



# Footprints in the community

Stepping Out into the Local Community with Compassion to meet Local Need

## Manager's Message.... Or Ruth's Ramblings

I can't believe it's been a year since I did a Footprints Newsletter! Where has the time gone?!

Have you been watching the Olympics? How dedicated are those athletes and gymnasts?! I struggle taking the dog for a walk every morning let alone being committed to all that training and exercise – total dedication! But, the more I think about it the more I see a parallel to life. A favourite saying of mine is **"If we always do, what we've always done; we'll always get, what we always got."**

Sometimes we have to make a conscious effort to change – to do things differently. I hope that we can help people make those changes through some of the work we do – and through some of the training, courses and volunteering opportunities we make available. I'm really pleased to be part of Footprints in the Community – an organisation dedicated to going that extra mile – doing things a bit differently in order to help people in our local community and hopefully help people get out of situations they really don't want to be in.

If you want to be part of our volunteer team, then please contact us. Or if you need our help and support, again, give us a call – we'd love to hear from you.

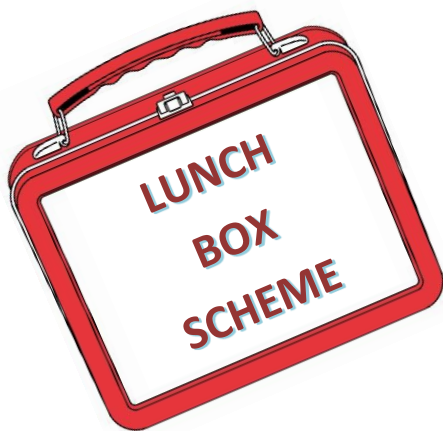
*Ruth Fox*  
Manaer



August 2016

Newsletter 6

Our Lunch Box Project is becoming more and more popular each year. We run the project in South Bank and Redcar during the summer school holidays. Children attend with their parent/carer and take part in crafts and games and go away with a packed lunch each time they attend. (I'm convinced the parents/carers enjoy the craft activities more than the children!)



This year we've had some Young Carers from The Junction helping out at the Redcar Project each Wednesday, which has been great – thanks!

Thanks again to **Eston Dental Practice** – and **Woodward Charitable Trust** for sponsoring this project – **Thank You!**

Registered Charity Number: 1153121

Postal Address – Westfield Farm, The Green, Dormanstown, TS10 5NA

Tel; 01642 484842

[www.footprintsinthecommunity.co.uk](http://www.footprintsinthecommunity.co.uk)



Footprints in the Community



**Footprints**  
cafe

Please come and join us at the Footprints Café.  
All profits from the café are fed back into Footprints in the  
Community Projects – so by coming and enjoying a light snack  
or a yummy scone you're helping local people!  
*What better reason?!!*

**Every Wednesday between 11am and 2pm**  
**Baptist Church, Park Ave, Redcar**  
**Weekly Hot Special**

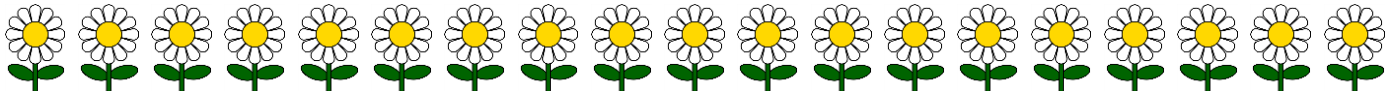
**Sandwiches & Paninis      Salads**

**Baked Potatoes**

**Breakfast buns**

**Scones    Cakes    Puddings    Ice Cream**

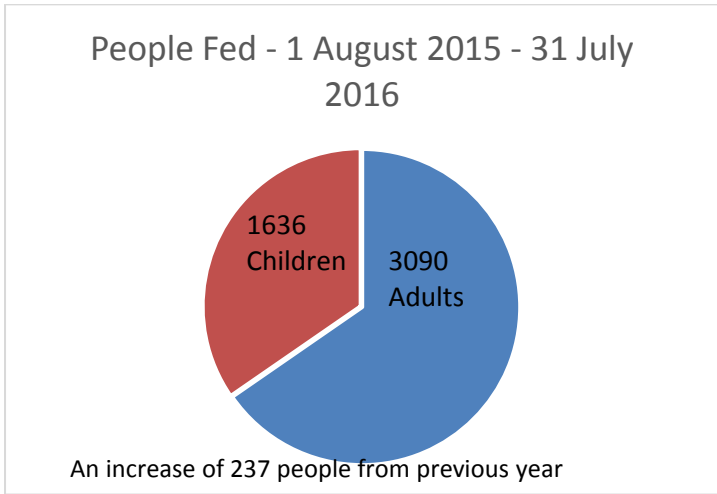
*Free Refills on tea and coffee*



***We are currently low on soup, fruit juice, sponge puddings,  
biscuits, pasta sauce, tinned fruit and sweet treats.***

