



## Welcome to this week's One Can Hero update

### World Mental Health Day 2021

Sunday 10th October was World Mental Health Day 2021. MIND is a charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

" **We won't give up** until everyone experiencing a mental health problem gets **support and respect.**"

*Mind website 2021* [Click here](#) for the Mind Website



This is a man called Dave. Dave has bipolar disorder and was homeless. You can read about his story [here](#) on the Mind website. Dave's story resonated with me as it is a similar story to what we hear frequently at One Can Trust. There are so many people that need help. We work closely with Bucks Mind and other mental health teams to ensure the people they are supporting receive food parcels if needed.

#### • **Food Parcel Facts**

In the week to 8 October 2021, we supported 366 people, 171 of which were children (47%). The previous week we supported 367 people and 46% were children.

- In the week to 8 October 2021, parcels were delivered to 158 homes.
- In March 2020, pre-COVID, the average number of people we were supporting was 225 per week.
- We are currently still supporting 63% more people compared with pre-COVID times. In other terms, we are supporting 1.63 times more people than we were.
- The value of food parcels delivered throughout August was £27 600.

### Wants and Needs

If you are collecting food as a Street Hero or donating in one of our supermarket drop off cages, please be reassured that we use all items donated, even those in the 'red cross' column (with the exception of alcohol or homemade food). However, it helps us enormously if you could focus on the 'green tick' items that we are in short supply of. [Click here](#) for a word version of the list below.



Fresh fruit and veg  
 Tinned ham, corned beef  
 Tinned mixed veg, tinned tomatoes  
 Tinned fish, tinned pulses  
 Tinned halal meat  
 Pasta  
 Rice (500g)  
 Biscuits  
 Healthy cereals  
 UHT milk  
 Cooking sauces  
 Baked beans  
 Deodorants  
 Toilet roll  
 Nappies (sizes 3 - 7 only)  
 Baby formula milk stages 1 and 2  
 Washing up liquid / Egg boxes



Peas and sweetcorn  
 Tea  
 Homemade food  
 Alcohol

Please continue to collect fresh fruit and vegetables if you are able to quickly turn around donations and bring them to One Can. **Please DO NOT leave fresh fruit and vegetables in supermarket donation cages.**



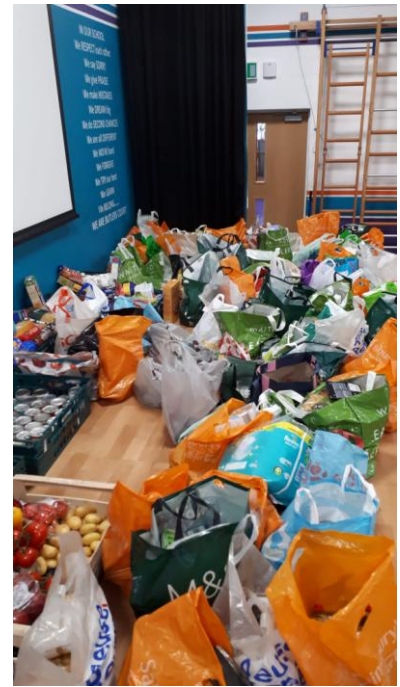
## Harvest Festival

This is my first Harvest festival at One Can and it is truly amazing. There are so many schools, churches and groups getting involved and supporting us, that we are having deliveries of donations every days which is amazing.

The shelves in the warehouse are filling up and we are now feeling more prepared for the winter months ahead. Thank you to everyone who is supporting us.

Do keep the donations coming!





The above pictures show children from Beechview School with some of their donations, Kate and her son with the Radnage village collection, Butlers Court School donations in Beaconsfield, our Trustee Peggy with the donations from Little Kimble Free Church and some wonderful homemade parcels and drawings from the children at Carrington School in Flackwell Heath. Thank you to everyone!

**There is still time to get involved in Harvest celebrations!** Please call the office on 01494 512277 or email us at [office@onecantrust.org.uk](mailto:office@onecantrust.org.uk) for further details. If you would like a member of the One Can Trust team to attend your event or should you need help transporting donations, please let us know.

- If you would like to share an electronic version of our Harvest poster, please [click here](#).
- If you work in a school or part of a group and would like a virtual tour of the warehouse, please [click here](#).

Thank you

If you have some images that you are happy to share or if you would like some flyers or posters printed to help with your food collections, please get in touch: [kim.starkey@onecantrust.org.uk](mailto:kim.starkey@onecantrust.org.uk)

For those with an Apple phone, please [click here](#) to download the App  
 For those with an Android phone, please [click here](#) to download the App



Thank you for taking the time to read this One Can Hero update and for all your incredible support.

Best wishes

**Kim Starkey**  
 Administrative Assistant, One Can Trust

Copyright © 2021 One Can Trust,  
 All rights reserved.  
 You are receiving this email  
 because you asked for updates  
 on One Can Trust  
 Our mailing address is:

One Can Trust  
 11B Duke Street  
 High Wycombe  
 Bucks, Bucks HP13 6EB  
 United Kingdom  
[Add us to your address book](#)

Want to change how you receive these emails?  
 You can [update your preferences](#) or [unsubscribe from this list](#).  
 If you cannot see this email correctly, [view in browser](#).

