

in review 2017



We are a local charity based in High Wycombe, working across South Bucks. We give out emergency food parcels to people who find themselves in a time of crisis. We work with volunteers from churches and faith groups, schools, businesses, organisations and other charities who support local people.

In some parts of Wycombe, 1 in 3 children live in poverty. When you don't have any savings, when you have a sudden crisis such as bereavement, redundancy or illness, you may not be able to feed your family. We know these situations lead to family breakdown, crime, loss of housing and even more dreadful and heartbreaking results.

30,865 people helped in the 5 years up to the end of 2017.

"You all make my life a pinch easier and I can't thank you enough for what you all do. It makes a huge difference to my life, bless you."

4166
PARCEL REQUESTS



9519
PEOPLE HELPED



INC. CHILDREN
4475



↑ 40%
increase in delivered parcels 2016 - 2017

"Thank you for ensuring that the ache of hunger is kept away from my children....."

↑ 60%
increase in people served 2016 - 2017

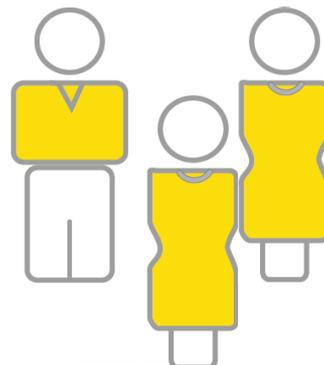
When I am working I promise to help other families survive by donating food like all the amazing people who do now."



@One_Can_Trust
768 Tweets
580 Followers



@OneCanTrust2
1238 Likes
1255 Followers



Very grateful thanks to our
200
VOLUNTEERS

How it works.

Food is donated by the people of Wycombe, Marlow and other towns and villages across South Bucks.

Volunteers collect, sort, store and pack the food into parcels.

Each parcel contains enough food to make 3 meals a day for a week.

We partner with professionals in front-line care who refer their clients to us for help. People can either attend a food bank hub to pack their own parcel, or have a parcel delivered to them in some cases.

We also put people in touch with other agencies who can help resolve some of the issues underlying their crises.

“Thank you, thank you, thank you. One day I will be the one who donates because the charity has helped me more than you know.”

“The people who run, support, donate food have helped myself and my family at a time when it has felt like punishment for being injured and unable to work. Thank you to all.”

“I would like to thank everyone that is involved in the one can food bank. If it wasn't for these kind people, there would be no help for the people that need it. Thank you!”

Want to help?

Donate food

We have shop n drop points at most major supermarkets and a range of other locations across South Bucks.

Donate money

Regular gifts from as little as £5 a month help us plan for the future.

Give online at localgiving.co.uk/onecantrust

Download a standing order form from onecantrust.org.uk.

Send us a cheque

Fundraise

Raise money through fun or challenging events. Our supporters have sat in baths of beans, held sponsored silences, run food drives, raffles, auctions and much more. Get in touch if we can help.

Volunteer

Drivers, parcel packers, administrative assistance; get in touch to find out how you can join the team.



The trustees of One Can Trust are only too aware that demand for the food bank grows year on year and we expect support requests to increase again throughout 2018. We are looking to add a second project administrator to the team (only the second paid employment position within the charity) to assist with the increased workload. We have also invested in freezers for the foodbank store to enable us to maximise the opportunities of donated food, and in particular we are looking to supply bread within the weekly parcels. We will also concentrate our efforts on increasing the monthly monetary donations we receive, overall costs are kept to the bare minimum but of course we have unavoidable expenses such as building costs, utility bills and transport costs. A huge thank you for your support. The Trustees, One Can Foodbank & Trust