Cupboard Ventures

April 2023 - Issue #1

It has been 3 years since we set up The Community Hub during the first lockdown and the subsequent starting of the Cupboard and the Lunches. Since then, we have expanded our reach and purpose - aiming to work towards improving the physical and mental well-being of the residents of Kirkby Lonsdale and the surrounding areas.

Alongside our Monday lunches, which are available for home delivery or eating in at the Lunesdale Hall, we also run our Household budgeting services. Amanda has been trained to provide helpful advice on budgeting household finances to make the most of any money coming in. This service is free and also runs monthly at the Community cafe (see the website calendar for dates). Additionally, Jackie has started up knit and natter, running in the Bective room from 1 to 3 pm. This has worked really well and we have a steady number of attendees who have been bringing all sorts of crafts to natter with.

On Tuesdays, we have been following on from the Age UK Exercise Classes with soups and a film on the big screen! The soups have been well received, however, the films have had a smaller attendance. As a result, we will be stopping these for the warm weather and reconsider in winter.

Thursdays, we have continued with our Food Club, distributing surplus food to members on a biweekly basis. This venture has changed since we first started, as with current food shortages and funding cuts, we have moved to smaller groups and food bags, every other week, and work on a pay-what-you-can basis. These changes have been necessary to keep Food Club going, and we are grateful for the flexibility and patience of our members, keeping it a viable venture.

We end the week with our Community Cafe on Saturdays, running at the Lunesdale Hall from 10 am to 12 noon. This can be quite quiet, though we do have our regulars, and we are currently trying to decide if we continue this with some changes or have this just as a winter warm space. This will depend on the volunteers available, so keep an eye out for updates.

Alongside all of these initiatives, we continue with our original ventures - the Community Hub and the Community Cupboard. The Hub phoneline runs Monday to Friday from 10 am to 1 pm, providing shopping and prescription pick-ups, as well as being there for people calling in to book lunches and enquire about other aspects of the Cupboard. Our informal food bank, the Cupboard, provides free bags of ambient food for those who need the extra food boost. This has been very gratefully received by those who ask for help for a variety of different reasons.

On top of this, we also run a kid's cinema session during the school holidays. This is done in the main hall of The Lunesdale Hall, with an MPLC licence. We provide popcorn, soft drinks and activities, with the idea it is cheaper and more relaxed than a trip to the cinema. But hopefully, just as enjoyable for the family! We are currently thinking about making this a weekly or biweekly after-school activity, after discussions with some of the parents who may volunteer.

klcommunity.co.uk
015242 36404 (Mon - Fri, 10 am to 1 pm)
coordinator@klcommunity.co.uk

Registered Charity Update

Since its inception in 2020, the KLCC has become a fundamental and recognised support organisation for the residents of Kirkby Lonsdale and surrounding areas. With this development comes increased responsibility in our operations, governance and finances, and so the KLCC has made the decision to become a registered charity.

The first step, which may sound straightforward but is a big decision, has been to decide the best model of charity for our current and future operations. Having benefitted from the advice and guidance of both Cumbria CVS and a consultant (funded by Cumbria County Council), the committee of KLCC decided a foundation model of a Charitable Incorporated Organisation (CIO) to be the right fit.

The second step was to put together our Constitution which has now been completed and will be sent to the Charity Commission as part of the next step, which is to submit the application to become registered.

Training Available

If you are interested in taking part in further training, please email coordinator@klcommunity.co.uk

- Level 2 Food Hygiene
- Mental Health First Aid

Volunteers Needed

We are currently looking for volunteers for a variety of roles, as well as looking for some volunteers who would be happy to lead certain events. We would help ease into the leadership role, providing flexibility and space to make your own. We are currently asking for a lead for:

- Tuesday Soups
- Saturday Cafe
- Playlist for Life

Additionally, we are looking for volunteers that can help on more of an assistant basis for:

- Soup making, Mondays, 2 till 3 pm
- Updating Stock Online, weekly in own time, one hour a week
- Lunch Delivery Admin, Fridays, half an hour a week
- Serving Soups and clear up, Tuesdays, 12 till 1 pm,
- Collecting past-its-best food from Carnforth, Wednesdays or Fridays, past 9.30 pm
- Serving teas, coffees and cakes, Saturdays, 10 am to 12 noon

Email coordinator@klcommunity.co.uk for more information.

Food Donations

Our Community Cupboard is kept stocked up through community donations, in-date surplus food from FareShare, and grants. If you are able to donate any food - or know of anyone who is looking to get rid of ambient food, we accept in-date, non-perishable food items and basic household necessities.

Currently, we are asking for:

- Baked Beans
- Coffee
- Tinned Fruit
- Squash
- Tinned Meat
- Long Life Milk