

Dear Supporter,

I hope that you were greatly encouraged by the last quarterly newsletter. From testimonies of the work in our Rest Homes team to Kerry's Story on DVD, we were blessed with news of God's faithfulness. The Autumn newsletter also signalled the start of Harvest and we hoped that it would encourage your support. Well, dear supporters, we are so thankful to have been overwhelmed by a bumper Harvest. During the first five weeks of Harvest we were able to designate a staff member to deal with deliveries and manage the sorting room. This year, Sara, was joined by 10 helpers, who enabled the mountain of generous donations to be dated and sorted. Some of our helpers were already part of our volunteer team, or from local churches and the community, however, some were clients from our Brighton Food Bank who wanted to give something back.

*Week 1 of Harvest saw 516.48kg*

*Week 2 of Harvest saw 1640.90kg*

*Week 3 of Harvest saw 1828.48kg*

*Week 4 of Harvest saw 2220.65kg*

*Week 5, at the point of writing this letter, saw 1352.50kg*

*Making a grand total so far this harvest time of **7.6 tonnes***

Thank you to each individual, church, and school who have generously given and to everyone who has been part of this amazing Harvest. This time of year unites our three teams, as we all work towards the same goal. Harvest was not only happening in our Brighton Food Bank, it was also happening in our city with Harvest themed assemblies and talks from our Schools and Rest Homes teams. Bev writes about our her Harvest experience in the Rest Homes:



*"It's amazing how people remember the traditional harvest hymns such as 'We Plough the Fields and Scatter', although they are only sung once a year. In the first part of our Harvest service we considered all the provision God has for us by looking at a basket of foods and remembering which people's favourites are and what it was like when food was rationed. Then we took the opportunity to thank God for everything he has given us.*

*In the second half of the service we looked at Matthew 4:4 'It is written that man shall not live by bread alone but by every word that proceeds out of the mouth of God.' It is easy to be too engrossed in our physical needs and neglect our spiritual health. We eat three times a day with snacks in between, but how often do we read the Bible and pray? The residents who are able are encouraged to read the Bible, if they need one I can arrange to get them one. We also offer a booklet with a months' worth of one verse Bible readings in large print, which is much more accessible for many. We also encourage the residents to pray each day to develop their relationship with God and offer pray with each person at the end of the service."*

In addition to hearing presentations about Harvest, the rest homes and schools around our city have had collections for us. The residents in two rest homes asked their relatives and friends to bring in items for them to give away to the Brighton Food Bank and children asked their parents for items to give away for Harvest.



Our Schools team have been travelling around visiting schools in Brighton and Hove and beyond presenting their Harvest assembly. They have given school children a clearer understanding of who will benefit from the food given by showing a video of the story of one of our clients. They have shared with over **7000 children** what Jesus said about including everyone in our lives, and have told them what a great thing they have done in bringing just a few items into school that will add together and end up feeding many people. In total the Schools team helped collect and deliver **4431kg**, which is around half of all the Harvest food donated! As a result of the children hearing about the needs of our Brighton Food Bank clients, several schools have already committed to take part in collecting for our Christmas appeal, the Reverse Advent Calendar.

Believe it or not, Christmas is around the corner. Many of our clients in our Brighton Food Bank do not look forward to Christmas. It is a time of year when they have to make the horrendous choice between heating their home or feeding themselves and their family. Fuel Aid is an initiative where people can donate all, or part of, their Winter Fuel Allowance to help those who live in fuel poverty. The donations you give will make a huge difference to Brighton Food Bank clients, and our staff ensure that this support goes to those who are in genuine need. Please find enclosed our Fuel Aid leaflet, and if you feel able, please complete the information, tear off the slip, and pop it back to us in the post. We are also very happy to receive donations to this project from others who do not qualify for the fuel allowance but would like to contribute to helping those in need.



Could you participate in our Christmas appeal, and give to the Brighton Food Bank through a Reverse Advent Calendar? It is simple, all you have to do is donate one item a day!

1 TIN OF TUNA	2 CHRISTMAS BISCUITS	3 PACK OF SUGAR	7 TIN OF FRUIT	8 CHOCOLATE BAR	9 JAR OF JAM
4 TIN OF CARROTS	5 BODY WASH	6 CORNED BEEF	10 TIN OF PEAS	11 CHEESE BISCUITS	12 RICE PUDDING
13 TUBE OF TOOTHPASTE	14 TUB OF MOISTURISER	15 PACK OF PEANUTS	19 PACK OF CRISPS	20 CHRISTMAS PUDDING	21 JAR OF COFFEE
16 TIN OF TOMATOES	17 TOOTH BRUSH	18 PACK OF SWEETS	22 TIN OF CURRY	23 DEODERANT SPRAY	24 SPECIAL TREAT

All that remains is to say a massive “thank you” on behalf of the whole City Mission team. We truly appreciate your regular support, whether that be prayerfully, financially, or giving of your time. I hope that you have a happy Christmas and New Year and continue to support us and pray for us into 2018 and beyond. We need and value your support so much.

**Julian Haddow**  
Mission Director