



THE BEST DAY EVER



A world famous artist was the focus of a great day out for members of Art4All in September. 23 students, 27 carers and volunteers travelled by coach to Saltaire to visit Salts Mill and the David Hockney exhibition.



They focused on two exhibitions: 'A year in Normandie' and 'The Arrival of Spring', attended two workshops and created their own versions of Hockney's famous works. Following on from the trip the students are going to complete a Hockney inspired project which will be called 'A Year in Lancashire' and will be a major part of their next exhibition in 2025.

"This has been the best day ever"
a student

"We are so lucky to have this opportunity, as we rarely get out of Clitheroe and had a fantastic day"
a carer

"I love Hockney's work. It is so cool"
a student

to find out more about Art4All, go to:
ribble-valley-art4all.org or search Art4All on Facebook.

INTRODUCING EMILY.....

Hi everyone. My name is Emily Clarke and I started working at Gateway Trust Counselling in August 2023. Working as Deputy Manager and offering counselling support has been deeply rewarding. I absolutely love the ethos of GTC, as everyone who enters our charity is seen as equal and there are no barriers to accessing support. As a team we have the privilege of supporting people through some of their most challenging times, offering a safe, warm and non-judgemental space.

Of course, the work isn't without its challenge as the demand for mental health support can sometimes feel overwhelming but we strive to offer support to everyone who passes through our doors. I am incredibly well supported by my manager Ali and the amazing volunteer counsellors, welcomers and trustees. They all truly make GTC an outstanding place to work.



If you want to know more about Gateway Trust Counselling, go to: gatewaytrustcounselling.co.uk

My hope for the future is that GTC can keep growing and thriving as I believe this service is much needed in the community and poses as a little ray of hope in the sometimes challenging times of life.

IN THE MEDIA



Trussell's report, *The Cost of Hunger and Hardship*, hit the headlines overseas when it was published a few weeks ago. *France24*, the international media company reported that a record 9.3 million people, including three million children, are facing hunger and hardship in the UK. *France24* quoted Trussell as saying: 'Shockingly, 46 percent more children are facing hunger and hardship than two decades ago. That equates to one in five children growing up trapped in this situation.'

The government must act to deal with the mental health crisis, according to a report in *The Big Issue* in October. 'Our health service is in a dire state. Weakened by austerity and a devastating pandemic, waiting lists have ballooned, outcomes have worsened, and Britain's economy is facing the knock-on effects', the magazine claimed. It went on to say that 'almost two million people now sit on NHS waiting lists for mental health support, and millions more would benefit from it, but don't qualify'

FACTS AND FIGURES

280

the number of clients helped since Gateway Trust Counselling started in 2018

11

the average number of hours spent with each GTC client in total

2,228

the number of people receiving food from Ribble Valley Foodbank since April this year

496

the number of Foodbank vouchers which went to children in the Ribble Valley since April this year

36

the number of adults who are disadvantaged or have special needs who have accessed Art4All classes since 2018.

6,188

the number of people who saw the recent Foodbank Facebook post about warehouse shortages

WRAPPED IN CARE, HUMANITY AND PEACE

Oksana Ivaniv looks after our finances and is based at TaxAssist on Whalley Road in Clitheroe. Oksana's story is both challenging and inspirational...

Oksana grew up in the small Western Ukrainian town of Bohorodchany. She went to college, became a specialist in book-keeping and began working for a company which installed software for estimates in the construction industry. While she was working there she did a course at the University of King Danilo and obtained a Diploma in Accountancy with Honours, and became a qualified Accountant. Oksana married and had three daughters, Viktoriia, Khrystyna and Anna.



But on 24th February 2022, Putin's Russian forces invaded Ukraine and the family's life suddenly changed direction. Within a month, they left their homeland early one frosty morning. They travelled by bus and discovered that overnight, Lviv, the nearest large city, had been bombed.



They travelled on through the Polish border and into Lithuania, where they lived for nearly two months as they waited for visas in order to travel to the UK. They stayed in Vilnius and Oksana says that ‘each family who accommodated us was absolutely beautiful and helpful, everyone wanted to wrap us in care, love, humanity and peace’. Meanwhile the girls continued their studies remotely, linking up with their school back in Ukraine. But they had no idea how long the war would last.

