

## Happy Anniversary

This year North Cotswold Foodbank marks its fifth year of operation and we held a special anniversary event in Guiting Power on 7th September to mark this and to thank the many supporters, donors and volunteers who have made the Foodbank possible. Since we started, we have seen a consistent flow of local people referred to us and there is no sign of a let up in numbers. Loss of a job, spiralling energy and food prices, an interruption to earnings, an unexpected bill – there are many reasons why difficult times can turn into crisis. And this is particularly acute in the countryside, where the cost of living is higher, and many jobs are at the minimum wage, part-time or seasonal.



Rhian Morgan, Project Manager North Cotswold Foodbank, with James Milton, South England Network Manager of the Trussell Trust, at the Foodbank's 5th anniversary event.

## Harvest Festival

We have always been incredibly humbled by the level of support local people have given the Foodbank at Harvest time and want to say a big thank you to everyone who has donated food, time or money. To date we've received 38 harvest festivals from churches, 12 schools and other local organisations, totalling an amazing 2,338kg. This will be a great help as we prepare for winter, the Foodbank's busiest time of the year.

## I, Daniel Blake



Ken Loach's new film *I, Daniel Blake*, the tale of a man forced to cope with the harsh reality of the benefits system after a heart attack leaves him unable to work, has caused a strong reaction on its release in the UK. Many are finding it hard to believe that these indignities are being suffered by people, in this country, now.

Sadly, for people coming through the doors of a foodbank today, this is their reality. Over 40% report benefit delays and changes as the main cause of their crisis. And new research from Oxford University shows that for every additional 10 adults whose benefits are stopped due to a sanction, 5 will need to ask a foodbank for help as a direct result. It is clear that this situation cannot continue. It is also clear that for as long as it does go on, we need to be here to help.

Adrian Curtis, Foodbank Network Director for The Trussell Trust, said, *"The findings from this ground-breaking study by the University of Oxford tell us once and for all: the more people sanctioned, the more people need foodbanks. There is much to be hopeful about – we're very pleased to see sanctioning rates have decreased and that the new Secretary of State has announced that work capability re-assessments for ESA claimants with incurable or progressive illnesses have been scrapped. However, we still see people being referred to our foodbanks who have been sanctioned unfairly. A true 'yellow card' system, which gives people a non-financial warning first, would mean fewer people thrown into crisis and ultimately, fewer people needing foodbanks."*

### Contact details

Address:

**North Cotswold Foodbank**  
Unit 2, Glebe Farm Buildings,  
Guiting Power,  
Cheltenham,  
GL54 5TZ

Tel: 07879 375562

Email: [info@northcotswold.foodbank.org.uk](mailto:info@northcotswold.foodbank.org.uk)

### Store opening

Please note that the Guiting Power store is only open on Tuesdays, from 10-12, for donations of food only.

### Christmas hampers

We would welcome the following items for our Christmas hampers:

Tinned salmon and ham  
Christmas cake  
Chocolates  
Serviettes  
Crackers

Please note that we have plenty of Christmas puddings and mince pies!

All items should have a minimum shelf life of 3 months.

### French's Mustard!

We're delighted to have the support of French's, who are helping us tackle hunger in the UK by donating 10p to The Trussell Trust from every bottle of Yellow Mustard, BBQ sauce and Frank's Red Hot Pepper sauce. Please help spread the word and look out for the products in supermarkets during the next 3 months!



The Foodbank is very grateful for the generous financial support of: the Notgrove Trust; Co-operative Community Fund; the Baptist Union; the Summerfield Trust; Gloucester Community Foundation; the Moreton Charity; Edith Mann Charity; Bourton on the Water Trust; the Northleach Club; Sudeley Lodge; Yorkshire Building Society; Dormer House School; Muslim Hands; Emporium Gifts; Moreton Conservative Association; The Unite Union; and many Parish Councils, churches, town councils individual donors and groups.

## End Hunger UK

The Trussell Trust has joined a new national coalition called End Hunger UK to help champion greater support for people affected by hunger. You can join the conversation and add your voice to the End Hunger UK's campaign by clicking here <https://www.trusselltrust.org/2016/10/21/weve-joined-end-hunger-uk-big-conversation-will/>



## Tesco Christmas Collection

As we approach the cold winter months and Christmas, it is time more than ever to remember the people who are going hungry on our doorstep. Christmas can be a difficult time for individuals and families who are already managing on extremely tight budgets. The increased winter fuel bills, and the pressure of choosing between heating or eating, will sadly push many families into food crisis.

So please come and join us for the UK's biggest food collection on Thursday 1st, Friday 2nd and Saturday 3rd of December at Tesco in Stow-on-the-Wold and help us support people facing hunger this winter.

This year we're hoping to make up over 100 Christmas hampers from our Tesco collection. If anyone would like to sponsor a hamper or make a donation to help us provide these, please contact us at the address below.

## Sarah's Story



Meet Sarah, pictured here with her children. The family struggled to afford food when a change in their living arrangements led to their benefits being delayed for two months.

When Sarah's partner recently moved in with her it should have been a happy time for them, but informing the council of this change to their circumstances resulted in a delay to their benefits, leaving them in a desperate situation.

Sarah certainly didn't expect a simple change in circumstances to have such a big effect on her life. "We are both on a low wage and we found it really difficult," explains the 35-year-old mother-of-two. "We didn't know where our next meal was going to come from and we were really struggling."

A big issue was juggling money for gas and electric, as well as for food. It was whilst they were at their local housing association discussing their struggles to pay their rent due to the benefits postponement that they were referred to their local foodbank.

But despite their struggle so far, Sarah is holding out hope for a brighter future: "We're worse off financially but obviously we're better off emotionally and as a family we're a lot happier."

## Donations

Just a reminder that in addition to food, financial donations are always welcome as these support our ongoing work at the Foodbank. Details of how to donate can be found on our website here: <https://northcotswold.foodbank.org.uk/give-help/donate-money/> Don't forget to complete the Gift Aid form if you are a taxpayer. For every £1 you donate we can reclaim 25p tax to help your donation go even further.

## What's in our food parcels?



Trussell Trust has worked with nutritionists to develop a food parcel that contains sufficient nutrition for adults and children, for at least three days of healthy, balanced meals for individuals and families.

A typical food parcel includes:

- Cereal
- Soup
- Pasta
- Rice
- Pasta sauce
- Beans
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits

Sugar

It has historically been our practice to include bagged sugar in client food parcels. However, given the concern about the health risks from high sugar intake, we will no longer be providing clients with bags of sugar and will make it available only at our collection points via a "help yourself" facility.