

The LORD is compassionate and gracious, slow to anger, abounding in love. Psalm 103:8

We are deeply grateful for your kind and generous donations of food, toiletries and monetary gifts to our food bank. A huge thank you to the churches, organisations, charities and individuals who support us every month. We truly have a wonderful community.

Inadequate social security remains the main driver of food bank use. Universal Credit is now at its lowest ever level compared to average earnings, and **five in six low-income households on UC are going without essentials**.

Your support makes an extraordinary difference. Because of you, we have been able to provide food and essentials to **1,992 people in crisis since April**. We simply could not do this without you!

A heartfelt thank you to our incredible volunteers in our 8 centres in Merthyr and Cynon. Your dedication and compassion light up our community and inspire us all.

A special thank you to our long-standing anonymous friend, who once again chose to celebrate his birthday through generosity rather than gifts; raising an incredible 67.55 Kg of food and toiletries for our food bank. Just as he did last year, he turned his special day into a moment of kindness and we remain deeply grateful for this ongoing support and the compassion he shows month after month.

TESCO Winter Food Collection – Volunteers Needed

We are looking for volunteers who can spare a 2-hour slot on **Thursday 26 November, Friday 27 November, or Saturday 28 November** to support our food collection at Tesco Merthyr or Tesco Aberdare.

Your time and kindness will help us bring in **essential food for families during Christmas and the winter months**.

If you are able to help, please contact us:

 07427 537437 (**weekdays, 9:00–11:30am**)

As always we are so grateful for all your kind donations, but are also in desperate need of carrier bags.



People fed July & August 2026

	Vouchers	Adults	Children	Total
July	206	275	127	402
August	186	262	150	412

Donations in kilos at Supermarket Permanent Collection Points (PCP's)

PCPs	July	August
Tesco MT	715.00	638.50
Tesco AB	394.65	593.30
Asda MT	130.70	167.85

In urgent need please

Tinned rice pudding	Toiletries
Tinned fruit	Shampoo
Tinned peas	Deodorant
Tinned soup 	Shower gel
Tinned carrots	Toilet paper 
Squashes 750ml	Toothpaste
Tinned meat	