

Assistant Manager vacancy

The Trustees of the North Cotswold Foodbank are looking to employ a part-time Assistant Manager for 12 hours a week. If you are interested in applying for this position, please call 07879 375562 or email info@northcotswold.foodbank.org.uk for a job description and application form. Deadline for applications is mid-day on Thursday 31st May.

Short-listed candidates will be required to attend the store in Guiting Power on Tuesday 5th June followed by an interview on Tuesday 12th June.

Thank you tea party

North Cotswold Foodbank is overseen by a Board of five Trustees, currently chaired by James Milton, who many of you will know from his time here in the Cotswolds. James is now Operations Manager for the Trussell Trust and has moved to Salisbury, where the Trussell Trust office is based. As a result, James is stepping down as Chairman and will be replaced by Paul Fisher. James will remain a Trustee and we are grateful for his continuing contributions and advice.

As a thank-you to all our supporters, donors and volunteers, the Trustees would like to invite you to a Tea Party on Saturday 28th July at Encounter Church, Winchcombe - see invitation opposite. If you would like to attend this event, please let us know by 10th July.



Tesco summer collection



Our summer fundraising day outside Tesco in Stow will take place on Saturday 16th June between 9am and 5pm. Do come and support us, as the food we collect will replenish our stocks ahead of the school holidays when we are always busy.

Don't forget you can also donate at the permanent collection point in Tesco at any time.

Trolley Dash

A special thank-you to the team at Colin John hairdressers who held a "Trolley Dash" at Warner's Budgens in Moreton-in-Marsh on 3rd May as part of their 30 years in business celebrations. The Dash, in aid of North Cotswold Foodbank, raised a fantastic 48kg of food.



Foodbank use at record levels

The latest statistics from The Trussell Trust show that between 1st April 2017 and 31st March 2018, The Trussell Trust's foodbank network distributed 1,332,952 three-day emergency food supplies to people in crisis, a 13% increase on the previous year. 484,026 of these went to children.

For the first time, new national data highlights the growing proportion of foodbank

Contact details

Address:

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Email: 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 milk
- Packet mashed potato
- Sponge puddings
- Tomato ketchup/brown sauce
- Tinned tomatoes

We also always welcome:

- Toiletries
- Household cleaning products

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

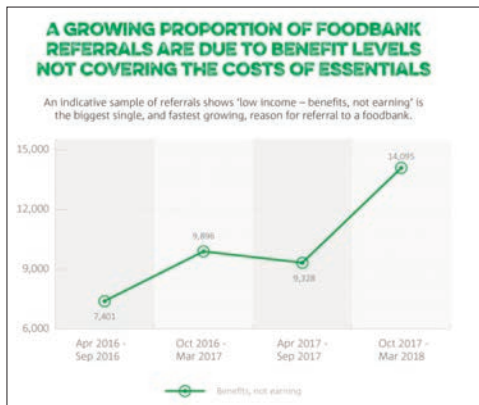
All food donations should have a sell-by date of at least 3 months.

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.



referrals due to benefit levels not covering the costs of essentials, driving the increase in foodbank use overall. 'Low income – benefits, not earning' is the biggest, and fastest-growing, reason for referral to a foodbank, accounting for 28% of referrals UK-wide compared to 26% in the previous year. Debt also accounted for an increasing percentage of referrals (9%) and the statistics show the essential costs of housing and utility bills are increasingly driving foodbank referrals for this reason.

The other main primary referral reasons in 2017-18 were benefit delays (24%) and benefit

changes (18%). New data about the types of benefit change driving foodbank use is clear: whilst referrals due to 'benefit sanction' have declined over the last year, those due to 'reduction in benefit value' have the fastest growth rate of all referrals made due to a benefit change, and those due to 'moving to a different benefit' have also grown significantly.

Where Universal Credit – the future of our benefits system – has seen full roll-out, demand for emergency food is rising even more sharply.

A survey of hundreds of people in foodbanks claiming Universal Credit shows that only 8% found their cost of living covered. For people with a disability, that number drops to just 5%.

Here at North Cotswold Foodbank, we are also still seeing a consistent flow of referrals, with 1,315 three-day emergency food supplies given to people in crisis in the last financial year.

On the air

Listen to Radio Winchcombe on Sunday 13th May when Rhian Morgan, Project Manager for the Foodbank, will be on the Phill Bird show between 8.30 and 9.30pm. You can find the show on 107.1FM or online.



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.

Follow us

Keep in touch with us on social media:
 via Twitter: @NthCotsFoodBank
 via Facebook: <https://www.facebook.com/NorthCotswoldFoodbank>
 via Instagram: www.instagram.com/northcotswoldfoodbank

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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.

Spicy Sausage Ragout



One tin of Frankfurters, drained and dried if necessary

A little oil for frying

1 large can chopped tomatoes

1 small jar pasta sauce

A pinch of sugar, salt and some Worcester sauce

150g fusilli, or any other pasta

50g grated Cheddar cheese (optional)

Cook the pasta for 12 minutes in a large pan of boiling water (add salt or a stock cube of choice).

Fry the frankfurters gently in hot oil and then cut into even sized pieces.

Mix all ingredients together and put into an oven proof dish, sprinkle the top with cheese and brown the top before serving.

Makes 3 good portions