

# NEWSLETTER

December 2019

## Message from Kevin

Welcome to our latest newsletter. As you will see, a lot has happened since I took over as Project Manager in August. The summer holidays were busier than ever, and our shelves were looking quite bare at the beginning of September, but fortunately harvest donations and the Tesco collection have helped us to restock.

As Christmas nears, our focus is on helping local people in crisis to be able to put food on the table for themselves and their families. We make up special hampers with seasonal items such as Christmas cake and mince pies to hand out to our clients in December and are always grateful for food donations. You can see the items we are looking for in the list opposite. For fun, you could also have a go at our reverse Advent calendar which specifies an item for each day of advent. There's more about this in the article overleaf.

I hope you find the newsletter interesting and wish you all warmest greetings for the festive season.

Kevin



## Harvest time? Alpaca my bags



A massive thank you to all the local schools and churches who, once again, collected harvest gifts for us. We received a total of almost 3,500kg of food - and it will all go to help

local families in crisis. Thank you everyone. Kevin had a rather unusual experience when he collected the harvest festival donations from Oak Tree Mews Care home in Moreton, where residents were being visited by an alpaca!

## Tesco collection

It's always encouraging and humbling to see how generously our community supports families in crisis. Thank you to all the Tesco shoppers who donated to North Cotswold Foodbank at the recent Tesco Food Collection in Stow. The Tesco Food Collection is the UK's biggest charity food collection. Over the three days, we collected an amazing 1,300 kg of food, an increase of over 20% on last year! Tesco tops this up by 20% as a monetary donation, based on the estimated value of the food collected.



Thanks go to all the volunteers who gave up their time to stand

outside Tesco on a cold and wet few days and also to everyone who helped sort the food back at the store.

## Giant foodbank to become annual autumn feature

To celebrate the 25th Malvern Autumn Show in September, the Three Counties team decided to give back to the community by collecting for local Trussell Trust foodbanks.

An estimated 65,000 visitors donated around three tonnes of food and toiletries which were distributed to foodbanks in the area, including North Cotswold. Rhian Morgan, pictured left, and other volunteers from North Cotswold Foodbank helped on the stand.



## Christmas shopping list

We're particularly looking for the following items to make up the seasonal hampers we give out to clients in the run up to Christmas:

- |                         |                         |
|-------------------------|-------------------------|
| ✦ Tin of ham            | ✦ Bread/cranberry sauce |
| ✦ Trifle mix            | ✦ Pickle/chutney        |
| ✦ Tin of fruit cocktail | ✦ Chocolates            |
| ✦ Jelly/Angel delight   | ✦ Treats for children   |
| ✦ Christmas pudding     | ✦ Savoury nibbles       |

## State of hunger

The State of Hunger report, commissioned by the Trussell Trust and carried out by Heriot-Watt University, is the largest ever piece of research conducted into poverty and foodbank use in the UK.

The report found that 94% of people who use a foodbank are in destitution, and the average weekly income after housing costs for a household needing to use a foodbank is just £50. Most people only have enough money to cover their housing costs – and nothing else. Almost one in five has no money coming in at all the month before being referred for emergency food. Almost three-quarters of people using foodbanks live in households affected by ill-health or disability.

THE AVERAGE WEEKLY INCOME AFTER HOUSING COSTS FOR PEOPLE REFERRED TO FOOD BANKS IS JUST £50.



One person said: "I've used the foodbank because I was on such a low income before I got my disability benefit. I had a mental breakdown because basically the amount they give me doesn't cover the costs of my rent."

This can't go on, and the evidence is clear. We can reach a future where no one needs a foodbank. Politicians on all sides must pledge to protect people from hunger by ensuring we all have enough money for the basics. We're asking all political parties to start working towards a future where no one needs a foodbank by:

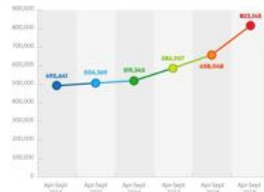
- Ending the five-week wait for Universal Credit
- Making sure benefit payments cover the cost of living
- Investing in local emergency support for people in crisis

You can read the full report here:

[www.stateofhunger.org/?utm\\_source=Trussell%20Trust%20Newswire&utm\\_campaign=61fb2a2ea7-EMAIL\\_CAMPAIGN\\_2019\\_10\\_24\\_08\\_19&utm\\_medium=email&utm\\_term=0\\_c9643a0ed2-61fb2a2ea7-430263429&mc\\_cid=61fb2a2ea7&mc\\_eid=629dc2bcce](http://www.stateofhunger.org/?utm_source=Trussell%20Trust%20Newswire&utm_campaign=61fb2a2ea7-EMAIL_CAMPAIGN_2019_10_24_08_19&utm_medium=email&utm_term=0_c9643a0ed2-61fb2a2ea7-430263429&mc_cid=61fb2a2ea7&mc_eid=629dc2bcce)

## Foodbank use soars by 23%

NUMBER OF THREE-DAY EMERGENCY FOOD SUPPLIES GIVEN BY TRUSSELL TRUST FOODBANKS



The period from April to September was the busiest half-year period for foodbanks in the Trussell Trust's network since the charity opened. During the six months, 823,145 three-day emergency food parcels were given to people in crisis in the UK; more than a third of which went to children. This is a 23% increase on the same period in 2018 – the sharpest rate of increase the charity has seen for the past five years.

We have seen a similar situation here at North Cotswold Foodbank, with 265 three-day emergency food parcels given out over the six months, feeding a total of 888 people, of which almost half were children. This represents a 15% increase in the number of food parcels and a 26% increase in the number of people fed when compared to the same period last year.

## 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 will be open on Tuesdays and Fridays from 10.00 – 12.00 during December for donations. For opening times of our centres at Bourton, Moreton, Chipping Campden, Winchcombe and Bishops Cleeve over the Christmas period, check our website.

## Donations

Details of how to donate can be found on our website here:  
<https://northcotswold.foodbank.org.uk/give-help/donate-money/>

## Bishops Cleeve

North Cotswold Foodbank was pleased to welcome Jon, left, a law student who joined us during the summer vacation. Jon worked both at the store in Guiting Power and at the Bishops Cleeve centre during his holidays and will help us again during the Christmas period. Jon has been a great asset to our Foodbank and made a considerable contribution during his time with us.



## Reverse advent calendar

A reverse advent calendar is where you pick up one item a day to donate to the Foodbank and put it in a box.

Collecting a box to donate to the Foodbank is a great way to show children and grandchildren that Christmas is a time for giving and not just receiving presents or eating chocolate.



You can download your own reverse advent calendar here:  
<https://northcotswold.foodbank.org.uk/2019/11/26/foodbank-reverse-advent-calendar-appeal/>

Please take the items to one of our centres during opening hours, or to the store at Guiting Power. Our Christmas opening hours can be found on our website.

Thank you so much. And from all at North Cotswold Foodbank, MERRY CHRISTMAS.

## 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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