



Goodwood supports Chichester Foodbank to help those who are facing hunger this Christmas

Goodwood Health Club has a very special initiative for anyone wanting to join throughout December. Rather than pay a joining fee, the club is asking new members to make a donation to charity instead.

Any new members can waive the usual £100 joining fee in place of donations to both the Chichester District Foodbank and the RSPCA Mount Noddy Animal Centre. The Goodwood Health Club will also be hosting temporary donation points to welcome donations from its existing members.

With 13 million people in the UK living below the poverty line, the work of foodbanks has never been more crucial. Many people on low incomes can suddenly find themselves in crisis due to unforeseen circumstances, such as illness, benefit delays or unexpected bills. Chichester District Foodbank helps anyone who is facing hunger because of a crisis; the parents skipping meals so their children can eat, tenants forced to go hungry just to pay rent, elderly people making the stark choice between heating or eating.

Joanne Kondabeka, Project Manager at Chichester District Foodbank said; "Since the demand for food parcels has increased over the last few months, we are so grateful to Goodwood Health Club for organising a food collection to help Chichester District Foodbank meet the needs of families and individuals who are facing a bleak Christmas due to financial crisis."

Jen Evans-Brewer, Health Club & Spa Manager said; "We are really fortunate to be able to support our local community with much-needed food and donations at this time of year and hope that this initiative encourages all our members to get involved"

Donations to the Chichester District Foodbank can include;

- Tinned meat
- Tinned fish
- Tinned fruit
- Tinned vegetables (carrots, peas, sweetcorn)
- Potatoes (tinned or mashed)
- Cooking sauces
- Coffee
- Milk (UHT or powdered)
- Cereals
- Fruit juice (long life)
- Tinned puddings
- Sponge puddings
- Rice pudding / custard
- Jam
- Instant mashed potato
- Biscuits / treats
- Toilet roll

ENDS

About Goodwood Health Club:

Located in The Goodwood Hotel, The Goodwood Health Club is more than just a gym. With a comprehensive programme of fitness classes, state-of-the-art equipment and a team of personal trainers, Members can be sure of achieving their fitness goals. For some, it may be more about the swimming pool, Jacuzzi, sauna and steam rooms, as well as The Waterbeach treatment rooms and wide array of Membership benefits.

For information on the Chichester District Foodbank, please contact:

Joanne Kondabeka, Project Manager

Email: info@chichesterdistrict.foodbank.org.uk

Phone: 01243 773687

Website: <https://chichesterdistrict.foodbank.org.uk/>

For information on the RSPCA Mount Noddy Animal Centre, please contact:

Email: info@rspcamountnoddy.org.uk

Phone: 07395 792891

Website: <https://www.rspca.org.uk/local/sussex-chichester-and-district-branch>

For media enquiries, please contact Sam Hanson, Sport PR Executive:

Email: sam.hanson@goodwood.com

Phone: 01243 755000

Mobile: 07790 921688

The Goodwood Estate on social media:

Facebook: <https://www.facebook.com/Goodwood-Estate-191255834248488/>

Twitter: @Goodwood_Estate

Instagram: goodwood_estate