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

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Up to £1 where sold

Foodbank feeding thoughts...

25 August 2022



Gillian Nichols of **Epsom and Ewell Foodbank** writes: What price do you put on mental health? Among the people that visit foodbanks, many have severe mental health issues due to traumatic experiences, poor circumstances, and often unaddressed medical issues they've faced in their lives. At Epsom Foodbank we have a higher motive than simply feeding the people who need us.

We want to help reduce the need for our Foodbank services through addressing the cause of the problem, not just the problem itself. And we are already doing this very successfully.

Our outstanding counselling service has been sitting alongside the foodbank, working with clients to help them move on from their problems towards independence and work.

It's hard for many of us to understand the plight of the people we help. It is best described in their own words which you can read at the end of this letter.

To have a qualified Counsellor available at our Foodbank is a huge asset which has changed lives. We really want to do more of this. But we need funding in order to do it. And it doesn't take a huge amount. In fact, just £50 per month would make all the difference.

A partnership or donation from your company can enable our Counsellor to keep working with people, building their confidence, and helping them escape from dependence by listening, offering therapy services, and having them know someone is there and looking out for them.

Everyone knows the importance of mental health, and how poor mental health lies at the root of so many social issues. If you can help support this incredible life-changing service, contact **gillianaudreynichols@gmail.com**



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