

It's about so much more than just food

The Matthew Tree Project underpins, in many respects, the excellent work of many other agencies, organisations and charities who are working to help people with different complex needs; be it mental health, addiction, re-offending, unmanageable debt, homelessness or family breakdown. When anyone is hungry and/or malnourished they will struggle to focus on, and have the ability to overcome the huge challenges that they need to be able to conquer if they are to rebuild their broken lives.

HUNGER EFFECTS BEHAVIOUR

We now know from various studies that hunger effects behaviour - negatively. Reducing the prevalence of hunger can therefore cause a ripple of positive changes throughout a community, thereby improving the living environment for us all.



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So, how are we doing?

What the clients say When asked...

"On a scale of 1-10, how much do you feel The Matthew Tree Project has helped you?"

64.4% said "10"
(95.5% said 7 or above)

Sample size: 30% Date of survey Oct 12 - Feb 13

How many people is The Matthew Tree Project Foodstore network helping?

Sep 12 ... 267
Oct 12 ... 335
Nov 12 ... 411
Dec 12 ... 489
Jan 13 ... 627

How much food is The Matthew Tree Project Foodstore network giving out?

Sep 12 ... 1.43 tonnes
Oct 12 ... 1.76 tonnes
Nov 12 ... 2.69 tonnes
Dec 12 ... 3.06 tonnes
Jan 13 ... 3.22 tonnes



The
Matthew
Tree
Project

It could be any one of us. We are all at risk.

"The Matthew Tree Project has been a revelation to me and my family. The help and support they have given to us has been excellent and has made us keep strong and healthy."

Edward (client of TMTP, 8.2.13)

Being without food due to financial hardship is a real life experience for a growing number of families and people in Britain today. This situation could easily affect almost any one of us at any time. With the continuing economic difficulties, employers are having to lay people off and the austerity measures are squeezing the welfare budget meaning the degree of help and support that was available in the past isn't there anymore. It has been said that over 90% of the population are only three pay packets away from poverty and homelessness.

We have been experiencing, and are still in, the longest period of ultra-low interest rates in living memory. Energy prices are predicted to keep rising until at least 2020, and as a result of this food costs are set to continue to rise. Household budgets are being squeezed already and when interest rates start to rise (as they surely will) it will be the 'tipping' point for many of us.

Without the generous support of others we could not do what we do. Please help us by supporting our work with a financial donation. Thank you!



We are thrilled to welcome the Carmel Storehouse to the Bristol Foodstore network. The Storehouse has been up and running for some years, but mainly to service the needs of the local Carmel Christian Centre members. By joining the Bristol Foodstore network, the Storehouse is opening up to the local community in the Brislington and surrounding area.

"Matt Thompson and his team have done a fantastic job, in making the transition from serving the church members on a Sunday to being open to the community as a whole on a Monday, which was never going to be easy" commented Mark Goodway, Charity Director of The Matthew Tree Project, "many people in real need in this area now have somewhere to go where they will be fed and supported."

Meanwhile, in Knowle, The Mede Foodstore decided to start opening on Thursday's as well as Tuesday's

The Bristol FOODStORE network now 'open' five days a week

On Monday 11 February the fourth Foodstore in Bristol opened for the first time, in Brislington. The Mede Foodstore, in Knowle, also began opening on Thursday's as well as Tuesday's which means we are now open five days a week to help those in desperate need.

to meet the local need. "The Foodstore has had a significant impact on the Mede Community & Learning Centre itself bringing an unexpected and most welcome new lease of life. It has put the Mede on the map in a fresh way and aroused considerable interest among the public locally and further afield." stated Alister Palmer, chair of the Mede Community & Learning Centre.

"Churches, community organisations, local schools, & individuals have offered generous support through donations of food and money. It has drawn

together a team of enthusiastic and dedicated volunteers who serve those who come to the Foodstore on a weekly basis. It has been so good to see many of the Foodstore clients grow in confidence, sort out their problems and develop new friendships. Many say that they no longer feel alone."

In Withywood, The Carpenter's Foodstore continues to grow and do

great work and through the connections of one of the management team, Debbie Forge, we are pleased to welcome a fact finding team from El Salvador in March who are investigating different models of tackling the root causes of poverty. They heard about the work we are doing and requested to be able to come for a closer look.

Continuing with the international theme, the central Bristol Foodstore in St Jude's were very happy to welcome two superb German university students, Elena & Antonia,

from Berlin. They were here for three months from October to December 2012 and did a fantastic job working full time at the central Foodstore as a work experience placement.

We also had a recent visit from two members of the London Assembly who had heard about our work and wanted to include what we did in a report on tackling poverty due to be released at the end of March 2013.

"I now have hope. I honestly believe without the help of your service / volunteers, I wouldn't be here to write this now."

Mark (client of TMTP, 5.10.12)

Wellbeing & Inspired Communities

The Matthew Tree Project is born out of a person-centered vision to effect true and lasting community transformation for the benefit of everyone, most importantly, the disadvantaged and vulnerable.

Without the generous support of others we could not do what we do. Please help us by supporting our work with a financial donation.

To do so, go to our localgiving page by scanning the QR code to the right, or go to the giving page of our web site or send cheques made payable to:
The Matthew Tree Project at the central Bristol address in St Jude's below.



Thank you

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www.themattewtreeproject.org

Services offered by The Matthew Tree Project

The Matthew Tree Project &
Central Bristol Foodstore
Great George Street Mission
Great George Street
St Jude's
Bristol BS2 9ED
0117.329.0533 ph
www.themattewtreeproject.org
info@the-matthew-tree-project.org

The Carpenter's Foodstore
The Withywood Centre
Queen's Road
Withywood
Bristol BS13 8QA
0117.987.8414 ph

The Mede Foodstore
1 Marshall Walk
Inns Court
Knowle
Bristol BS4 1TR
0117.904.1220 ph

Carmel Storehouse Foodstore
817a Bath Road
Brislington
Bristol BS4 5NL
0117.977.5533 ph

- A healthy food diet based on the eat well plate which clients are able to choose for themselves
- Money, budgeting and debt support
- Cook Smart, Eat Well cookery school
- Malnutrition screening and dietary advice
- Welfare support (more than signposting, less than a support worker)
- Help applying for hardship grants
- Help applying for essential household items
- Help applying for assistance in the payment of gas, electric and water bills
- Help and encouragement into employment (we do not believe being on benefits is beneficial)



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