

# Running 5k through October to raise funds for Southend Foodbank

Wednesday 16 October, 2024

Southend Foodbank are thrilled to have Jack Leech of JL Fitness Online Coaching undertaking a huge fundraising activity for us throughout the month of October.

Jack set up his own 'Miles for Meals' Challenge for October, which aims to raise in excess of £500 to support the work of Southend Foodbank. Jack has committed to running a 5k every single day in October to raise much-needed funds for the Foodbank.

Jack is now halfway through the month of his daily runs and ran today's 5k to our warehouse to help out as a volunteer.

Jack said "

***My favourite part about being a Fitness Coach is giving back to my community, and making a genuine difference to people's lives. I figured this is the foundation to the job that I do, and what motivates me to get up every morning is knowing I am able to positively contribute towards somebody's health and wellbeing.***

***I want my business to be known as one that not only does that for my clientele ... but one that also gives back to the wider community. That's why, in October, I am running 5k EVERY SINGLE DAY, in the hope of raising money for Southend Foodbank. All donations will be sent to the foodbank at the end of October.***

***Every donation, big or small, is going towards a fantastic cause. And I would like to give my biggest thanks in advance for every donation and share.***

**LET'S SMASH IT!"**

Since early 2024, Southend Foodbank has been spending over £10,000 a month on food, in addition to the generous donations from local families, churches, businesses, schools, and community groups.

The demand for emergency food parcels continues to rise in Southend, and the foodbank is now busier than ever. Southend foodbank has eight distribution points throughout the city to try and best serve those most in need. For more info, visit [Southend Foodbank's website](#).

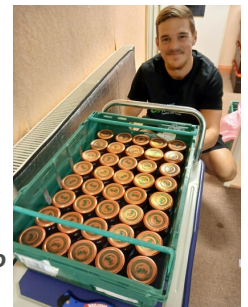
Foodbank Community Fundraiser Sam Stimson said "Supporting initiatives like Jack's Miles for Meals Challenge ensures everyone in the community who needs emergency food can access it. Donations from Jack's challenge go directly to Southend Foodbank, providing essential funds to help us support our troubled community with three-day emergency food parcels.

"All of us at Southend Foodbank are eternally grateful for all those collecting for us throughout Southend and Rochford and for all those currently undertaking harvest collections for us. Without whom, the Foodbank simply couldn't help all those in desperate need.

We truly appreciate all the help we get from our local community, and if you can donate, please do so at the link below, and support Jack and Southend Foodbank this winter."

If you have been inspired to organise your own fundraising event or would like to get involved with any of our 2025 fundraising events, please reach out to our Community Fundraiser at [samantha@southend.foodbank.org.uk](mailto:samantha@southend.foodbank.org.uk).

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