

North Cotswold Foodbank

NEWSLETTER

Summer 2026

Message from Kevin

The start of the school holidays is a difficult time for many families. According to the charity Feeding Britain, the loss of free school meals during the holidays costs a family £30-40 per week and 3 million children are at risk of hunger during the school holidays. Sometimes referred to as "holiday hunger", this is a real and growing pressure for households already struggling with the cost of living. And during the school holidays, food bank donations often fall just when families need support most. Our stocks are currently very low so if you are able to donate please check our website for the items we are short of and where to drop them off.



As global events look set to drive up the cost of essentials like food and energy, we risk even more people being forced to turn to a food bank. In turn, this will put more pressure onto food banks as they try to keep their vital services running.

You can help us by donating food or volunteering at one of our centres. Volunteers are at the heart of the Trussell Foodbank Community. Without them we simply wouldn't be able to do what we do, and the many people facing hardship wouldn't get the support they need. You can find more information about volunteering with us on the next page.

Our food banks are a lifeline for people facing hunger and hardship – but we know they're not the long-term solution. That's why, as well as providing emergency food and practical support for people left without enough money to live on, we're working to build a future where no one in the UK needs a food bank to survive.

Kevin Carden
Foodbank Manager

Study finds rural Britain is becoming a 'food desert' for lower income families

According to a recent study by the University of Sheffield, rural Britain is becoming a 'food desert' for lower-income families, especially if they don't have a car. The study found that food insecurity is a persistent reality for a significant portion of the UK population. It is the managed hardship of skipping meals until it becomes routine, and the daily sacrifice many parents make to protect their children from hunger. As one respondent describes it: "As the adults in the household, we have decided to eat one small meal per day to ensure our children have enough to eat."

The study found that deep-rooted problems of food inequality are often hidden behind an area's affluence and beauty. This was illustrated in an article in "The Guardian" where the author visited a picturesque village in the Cotswolds. It's moderately affluent with a school and a pub but no shop. The nearest shop is a convenience store 3 miles away. But the supermarket in the nearest town, 10 miles away, is the best place for value and choice. Whilst the local shop is great for food "top-ups", almost everything is significantly cheaper at the store that's furthest away and hardest to get to if you don't have a car. And paying for food in one go with supermarket on-line deliveries is impossible when you are on a tight budget.

According to the study, it is now widely recognised that the impact of persistent food insecurity extends far beyond the immediate experience of hunger. A growing body of research shows that the chronic stress, uncertainty and social stigma associated with food insecurity have significant and damaging consequences, including a measurable toll on physical and mental health.

A separate study, The Food Foundation's 2026 Broken Plate report, shows that the poorest families with children would need to spend 85% of their disposable income to afford the government-recommended healthy diet.

For more information see:

<https://www.theguardian.com/society/2026/may/18/cotswolds-rural-healthy-food-deserts-supermarket-shop-access>

<https://sheffield.ac.uk/news/one-five-low-income-families-face-food-insecurity-how-food-clubs-offer-vital-lifeline>

https://foodfoundation.org.uk/sites/default/files/2026-06/TFF_The%20Broken%20Plate%202026_FINAL.pdf



Congratulations, Emma!

We are delighted that Emma Revie, Co-Chief Executive of Trussell, has been awarded an OBE for services to the eradication of poverty.

Since taking the helm at Trussell in 2018, Emma has been a powerful advocate for food equity, dignity and structural change. She has championed the voices of people with lived experience of hardship, supported food banks across the UK, and worked tirelessly to push for systemic change so that no one needs a food bank to afford the essentials.

In receiving the honour, Emma said: "This

incredible honour belongs to every food bank, volunteer, decision maker and supporter who has stood with us in our mission to end hunger and hardship... Together we have shown that change is possible..."



We need You

The first week in June was Volunteers' Week, a national campaign recognising the incredible contribution volunteers make to society. Here at North Cotswold Foodbank, we took the opportunity to say a heartfelt Thank You to every member of our foodbank volunteer team: we really couldn't manage without them.

Without our fantastic volunteers we simply wouldn't be able to do what we do, and the many people facing hardship wouldn't get the support they need. Every week they turn up, sort out donations, stack shelves, pack food parcels and greet the people who come to our outlets with a generous heart and an endless willingness to help.

Food bank volunteers come from all walks of life, bringing with them a remarkable mix of skills, experiences and perspectives. Volunteers also

demonstrate every day the change that happens when communities come together. Their dedication and effort ensure that food banks are places of warmth and humanity.

We are currently looking to recruit additional volunteers to help in all of our centres. If you can spare a few hours a week and are interested in joining our friendly team, please email asst@northcotswold.foodbank.org.uk.



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 food bank 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

Follow us



Keep in touch with us on social media:

via Facebook: <https://www.facebook.com/NorthCotswoldFoodbank>
via Instagram: www.instagram.com/Northcotswoldfoodbank

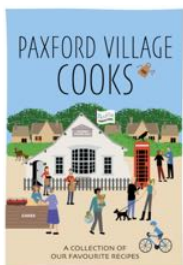
Thanks a million



Thank you to North Cotswold Rotary for their generous financial donation which we have used to purchase two

iPads to replace two of the ageing tablets used at our outlets. The volunteers who run our outlets at Stow and Bourton are over the moon. There's nothing worse than trying to get the admin done with a tired tablet that keeps crashing.

Cheers! to the cooks of Paxford who have produced a cheerful colour 86-page cookbook containing much-loved recipes, top tips and anecdotes from contributors in Paxford and nearby villages. Every recipe tells a story of food shared with family and friends, of holidays or working abroad or get-togethers in the village. The proceeds will support local charities including North Cotswold Foodbank. (Copies are for sale at £9 each.)



A big Thank You to Naunton Village whose Open Gardens event in July raised an amazing £1,700 for North Cotswold Foodbank. Naunton has foodbank heritage as it's where North Cotswold Foodbank started! We are very grateful to the organisers and to everyone who attended.

We are sad to say farewell to Karen Gillespie and say a huge Thank You for all she has done for

North Cotswold Foodbank over the past 10 years. During this time Karen has volunteered at Bishops Cleeve, Winchcombe and Bishops Cleeve Primary Academy as both a lead volunteer and a session lead. We wish Karen and her husband Gillie all the best.



A big Thank You to Florence, our little food bank superstar. Florence asked her mum about the food bank as they waited for

the bus and decided she wanted to help us. With £5 in her pocket (thanks mum!), she bought squash, Weetabix, strawberry jam, orange jelly and pasta for us. And then, thanks to a donation from a generous school mum, she spent £15 on cleaning products and pet food. Mum's really proud. So Thank You, fabulous Florence, your kindness makes a real difference.

It was tea and cake all round when more than 30 of our volunteers gathered for a tea party thrown in their honour at Guiting Power Village



Hall. The sun was shining and everyone had a very enjoyable afternoon. Foodbank Manager Kevin Carden thanked everyone for their help. "We couldn't survive without you," he said.

Finally, Thank You to Tesco in Stow for allowing us to have a few extra collection days this summer to boost our dwindling stocks. Thank You, too, to all their customers who have donated during these events. The next one-day collection will be on Thursday 20th August.