



# Newslink

*"Glenrothes Foodbank is so much more than handing out emergency food parcels."*

When is a foodbank not a foodbank? Find out on page 14

# WELCOME

I'm sometimes met with scepticism when I talk about ending hunger in the UK. Surely it's a monumental task with too many elements blocking its success? But I see what is achieved in towns, cities and villages across the UK, when a group of determined people get together to ensure that everybody in their local community who is struggling has the support they need. I know that this goal is achievable.

Since the last edition of Newslink we have been introducing a number of changes in the charity, to address the ever changing and increasing issues surrounding food poverty. Following consultation with staff and foodbanks in the network, we knew that changes were needed within the organisation that would best equip us to achieve the goal of one day closing foodbanks because they are no longer needed.

We will continue to call for change and will soon ask you to join us in campaigning for policy that means nobody goes hungry because of a benefits system that no longer covers the costs of the absolute essentials.

I'm so grateful for the support The Trussell Trust receives across the UK. I see and hear on a daily basis that we, as a nation, will not simply stand by and



quietly allow people to go hungry in our communities.

There are so many ways in which you can support our work; the fundraising team have been busy putting a number of events on the calendar – there's something for everyone! We're excited to introduce Step Up September this year (see page 18), which I'll be taking part in. Take a look at our website, [trusselltrust.org/](http://trusselltrust.org/) events for more details of the events you can join across the UK to raise vital funds to enable us to continue our critical work.

A handwritten signature in black ink, which reads "Emma Revie". The signature is fluid and cursive.

**Emma Revie**  
Chief Executive

# CONTENTS

## 4 News in brief



6

**Scotland Foodbank Conference**



10

**Why has foodbank use increased again?**



7

**National Foodbank Conference**



14

**When is a foodbank not a foodbank?**



8

**Meet the team**



18

**Find your perfect event or challenge**

# NEWS IN BRIEF



## NATIONAL VOLUNTEER WEEK 1-7 JUNE

The foodbanks in The Trussell Trust network are supported by an army of 40,000 volunteers. Without this tireless team, we simply couldn't be there for the increasing numbers of people forced to use foodbanks.

Emma Revie paid tribute during Volunteer Week: "Through your hard work, the Trust's network of 429 foodbanks continues to be able to support people in their local communities. As we face unprecedented increases in the numbers of people needing our services we will continue to work with you to end hunger and to stand with the most vulnerable in our communities. Thank you for everything that you do."

#WCFB2018

## WORLD CUP FOODBANK BINGO

*Together we're tackling UK hunger,  
one match at a time!*

## WORLD CUP FOODBANK BINGO

Every four years the World Cup takes place. We know that it's one of those things that we can't avoid so, at The Trussell Trust, we decided to celebrate with World Cup Foodbank Bingo! Over the period of the tournament we invited our supporters to take part in the game and raise food, funds and awareness. Foodbanks were able to tailor the bingo sheet to reflect items they were most in need of and we gained huge support on Twitter, which helps raise awareness of hunger in the UK.

We'd like to say thank you to everyone who took part with donations and sharing the campaign. You're definitely World Cup winners to us!



## EDINBURGH MARATHON

We'd like to give a shout out to supporter Joe Cornwall, who ran the Edinburgh Marathon to raise vital funds for The Trussell Trust. The seasoned sportsman, who trained as a jockey, raised over £5,000 and completed the 26.3 miles in 3 hours 29 minutes.

Head of Public Fundraising, Amy Llewellyn applauded Joe's achievement: "We're so grateful to Joe for taking on such a mammoth fundraising challenge. He's the kind of fundraising hero that makes me love my job!"

If, like Joe, you are inspired to grab your trainers and take part in a run to raise funds to support vulnerable people in your community, take a look at our fundraising events on page 18.

We also have places for the Edinburgh Marathon in May 2019.

To register your interest please email [fundraising@trusselltrust.org](mailto:fundraising@trusselltrust.org)



## WHAT'S IN A FOODBANK PARCEL AND WHY?

Foodbanks in our network use standard packing lists for each emergency food parcel. This ensures a balanced supply of food, whatever the household size, is provided to everyone referred, whilst allowing flexibility for dietary requirements and preferences.

Nutrition guidelines change over time, so we continually consult with nutritionists to check our parcel still meets the recommendations for emergency provision. You can read the latest report on our website – it confirmed our network's parcels meet the nutritional requirements for adults over three days. Indeed, given the generosity of public donations and foodbank volunteers, parcels often exceed these requirements. Thanks to Dr Darren Hughes, Edwina Prayogo and Dr George Grimble at University College London for their work on this report.

