



Larder report : Christmas 2018

Christmas is upon us; expensive advertising, brilliant decorations and jollity all round.....for those who can participate and afford it!!

The Nativity story tells how the first news of Jesus' birth was given to the shepherds on the hillside - actually rough sleepers at the bottom of the food chain, outcasts from the main social and religious order of the time. The next to have privileged news were three wealthy astrologers from far away - or so the Bible story tells us. So much for the religious leaders and self important politicians of that time!!

Nowadays there are people struggling to navigate through society all 52 weeks of the year; 2018 is poised to be the busiest year for The Larder until now, though 2014 will come a close second. Recently announced support for Mental Health services will help, but it still takes time for trained people to be making a difference.

Christmas is a difficult time for many people; some of whom we see in a food crisis, others find Christmas very stressful but do not need food help. Too many people feel themselves alone, maybe even within a jolly crowd, and this is a time of stress. Bereavements and estrangements come to mind, but there are more causes than quick words to describe them. What we can all do is to offer a smile in the street or friendly support in the scrum at check-out, "to treat people as people" as a friend used to say. Even a friendly word to the person on the till can bring a surprise.

The Exmouth Community Larder will be open as usual on Mondays and Fridays through the Christmas and New Year period.

THANK YOU to the greater Exmouth community for your continued support which provides supplies to give to people in need. Also THANK YOU to our volunteers, who work for nothing whatever - except to answer the call to help our neighbours. All money given to The Larder goes towards provisions, with the sole exception of a contribution to the Salvation Army for the use of their facilities.

The Open Door Centre has a lunch on Christmas Day, open to all who have booked in advance. Lunch starts at 11.45, preceded by a short service at 11.30. Anyone wanting to participate should book up with the Open Door Centre, by visiting or calling 01395 224218. The Open Door Centre is normally open 10.00am-3.00pm on Mondays, Wednesdays and Fridays, but will be closed on Friday 21st December, not reopening until Friday 4th January.

So when the fairy is put on the top of the Christmas tree, let us all remember she represents the angel who brought the news of Jesus' birth to the roughs and scruffs of Bethlehem who could find no work except minding the sheep at night.

We wish all our supporters a HAPPY and a CARING CHRISTMAS

*Exmouth Community Larder
www.exmouthlarder.co.uk, December 2018*