At the end of April 2022, their British visas were issued and they travelled on to the UK and settled in the Ribble Valley. Oksana’s three daughters went to school, and quickly began to learn English, a new language for them. Oksana’s Ukrainian qualifications were recognized in the UK and she successfully applied for a job with TaxAssist Accountants, where she now looks after the finances of RVGT.

Oksana is rightly proud of the way her daughters have worked hard and settled into Lancashire life! Her two older girls are both in their first year at Lancaster University and her youngest is at Bowland High.

“Faith, kindness, humanity, care and love will keep this world safe”

Oksana remains positive and grateful, thankful, she says ‘for the local community, church friends and to the volunteers for huge support provided in our circumstances’. And she realizes that hers is just one of many stories of people escaping distressing and dangerous situations, but believes it proves ‘one more time that faith, kindness, humanity, care and love will keep this world safe’.

We are so privileged to have someone like Oksana working with us.

NEWS AND NOTES

Next time you call in to the Health Centre in Clitheroe, look out for our new video advert for the Foodbank and Olive Branch Cafe! It’s due to go live on the big screen in the waiting room sometime in the next few weeks.

Are there any other public video screens which might use our advert? Contact: communication@rvgt.org.uk. Thanks.

If you have any news or notes you want to share with other RVGT volunteers or supporters please email: communication@rvgt.org.uk

The Trussell Trust which supports Foodbanks around the country has changed its name to Trussell and has a new look.



Although Trussell originally founded Foodbanks, local trusts, such as RVGT, are legally responsible for managing them. The Ribble Valley Foodbank website will get a make-over in the Spring to reflect Trussell's fresh image.

We are very grateful to all the individuals, organisations, societies, churches and companies who have donated food, money or other gifts to any of our projects recently. Your support really makes a difference to the lives of those who are struggling at the moment.

It's that time of the year again and Art4All have produced a Christmas card, which is a collage of the students' Lowry work with added snow! They have had to increase the price this year due to the increased production costs but it's still a great deal at £6 for a pack of 8 cards. The cards can be bought from The Shop of Hope or by sending an email to: ribblevalleyartforall@gmail.com



RVGT's Board has a new Chair. Canon Ruth Haldane succeeds Colin White who retired from the post in July. She was the first manager of the Ribble Valley Foodbank, setting it up in Clitheroe in 2013. She left her role as Warden of Lay Ministry in the Diocese of Blackburn in Spring 2024, and is a Licensed Lay Minister in the Church of England. She also chairs the Board of Whalley Abbey.



Ruth Haldane



Sue Dugdale

Sue Dugdale has also recently joined the Board. Sue is a lifelong member of All Hallows' Church, Mitton, where she is currently the treasurer. She has always lived in the Ribble Valley and has two grown-up children and six grandchildren. She loves music and choral singing.

PAUSE FOR THOUGHT

'If you spend yourselves on behalf of the hungry, and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.'

Isaiah 58:10

COMING SOON

The annual Christmas Foodbank collection will take place this year between 25th November and 1st December at Tesco, Duck Street, Clitheroe BB7 1LP.



We will be collecting each day between 0900 and 1630, and sample shopping lists will be available. We are particularly looking for volunteers to help for each 90 minute session on 28th, 29th and 30th November. We also need help packing parcels on 2nd December



Please email your availability to: info@ribblevalley.foodbank.org.uk

QR CORNER

Art4All



Foodbank



GT Counselling



RVGT website



If you know someone who will have difficulty reading this newsletter online, please ask a project manager for a print copy. Audio copies of the newsletter are also available by contacting: communication@rvgt.org.uk

THE LAST WORD

I hope you have enjoyed reading this first edition of our new RVGT Newsletter which will come out three times a year and go to all our staff, volunteers and supporters. It's been encouraging to put it together and to get a glimpse of some of the amazing work that is currently going on throughout the Trust.

Good communication is key to good relationships and that especially applies as we work together to help those in greatest need, whether as a paid staff member, a volunteer or someone who supports the work financially. I hope the Newsletter will help good communication, so please get in touch if you have ideas for future editions. Thank you. *Norman Ivison*

Any ideas for the next edition of the Newsletter to: communication@rvgt.org.uk
Details of RVGT's Trustees can be found on our website at: rvgt.org.uk/trustees

The Ribble Valley Gateway Trust is a Christian trust and exists to serve the communities of the Ribble Valley through its three main projects: Ribble Valley Foodbank, Gateway Trust Counselling, and Ribble Valley Art4All.



contact@rvgt.org.uk



www.rvgt.org.uk