# SCOTLAND FOODBANK CONFERENCE – 28<sup>TH</sup> APRIL

Sixty delegates, armed with bags of enthusiasm and the passion to create lasting change attended the Scotland Foodbank Conference. The day was crammed with opportunities to learn from each other and make plans for the future, as well as talks and seminars. Topics covered ranged from fundraising to issues with Universal Credit to our new partnership with Asda.



As with any conference, the foodbank teams relished the opportunity to catch up with each other, swapping ideas and stories over cups of tea during breaks. The mood was positive, yet determined. When Chief Executive Emma Revie addressed delegates, the commitment from everyone in the hall to tackle hunger in Scotland was palpable. With the number of people visiting foodbanks in Scotland on the increase,



there is much work still to do, but we are united in our commitment to ending UK hunger.

Ann McLaughlan, Scotland Partnership Co-ordinator, who helped organise the conference: “This year’s Scotland Foodbank Conference was my first and I was thrilled by the response from everyone who attended. It’s always great to get like-minded groups together and when we’re talking about something as significant as hunger and poverty, it’s critical that everyone leaves feeling inspired. I’d like to thank everyone who came along on the day for their commitment and input. I can’t wait for next year’s conference!”



# NATIONAL FOODBANK CONFERENCE – 17<sup>TH</sup> MAY



When Emma Revie addressed the 241 delegates from foodbanks across the UK, she was clear: we will not stop until the last foodbank closes. Hunger and poverty are not acceptable.

Delegates heard from speakers from Asda, The Trussell Trust and FareShare, but the most emotive talk came from our keynote speaker, Campbell Robb, Chief Executive at The Joseph Rowntree Foundation, who talked about the real face of poverty in 2018. "You are the fourth emergency service." He told the foodbank teams. He addressed the reasons why more and more people are facing poverty and hunger in 2018 in the UK.

*"The same system that should be pulling people out of poverty is pushing people into it. This is destitution by design."*

**Campbell Robb,**  
Joseph Rowntree Foundation



After lunch there was an opportunity for delegates to take part in seminars to extend their knowledge on finance, people and influence and to increase support on a local level for people facing hunger.

Emma Revie paid a heartfelt tribute to the foodbanks in the network: "As a network, our strength lies in our unity; our shared commitment to end hunger and poverty in the UK. And when we come together, we become more than the sum of our parts. Together we have the power to give a voice to people who otherwise feel forgotten and alone, the power to demand and facilitate change, the power to end hunger in our lifetimes."



# MEET THE TEAM

We'd like to introduce you to some of The Trussell Trust team, who work so hard across the UK to help people who are living in food poverty.



**Job:** Area Manager for Greater Manchester, Merseyside and Derbyshire.

**How long have you worked for the charity?** Three months. In the two years previous I was working for the Manchester Central Foodbank.

**What is your favourite part of the job?** Visiting and meeting with all the different foodbanks in my area. Seeing all the amazing work that they do is very inspiring.

**What is your favourite food?** Club Sandwich.



**Job:** Receptionist at The Trussell Trust offices in Salisbury.

**How long have you worked for the charity?** I have worked here for nearly five years.

**What is your favourite part of the job?** The variety! No two days are ever the same. I may get enquiries from companies wanting to partner with us, or people needing our help. It can be people donating food, clothing or furniture, or volunteers coming in to help us. Whoever they are and wherever they are from I love meeting them and making them feel welcome.

**What is your favourite food?** Roast lamb.



## ALEX CHRISTIAN

**Job:** Corporate Partnerships Manager based in Salisbury.

**How long have you worked for the charity?** Six months.

**What is your favourite part of the job?** Our partnerships with businesses of different sizes and across such a range of industries mean that I'm fortunate to work with a real variety of people – they all share such passion and commitment to supporting our work. I enjoy building people's understanding of what we do and of the challenges that foodbanks face, growing our partnerships and seeing them make a real difference to people's lives.

**What is your favourite food?** Coconut ice cream – heaven!



## MICHAEL BECKETT

**Job:** Chief Officer, Colchester Foodbank.

**How long have you worked for the charity?** Since September 2017.

**What is your favourite part of the job?** My threefold answer is: 1. Bringing in funds so we can help more people, and 2. Seeing the look on people's faces when they've been treated with dignity, given back choice and feel empowered with the hope that life can be better and 3. Seeing the number of people on Facebook liking Colchester Foodbank go up!

**What is your favourite food?** Chocolate.

**JOIN OUR TEAM!**  
[trusselltrust.org/jobs](http://trusselltrust.org/jobs)

If you are interested in working with The Trussell Trust visit our jobs page. You might be just what we're looking for!

