

# North Cotswold Foodbank

# NEWSLETTER

June 2023

## Message from Kevin

Welcome to the latest edition of our newsletter.

It has been a very busy few months and we are still seeing unprecedented demand for our services.

In fact, the 12 months from April 2022 to March 2023 saw a huge increase in emergency food parcels handed out, with almost 1600 food parcels distributed, an increase of over 100% compared with the prior year. We fed 4700 people, of which around 2,000 were children.

These statistics are extremely concerning. Increasing numbers of people are experiencing financial hardship due to the cost of living crisis and more working people than ever are needing to turn to foodbanks for support. This is not right.

Nationally, foodbanks in the Trussell Trust network saw the highest ever levels of demand, even more than during the peak of the pandemic, as more people found their incomes did not cover the cost of essentials like heating and food. Almost 3 million emergency food parcels were distributed by foodbanks, an increase of 37% compared with the same period last year. More than one million of these parcels were distributed for children.

In December 2022, the Joseph Rowntree Foundation reported that for all low-income households in the bottom 40% of incomes, 7.2 million (62%) were going without essentials. This means that they had reported going hungry or cutting down the size of meals or skipping meals in the last 30 days or going without basics like showers or adequate clothing since June 2022.

Foodbanks are facing their toughest times ever. Please help us ensure we can be there for everyone who needs us.

Kevin Carden  
Project Manager



## All Change

There have recently been a number of changes to the team at North Cotswold Foodbank.

Alexia Monroe has been elected as Chairman of the Trustees, succeeding Paul Fisher. We also welcomed two new Trustees: Lucye Deacon and Garry Dick.

These will all continue to be active members of our volunteer team whilst adding value to the governance of North Cotswold Foodbank.

The Trustees are now: Alexia Monroe (Chairman), Rhian Morgan (Safeguarding Lead), Jo Cooper (Manager, Bourton centre), Wayne Morgan (Social Media Lead), Garry Dick, Lucye Deacon and Jonathan Brown.

You can read more about Alexia on the next page.

We also welcomed Ian Quartermaine, our new Treasurer, who replaces Allan Gillespie.

## Referral Agency Liaison Appointment

Foodbanks are, sadly, getting busier and North Cotswold Foodbank is no exception. As a result we have just appointed Sue Dunn to the new role of Referral Agency Liaison. Foodbank vouchers are issued to people by Referral Agencies (statutory and charitable organisations e.g. Citizens Advice or the Job Centre). People can then exchange their voucher for a 3-day emergency food parcel at a local Foodbank. This is a crucial liaison role, supporting and developing the Foodbank's relationship with current and new local referral agencies to enhance the service we offer. It will have a direct effect on identifying people that require emergency food support and enabling North Cotswold Foodbank to provide that support.

Sue started with us at the end of May and is currently working through her induction plan. She will be visiting each of our locations over the next few weeks to meet the teams and explain more about her role. A warm welcome to Sue.

## Guarantee our Essentials Campaign

We live in one of the wealthiest countries in the world, but hundreds of thousands of people here in the UK are going without the essentials we all need to get by.

Emergency food parcels distributed by foodbanks in the Trussell Trust network soared to nearly 3 million between April 2022 and March 2023.

Anyone's circumstances can change. Losing your job, needing to care for a sick family member, breaking up with your partner - these are things that can happen to any of us.

Universal Credit should offer support to anyone in need of help, but right now, it's not providing enough to cover the cost of life's essentials. 90% of low-income households receiving Universal Credit are going without at least one essential like food, a warm home or toiletries.

These alarming numbers show that the social security system isn't protecting people from going without. The significant shortfall between people's living costs and the basic rate of Universal Credit is leaving people with no option but to seek support from a foodbank. This simply isn't right.

The Trussell Trust is calling on the UK government to introduce an Essentials Guarantee in our social security system so that, at a minimum, Universal Credit protects people from going without the essentials.

When nearly 3 million emergency food parcels are needed, it's time to Guarantee our Essentials.



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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.

June 2023

### News Update

A big "thank-you" to the staff and trustees of the St Vincent de Paul charity for the incredibly generous 20 fresh food Easter hampers that they provided to some of our clients. The charity is part of an international Christian voluntary network dedicated to tackling poverty by providing practical assistance to people in need.

Our clients were very grateful for their very kind actions and one of them commented: "On behalf of our little family, I just wanted to say a massive thank you for the hamper we received today. We are so very humbled by the sheer generosity of everyone involved and wanted to reach out to let you know how very much it has meant to us. We are going through a hard time, so to have all that you delivered today is just so wonderful. My teens will greatly appreciate the Easter eggs and treats, and I will really appreciate the cheese (something which is considered a luxury in our house right now!). Then every time I use the beautiful bag it came in I will remember that someone thought we mattered enough to provide something so very wonderful."

We're also grateful to a number of other people and organisations who have kindly donated to us recently. Naunton village had a collection for us at their Coronation party and raised £375.

North Cotswold Foodbank was also a chosen charity during Winchcombe Town Council's 'Best Dressed Coronation Window Competition' and the winner nominated us for a donation of £100.

A big thank you to Northcot Brick Limited for a very generous donation of £2,000 which they raised at their offices in Blockley.

And also to an anonymous Cotswolds resident who very kindly donated £2,500 to us.

Thank you also to the lady who won £200 in Co-op gift vouchers and donated them to clients at our Winchcombe centre.

And to our many other donors: thank you all for your generosity.

### Volunteers' Week

Volunteers' Week (1<sup>st</sup> - 7<sup>th</sup> June) is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. The role of volunteers is vitally important as more people are being impacted by the rise in the cost of living and there is an increasing reliance on community support. Quite simply without our volunteers we would not be able to operate so thank you to all our amazing volunteers!

### Meet the Team



In this issue, Alexia Monroe, our Chair of Trustees and Lead Volunteer at our Moreton-in-Marsh outlet, tells us a bit about herself.

*"I have been a volunteer at the*

*Moreton Outlet since its start in December 2011 and a trustee since 2016. I came to live near Moreton-in-Marsh in 1999 having lived in Italy and on the Wirral.*

*I worked for many years as a parish council clerk, but before that I worked for NeXT Computer and even had dinner with Steve Jobs.*

*I am a member of St David's Church and my Christian faith is my motivation to help those in our community who find themselves in need of compassion and help at our foodbank."*

### Donate food which needs less cooking



More users of foodbanks are now asking for items of food that require minimal or no cooking because they are struggling to afford energy bills. Not using the oven means a few more lights on or hot water. Some families are even choosing cereal as an evening meal because it doesn't need heating up.

Here are five food items that you can donate which need less cooking:

1. Instant soups, including Cup-a-Soup and sachet soups
2. Tins of cooked meat, including ham and corned beef
3. Tinned vegetables, including potatoes, sweetcorn and carrots
4. Desserts, including rice pudding and angel delight
5. Long-life drinks, including squash and long-life fruit juice

### 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)



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