

## December Tesco food collection



Thank you to everyone who donated food or money at the Tesco Neighbourhood Food Collection last December. We collected just over £1,500 and over 800kg of food. Thanks also go to the team of volunteers who helped with the collection over the three days and the subsequent weighing-in and sorting at the store.

We were able to provide food to local people facing hunger and a bleak time over Christmas thanks to the generous support of people across the North Cotswolds. We also gave out around 100 Christmas hampers to clients and others in the community in the run up to Christmas.

Don't forget you can also donate at the permanent collection point at Tesco and there is now a small collection point at the new Co-op store in Bourton, too. Please check our website before donating to be sure of giving us what we need as the items we are short of change on a regular basis: <https://northcotswold.foodbank.org.uk/give-help/donate-food>.

## Naunton Downs Golf Club supports North Cotswold FoodBank

We are delighted that Dawn Rimmer, Lady Captain of Naunton Downs Golf Club, has nominated North Cotswold FoodBank as the charity for her year as Captain. During the year, the lady golfers of Naunton Downs will raise money and donations through a number of events based around the golfing calendar. The events will encompass competitive golf and social events, including a visit to the store in Guiting Power to learn more about our work. Naunton Downs Golf Club celebrates 25 years of golf this year so it will be an exciting time for the club.



## How do people in need get help from North Cotswold Foodbank?



Every day people go hungry for reasons ranging from redundancy and disability to receiving an unexpected bill on a low income. A simple box of food can make a big difference.

In order to get help from the Foodbank, people need to be referred with a voucher. The referral system ensures clients are provided with appropriate help and support for their situation. We work with different frontline professionals who make referrals

to the foodbank using a voucher. These include housing associations, schools, health professionals, social workers, Citizens Advice, church pastoral care teams and cancer care organisations (for example, Maggie's Cancer Care). People may also be referred via the police and the fire service, for example following a major fire or flood. The fire service carry emergency food bags provided by us.

Clients take the voucher to one of our centres at Bourton, Moreton, Chipping Campden, Winchcombe or Bishops Cleeve. There, they hand over the voucher in exchange for a suitable food parcel containing a minimum of three days' emergency food to meet their needs, depending on whether they are single, a couple, or a family, or have specific dietary requirements. The centres provide a warm welcome into a safe environment and a listening ear from trained volunteers who will have an informal chat with them, offer them a hot drink and, if appropriate, signpost them to further support.

### 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.

### Shopping list

We are currently short of:

- Long-life fruit juice
- Long-life milk
- Packet mashed potato
- Sponge puddings
- Tomato ketchup/brown sauce

We also always welcome:

- Toiletries
- Household cleaning products

Please note that we have plenty of pasta, baked beans and porridge at the moment.

**All food donations should have a sell-by date of at least 3 months.**

### What can you cook with our food parcels?

At the foodbank we provide each of our customers with 3 days of balanced food with items for breakfast, lunch and dinner. A typical food parcel for a single person would comprise: tins of soup, baked beans,

cont. overleaf

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.

## Why does having a disability or health issue make you more likely to face hunger?



A new report published by The Trussell Trust provides fresh insight into the challenges faced by people with disabilities and health conditions who are referred to the foodbank network across the UK, concluding that people dealing with a disability or health condition are far more likely to receive emergency food from a foodbank. Key issues reported by the 141 participating foodbanks include problems arising from changes to benefits, benefit cuts, assessments and long delays, particularly regarding Employment and Support Allowance (ESA) and Personal Independence Payment (PIP) appeals. Almost a quarter of respondents noted a sharp increase in the number of people referred whilst experiencing mental health problems in the last 12 months.

People at foodbanks with ill-health or a disability often have multiple and long-term conditions, and are facing an array of issues, from changes in benefit payments and benefit cuts, to problems with assessments and long delays. Mental ill-health is one of the biggest concerns foodbanks reported. Stress and anxiety caused by benefit changes, delays and appeals contribute to mental ill-health, alongside other pressures such as

the cost of utilities. Foodbanks do not always have the capacity or expertise to properly support people with mental health conditions but are increasingly working with charities and specialists to build networks to support people.

One example concerned Luke (not his real name). Having been a dairy farmer for over 30 years, Luke developed a serious neurological condition. When his claim for ESA was rejected, he lacked the skills to appeal and, with no previous experience of the welfare system, did not know how to get help. He was left isolated, with virtually no income and became depressed, having lost his entire way of life. His local foodbank referred him to a specialist welfare worker with another charity. After months of advocacy, Luke's disability payments were instated and he received a large back-payment of monies owed.

The Trussell Trust hopes the Government's commitments as part of the 'Improving Lives' strategy will deliver much-needed change to combat the issues identified by foodbanks.

## 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.

## Data protection

North Cotswold Foodbank takes data security very seriously. You have received this newsletter because you are on our list of supporters. If you would like to see a copy of the privacy statement for supporters' data, please email [info@northcotswold.foodbank.org.uk](mailto:info@northcotswold.foodbank.org.uk) with "supporters privacy statement" in the subject line. Alternatively, send a text to 07879 375562 followed by your full name and address.

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canned vegetables, tins of tomatoes, pasta and sauce, tins of meat and fish, packet of mashed potato, coffee or tea, long-life milk, fruit juice, box of cereal, jar of jam, packet of biscuits, tins of fruit, sponge pudding, can of rice pudding, can of custard and a small snack such as a chocolate bar.

Below is a dish you can make with the foodbank ingredients.

### "Cheat's" Kedgeree



200g long grain rice and 1 chicken/vegetable stock cube or 1 family size Uncle Ben's Classic Rice  
 1 tin tuna, salmon or mackerel, or a mixture  
 1 pkt parsley sauce mix  
 5 fl oz milk  
 1 tsp curry powder  
 2 hard boiled eggs....if you have them  
 Salt and pepper

Cook the rice in boiling water to which you can add a stock cube for extra flavour or microwave the packet rice per instructions.

Make the parsley sauce mix.

When the rice is cooked and drained, add the sauce and the flaked fish.

Season and add any additions you wish.

This is a good supper dish. Makes two good portions or three with additions.