EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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A Good Company life saved

18 July 2022



Harris came to the volunteers at **Epsom and Ewell's Foodbank** for help at the end of last year. Epsom and Ewell Foodbank is operated by registered Charity **The Good Company (Surrey)** and is directed by local hero **Jonathan Lees**. Over the past two years, **Harris** has recovered from a major heart operation and a stroke. This completely changed his life as previously he had loved running and being active. The stroke also really knocked his confidence and so he had become withdrawn.

Photo shows Jonathan Lees (left) and Harris (right) with other Epsom Pantry volunteers at its opening.

The charity started to offer him opportunities to participate in focus groups, which he enjoyed being part of. They supported him in a back-to-work interview, liaising with agencies (including the Council, Citizens Advice and his GP). They supported him with his Personal Independence Payment (PIP) application to the Department of Work and Pensions, which has recently been awarded.

Harris was recently introduced to **The Epsom Pantry** and he has started to volunteer there. The staff say he is a real asset there. He is also a very calming presence for customers and Harris absolutely loves it as it has given him a new purpose.

Harris said "I thought of committing suicide before I met Alison (one of the support workers) but she gave me food, help and hope that things could be better, I couldn't have gone on without her. I am born again. I don't know how I would manage if it wasn't for her, the Foodbank and The Pantry, (these) guys are like family, greatly appreciated. Blessed Love."

For more information on Epsom Pantry please contact Bex pantry@goodcompany.org.uk

The Foodbank has two vacancies at the moment:

Vacancy – Pantry Coordinator

An exciting vacancy for our new project – Epsom Pantry. Now officially open, our Pantry is a members-only shop.

For £5 members will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

We are recruiting a Pantry Coordinator to work with our Pantry Manager on this exciting new initiative.

For more details and to apply, please click here.

Closing date is 24 July 2022 at 23:59

Vacancy – Foodbank Manager

An exciting opportunity to join our team. We are recruiting for a Foodbank Manager. Interested? More info and application details here.

Closing date is 30 July 2022 at 23:30

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