and age tens of thousands of families in Wales are struggling to feed themselves and their children. But it is a fact. Last year over 300,000 food parcels were given to desperate families in the UK. There are already food banks in Neath, Ystalyfera and Clydach, and although they are doing a superb job they are coming under more and more pressure. We are aiming to start giving out food as quickly as we can, but realistically this won't be until the spring of 2014. There is a lot of work to be done before then ! we need to act now.

## Who needs help?

It's easy to think that we live in a fairly prosperous area and that few are really suffering. But redundancies, family breakups, mental and general health issues and a rising cost of living can all rapidly impact on a family's ability to cope.

The problem has been increased by recent benefit changes and rises in living costs, many of us live so close to the edge that a short term problem can have a devastating effect.

**P**ontardawe

**A**lltwen

**N**

**T**rebanos

**R**hos/Rhydryfro

**Y**nysmeudwy

## How can you help?

We need help from individuals and also local organisations. The first task is to get money in, so we need volunteers to help us with fundraising. We also need donations, so if you or your organisation is in a position to make a donation we would be delighted to hear from you.

We will also need volunteers to give their time and skills to help prepare our premises, collect and store the food coming in and for record keeping. Once we start operating we will need volunteers to help run the day to day running of the project.

Apart from needing funds to start the project, we need a regular income to meet operating costs. With this in mind we are starting PANTRY 100 Clubs and anyone (over 18) can join and play. Each month from January 2014 there will be a draw and 50% of the money will be paid out in prizes and 50% will help to fund the food bank.

If you can offer us any help please see reverse. Or if you would like to find out more, please contact PANTRY (Vince) on 01792 869581 or 07970968120

# Yes, I can help PANTRY

## Volunteering -

**Name :**

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

**Address:**

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

**Tel number (s)!!!!**!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

**Email: !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

## Donation !

I would like to make a one off donation of £!!!!

(Please enclose a cheque or postal order made payable to PANTRY.

Address: 59 Grove Road, Pontardawe, SA8 4HH

## Funding !

I would like to join the 100 Club (please tick as appropriate)

Join 100 Club A = £1 a month (annual payment of £12)

Join 100 Club B = £5 a month (Direct Debit monthly)

Join 100 Club C = £10 a month (Direct Debit monthly)

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

## Direct Debit Mandate

Bank details : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Name of bank : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Branch : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Sort Code : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Account Number : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Account Name : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Monthly amount £ !!!! . Commencing: 20/01/14 and every month thereafter.

Signature : !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!