

START-UP STIRLING A FEW RECIPIENT COMMENTS

The food bank was really helpful. The ladies were very supportive, listening to my issues of depression. I had a word with my doctor and asked for help with a local counsellor for one-to-one. I don't think I could have done that if I hadn't had that conversation at the food bank.

I was made to feel really welcome; given coffee and talking to people really helped. It was really nice to be welcomed and not just handed the food.

This was my first time ever needing help but the staff made it a very friendly atmosphere. I felt pampered! Pictured people queuing and first come first served but was put at ease as it was done in such a dignified way.

Calm and relaxed. No pressure in an already stressful situation. Can talk to people and share experiences.

I have found the food bank extremely helpful as without it I would have had to steal to survive. The food bank was not what I expected. They were very nice understanding people who did not make you feel like you are a beggar.

Staff were second to none in the way they greeted me whenever I came through the door. Very helpful, made sure I settled down for a cup of tea. Get to meet others and realise I'm not the only one that is begging.

The food bank was a lifesaver during a very difficult time in my life. Don't know how we could have got through without this help. The staff were very warm, friendly and always made time for a chat.