

## North Cotswold Foodbank

# NEWSLETTER

October 2022

### Message from Kevin

As I write this, donations from Harvest Festivals pour into our store. But what does harvest time mean to you? Here in the North Cotswolds we are surrounded by fields and farms and people bring marrows, pumpkins, apples and other produce to decorate our churches and thank God for the provision of food. Yet at the same time, an increasing number of people are struggling to afford to buy the food they need. This winter is going to be tougher than ever for many people.



The Bible has a lot to say about harvest and harvesting and Jesus himself referred to laws that prevented farmers harvesting the crops in the corners of their fields so that some food was left for those who needed it.

We're so grateful to everyone who has donated food to us from the harvest festivals in churches, schools and other places. In our post-industrial world, the welfare system is intended to ensure that everyone can afford the essentials. We know this is sadly not now the case. As you can read in the article opposite, new research shows that 40% of people claiming Universal Credit are skipping meals.

And more than a third (34%) of people surveyed said they have fallen into debt in the last three months because they couldn't keep up with essential bills.

Here at North Cotswold Foodbank, we have seen an increase of over 120% in the number of emergency food parcels handed out in the six months from April to September this year. In this period, we fed 1801 people compared with 797 people last year.

As winter approaches and inflation continues to rise, we expect that the situation is sadly only going to get worse for people who are already struggling to get by.

*Kevin Carden, Project Manager*

### Every little helps

We're now the proud owners of a delivery van, courtesy of Tesco, who have donated one of their former grocery home shopping fleet vans to our Foodbank to support us in our work.

Previously we have relied on volunteer drivers using their own cars but this had become increasingly difficult as we transport greater numbers of food parcels from our store to our centres to meet demand and we expect to see even more food parcels needed by our outlets in the months ahead.

Kevin Carden said the van would make a big difference. "I was overwhelmed to receive this donation," he said. "I have seen Tesco delivery vans out on the road, but to get one in the livery of North Cotswold Foodbank, it's very exciting. Using our own transport is not practical any more, given the amount of food we are now moving on a weekly basis."

Bishops Cleeve store manager Suzanne Hawkesford said: "We know how important the

work of North Cotswold Foodbank is in the community, and our colleagues have got to know their volunteers well because of their work collecting donations from our collection point in store.

"We were delighted to be able to hand over the van, which we have had liveried with the Foodbank's logo, because we know it will give them a little extra help in the amazing work they do feeding people in the community."



### 40% of people claiming Universal Credit skipping meals to survive

Last month, the Trussell Trust published new research highlighting the devastating impact the cost of living crisis is having on people forced to survive on the lowest incomes.

One in five (21%) people were unable to cook hot food this summer as they couldn't afford to use the oven, while almost a quarter (23%) have been unable to travel to work or essential appointments, such as the doctors or the school run, in the last three months because they couldn't afford the cost of public transport or fuel, the Trussell Trust says.

The research, a YouGov survey of 1,846 people in receipt of Universal Credit during August 2022, found that 40% of respondents said that in the last three months they had "needed to skip

meals to keep up with other essential costs."

Worryingly, 38% of people said they'd gone a whole day with no food at all or just one meal, in the last month, because they couldn't afford to buy enough food.

This comes as the Trussell Trust revealed that the foodbanks in our network provided 50% more parcels to people across the UK in recent months, compared to before the pandemic. This means a parcel provided to someone facing hardship every 13 seconds.

You can read the full article here: <https://www.trusselltrust.org/2022/09/07/forty-percent-of-people-claiming-universal-credit-skipping-meals-to-survive-new-research-from-the-trussell-trust-reveals/>



© North Cotswold Foodbank 2022 Charity Number: 1181310

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.

October 2022

**News update**

Thank you to The Cotswold School in Bourton for providing us with the opportunity to raise funds by manning their car park earlier in the summer. We raised the magnificent sum of £360.

The school open one of their fields as a car park during the busy summer months and offer charities the opportunity to direct traffic into the car park and ensure cars are parked correctly.

Many thanks also to Cotswold Farm Park who were once again supporting North Cotswold Foodbank with their Potato Patch. Visitors to the Farm Park could dig up their own Maris Piper and Red Skin Desiree potatoes to take home for dinner and were encouraged to fill a bag of potatoes for themselves and a bag for the Foodbank! This year's spud-tacular harvest meant that we had lots of potatoes to pass on to our clients each week and we also benefitted from donations made to the Foodbank on site.



In September, we held a skittles evening at The Farmers Arms in Guiting Power to thank our volunteers for all their hard work over the past year. It was a fantastic evening and everyone had great fun. Well done to Callum Young (centre in photo) for winning the skittles competition!

**In the News**

Back in July, North Cotswold Foodbank was on ITV News West Country in a feature on the growing use of foodbanks as the cost of living rises. There was an interview with Cirencester Foodbank and Councillor Joe Harris, leader of Cotswold District Council, as the Council voted to declare a "cost of living crisis". The Council are now looking at what support they can offer to those in hardship, whether that be some kind of financial aid or working with other partners to see how they can best support Cotswold residents.

Anton Wynn, of Cirencester Foodbank, said that they were seeing an increase, not only of those who would usually use a foodbank, such as those struggling to manage on benefits, but also people like NHS workers or social care workers, who would normally refer clients to them, now needing help themselves.

ITV also filmed at our Winchcombe centre, showing examples of food waiting to be packed into emergency food parcels. They interviewed Kevin Carden, who spoke about the choices some people had to make about what they could afford to pay for and what they couldn't. The Foodbank is there for when they find that they can't afford to pay essential bills and feed themselves and their families.

**Citizens Advice Advisors**

We're delighted that we have received a grant from the Trussell Trust for additional funding to secure the services of our Citizens Advice Advisors. The funds not only allow us to keep our current advisors for another two years but also provide us with the opportunity to recruit an additional case worker/debt advisor to support the work being done by Kashia and Steve, soon to be joined by Katie, who has recently been recruited by Stroud & Cotswold Citizens Advice as a replacement for Morwenna. These advisors have been instrumental in advising and supporting many of our clients with the issues they face.

**Donate food**

We always welcome non-perishable food and hygiene and cleaning products. The items we need change regularly, so please check the list on our website to see the latest shortages.

<https://northcotswold.foodbank.org.uk/give-help/donate-food/>

You can take your donations to the store in Guiting Power, which is open on Tuesdays from 10.00 -12.00.

There are also collection points in the following locations:

Post office and One Stop shop, Chipping Campden

Bishops Cleeve Parish Council Office, GL52 8LR (Monday-Friday 9.00am-12.00pm)

White House Surgery, Moreton, opposite the North Cotswold Hospital

Tesco in Stow and Bishops Cleeve

Co-op in Bourton, Moreton, Winchcombe and Bishops Cleeve

Please note that supermarket collection points are for in-store purchases only. You can find a list of what we're short of on the home page of our website at [northcotswold.foodbank.org.uk](http://northcotswold.foodbank.org.uk)

Details of how to donate money can be found on our website here: [northcotswold.foodbank.org.uk/give-help/donate-money/](http://northcotswold.foodbank.org.uk/give-help/donate-money/)

**Contact details**

Store:

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)  
Website: [northcotswold.foodbank.org.uk](http://northcotswold.foodbank.org.uk)

The store is open on Tuesdays from 10.00 – 12.00 for donations.

**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](http://www.instagram.com/Northcotswoldfoodbank)