

North Cotswold Foodbank

NEWSLETTER

November 2023

Message from Kevin

Welcome to the latest edition of our newsletter.

As churches and communities come together to celebrate Harvest, I am overwhelmed by the generosity shown by the members of our communities to support people who are struggling to make ends meet. So far we have had 50 harvest donations totalling over 3000kg of food and we are truly grateful for the chance to restock our shelves ahead of what is expected to be a very busy winter.



The year so far has seen a record number of people turning to the Foodbank. During the six months from April to September we handed out 602 emergency food parcels, a 26% increase compared with the same period last year. The increase is largely driven by a greater number of single adults seeking help from the Foodbank.

These numbers come as new research by the Trussell Trust and YouGov has been published which show that half of working households claiming Universal Credit ran out of food and didn't have enough money to buy more in the past month. And one in five were unable to make essential journeys such as travel to work or the school run because they couldn't afford the cost of fuel or public transport.

The Trussell Trust says it expects many more people to be forced to access foodbanks this winter and is calling on the UK government to introduce an Essentials Guarantee so the basic rate of Universal Credit is always enough to cover life's essentials and support can never be pulled below that level.

You can read more about this in this newsletter and there is a link to the full article which demonstrates the challenges faced by people on the very lowest incomes.

Kevin Carden
Project Manager

Meet the Team

We're delighted to welcome Dean Snuggs, who joined us in August as our new warehouse co-ordinator. Dean has experience volunteering for a Trussell Trust Foodbank at the church he attends in Cheltenham.

Dean has previously worked for the MOD as a stores manager, a yard supervisor for a paper mill and had several roles in ophthalmology/optometry in the NHS where his last position was a manual handling trainer.

Dean says that his main passions are "serving at church on several ministries and volunteering for Cheltenham Street Pastors. My other passion is golf which I've played since my teenage years and watching sport especially Liverpool football club."



Volunteer Thank You Evening

Volunteers got together on Tuesday 3rd October at The Farmers Arms in Guiting Power for an evening to thank them for their hard work. The evening included a buffet and raffle, but the highlight was live music by our van driver Guy and his partner Kathy.



Research Shows Millions of Families Struggling to Make Ends Meet

New research by the Trussell Trust and YouGov shows that nearly half of working households claiming Universal Credit ran out of food and didn't have enough money to buy more in the past month.

A third of working families receiving the benefit report struggling to heat their homes in the last six months, while one in five has been unable to make essential journeys such as travel to work or the school run because they couldn't afford the cost of fuel or public transport.

And the situation is worsening with more people claiming Universal Credit accessing a foodbank in the last 30 days compared with the same period last year.

Millions of people are also trapped in a cycle of paying money back to the government through benefit deductions, which is pushing them further to the brink. Nearly three quarters have run out of food in the past month and not had enough money to buy more and two thirds have fallen into debt because they couldn't keep up with essential bills.

Nikki, a mum who receives Universal Credit and was supported by her local food bank, said:

"Winter is coming and my bills are only going to go up, but social security payments will stay the same. I just don't know how they expect people to survive. When you're having to live on a pittance, it makes you not want to be here. My kids have never gone to bed without meals, but I have so they can eat."

The Trussell Trust says it expects many more people to be forced to access foodbanks this winter and is calling on the UK government to introduce an Essentials Guarantee so the basic rate of Universal Credit is always enough to cover life's essentials.

Read the full article: www.trusselltrust.org/2023/09/20/half-of-working-families-claiming-universal-credit-ran-out-of-food-in-the-past-month/



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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.

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History of North Cotswold Foodbank

It was Christmas Day 2010 when the secretary to Guiting Chapel, Sylvia Wood, died and her executors approached the minister of Naunton Baptist Church, Rev Fiona Milton, and her husband James to clear her larder. Boxes of food were taken to members of the local community, revealing a previously unrecognised need. The seeds for the Foodbank were sown...

Read more about the history of our Foodbank and the Trussell Trust on our website:

<https://northcotswold.foodbank.org.uk/about/about-the-foodbank-network/>



Youthful Spirit

At the end of October our team at the warehouse had the pleasure of meeting Sofia, a local nine-year-old girl who brought along a donation from her Brownie group. Sofia organised the collection herself as she was inspired to "help people who are hungry and need food".

Thanks to Sofia and her friends' efforts 87kg of food was gratefully received.

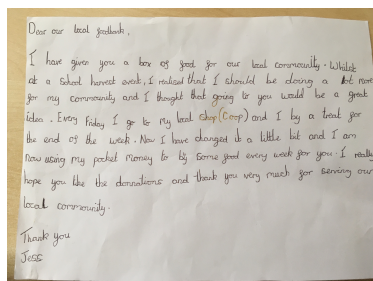
And a very big "thank you" to another young lady, Jess from Winchcombe, who wrote this lovely letter to accompany her donation:

Dear our local foodbank

I have given you a box of food for our local community. Whilst at a school harvest event, I realised that I should be doing a lot more for my community and I thought that going to you would be a great idea. Every Friday I go to my local shop (Co-op) and I buy a treat for the end of the week. Now I have changed it a little bit and I am now using my pocket money to buy some food every week for you. I really hope you like the donations and thank you very much for serving our local community.

Thank you

Jess



Grateful Thanks

Thank you to everyone who donated 675kg of much needed items to the Foodbank at our two Tesco collections in July and August. For families experiencing financial hardship, the summer holidays and getting ready to start the new school year can prove to be particularly difficult times and many are forced to turn to the Foodbank.

And thank you so much to our local branch of the NFU Mutual in Moreton who chose our foodbank as one of the beneficiaries of their support fund.

As well as Glastonbury at the end of June it was also Oddington Festival. The Festival Committee decided that all proceeds raised would support two local charities – Kate's Home Nursing and North Cotswold Foodbank, so thank you very much for your kind donation.

The proceeds from another music festival, Paxfest, held in Paxford village hall in July, were also shared amongst a number of local community charities including North Cotswold Foodbank. We were very grateful for the £2000 we received and thank you to everyone involved.

We're also very grateful for the support from Cotswold Farm Park once again with their potato patch event which took place over the first two weekends of September. We receive potatoes which are dug up and donated by the Farm Park's customers which we pass on to our clients with their food parcels.

And a huge thank you to Gerard and the team at the local branch of the St Vincent De Paul Society who in early September provided 'End of Summer' hampers to 20 families who had recently received help from North Cotswold Foodbank. Then in October they kindly donated 30 splendid fruit and vegetable boxes which have all been gratefully received by clients.

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



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.

You can also take donations to our Foodbank centres whilst they are open. For a list of our centres and opening hours, visit our website at <https://northcotswold.foodbank.org.uk/locations>

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

Coventry Building Society, Winchcombe

Please note that supermarket collection points are for in-store purchases only.

Details of how to donate money can be found on our website here: 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
Website: northcotswold.foodbank.org.uk

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