***We would also appreciate donations of toiletries.***

**THANK YOU FOR YOUR CONTINUED SUPPORT**



Foodbank is by far the largest of our projects and is extremely well supported by volunteers and donations by the general public. We want to take this opportunity of thanking all those people who regularly donate at the various 'drop off points' around Redcar and Cleveland. We couldn't do what we do without the very generous donations. **THANK YOU!**

Total food distributed during this period amounts to a whopping 39,863.28 Kg!

For all Foodbank enquiries please contact Helen on 01642 484842 or 07927 365559  
Email [admin@redcararea.foodbank.org.uk](mailto:admin@redcararea.foodbank.org.uk)

## Next Step Shop

OPEN



Situated at 17 Queen Street and open every Tuesday and Friday between 11am and 1pm the Next Step Shop is the next step for many foodbank clients and those struggling to feed themselves and their families. For a £2 per week membership fee, members choose 10 items of food with a total value of approximately £10.

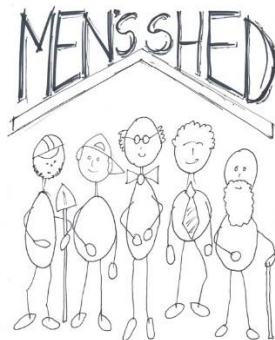
A client recently told us that he didn't know how he would cope without the help of Next Step Shop, and many foodbank clients benefit from being able to use the Shop once they have had their allocation of foodbank vouchers.

If you feel the Next Step Shop would be beneficial to you or someone you know, please contact Evelyn on 07410 957515 or pop into the Shop to have a chat.



17 Queen Street  
REDCAR

Monday 9.00am – 2.00 pm  
Wednesday 12.00 noon – 5.00 pm  
Friday 9.00 am – 2.00 pm



27F Industrial Estate  
Skelton

Monday 9.00am – 2.00 pm  
Wednesday 9.00 am – 2.00 pm  
Friday 9.00 am – 2.00 pm



Winning just short of £50,000 in the Big Lottery's People's Projects enabled us to set up a second Men's Shed in Skelton on the gated industrial estate.

Men's Shed is a great place for men to go to have some company, a place where he feels at home and pursues practical interests with a high degree of autonomy, using shared tools and resources.

Contact Geoff for more information on 07526 994468/email [mensshed@footprintsinthecommunity.co.uk](mailto:mensshed@footprintsinthecommunity.co.uk) or pop in to either shed and have a chat with Geoff or Vic.



## Redcar Beacons

Providing a caring presence on the streets of Redcar between 10pm and 3am on a Friday and Saturday night, giving help and support, first aid, water and flip flops as needed.

Redcar Beacons are currently recruiting volunteers – if you feel you could help, please contact our Volunteer Co-ordinator – Carole at [volunteer@footprintsinthecommunity.co.uk](mailto:volunteer@footprintsinthecommunity.co.uk) or phone 01642 484842 for an application form.

First Steps continues to provide good quality pre-loved baby clothes and equipment to families who are struggling to get the baby essentials together.

We are currently short of double buggies/push-chairs and cots. Please contact Jan if you can help on 07443 539164 or email [firststeps@footprintsinthecommunity.co.uk](mailto:firststeps@footprintsinthecommunity.co.uk)



# Photo Gallery



Ruth receiving an Inspirational Woman Award from Anna Turley



Redcar Beacons won the RCVDA Safety Award 2016



Footprints won the RCVDA Outstanding Community Group Award 2016

## 100 CLUB

Join our 100 Club for £5 a month ... support Footprints projects and have the opportunity of winning £50 (1<sup>st</sup> prize) £30 (2<sup>nd</sup> prize) and two prizes of £10 each. Draw takes place at Footprints Café on the 2<sup>nd</sup> Wednesday of each month.

For further details and an application form, email Janet at: [100club@redcararea.foodbank.org.uk](mailto:100club@redcararea.foodbank.org.uk)

### POSTAL ADDRESS –

Footprints in the Community, Westfield Farm, The Green, Dormanstown, TS10 5NA

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