# WHY HAS FOODBANK USE INCREASED AGAIN?

Between April 2017 and March 2018, foodbanks in our network distributed over 1.3 million three day emergency food supplies to people in crisis, a 13% increase on the previous year. Over a third of these went to children.

April 2017 - March 2018

**1,332,952**



It's hard to break free from hunger if there isn't enough money coming in to cover the rising cost of essentials like food and housing.

Over the last year we've heard a lot in the news about people working in the public sector struggling to cover the cost of living after having their wages frozen at a time when we've seen prices in housing and food increase. So it's not that surprising that other groups of people who have seen the amount of money coming in either stay the same, or drop, have struggled to keep pace with rising costs too.

As a country, we are rightly proud of the support services like the NHS offer to everyone. The benefits system is one of these emergency services, there to make sure that if any of us are hit by something unavoidable – like illness, disability, family breakdown or the loss of a job – we're protected from being left with no money for the basics.

We expect that no one should be left hungry. That we have a benefits system shows we're willing to put our money where our mouth is.

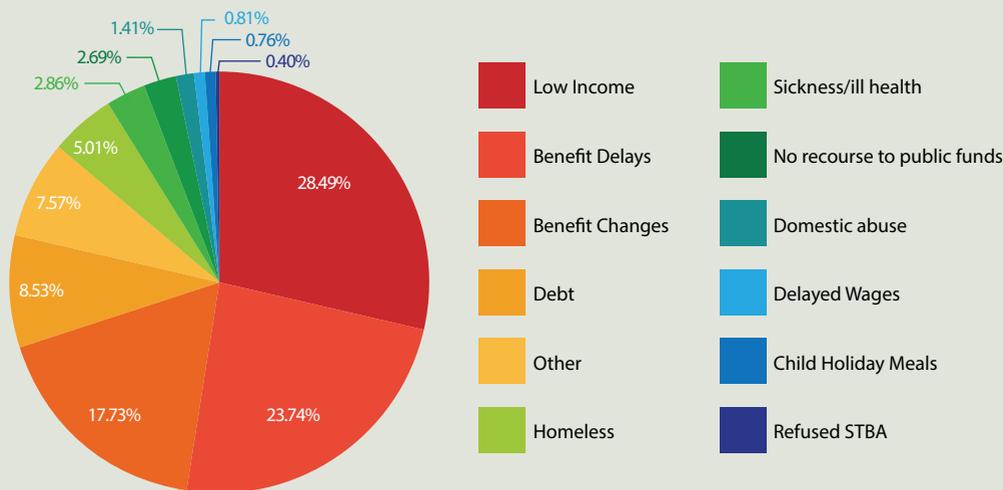
## So why aren't people being protected from needing foodbanks?

Issues with Universal Credit – like the five-plus week wait for a first payment, poor administration, and the way it builds debt into people's lives by offering loans that are often paid back

at high rates – are a significant factor, but they are not the only reason people receiving benefits are being referred to foodbanks.

Over the last year, the main reasons for referral to foodbanks have been people not having enough money coming in ('low income'), 'benefit delays' and 'benefit changes'.

### Primary reasons for referral to Trussell Trust Foodbanks in 2017-2018



Thanks to changes in the way we collect data from organisations that refer people to foodbanks, we're able to drill down further into the reasons why people need foodbanks, and can look at trends over time since April 2016.

What this shows is that those referrals made due to 'low income' are largely made up of people whose only source of income is a benefit payment – and 'low income: benefits not earning' has shot up as a reason for referral over the last two years.

## A growing proportion of foodbank referrals are due to benefit levels not covering the costs of essentials

An indicative sample of referrals shows ‘low income – benefits, not earning’ is the biggest single, and fastest growing, reason for referral to a foodbank.



**‘Low income: benefits not earning’ is not only driving the increase in foodbank use overall – it is also the fastest growing referral reason of all.**

We’re constantly working with foodbanks in our network to collect more information about the solutions that would leave fewer people needing their help. We’ll be stepping up our work on this over the next three years with a huge piece of dedicated research, because what we want to see is long-term structural changes that mean

foodbank figures drop because people have enough money to buy their own food.

We’ve been having some constructive conversations with the Government



about what tweaks to the system could make a difference to people at foodbanks. But there are only so many changes that can be made around the edges of a system if one of the fundamental problems is that levels of benefit payments are just not enough to cover the cost of essentials.

Our research shows that there are groups of people more likely to need a foodbank's help – people dealing with a disability or health condition, single men, families with children and single parents. It makes sense then, to ensure levels of benefit payments keep pace with the cost of living for these groups in particular.

*"By the time I have paid my electric and gas and food and travelling, I have hardly anything left"*



We owe it to each other to make sure sufficient support is there. Those national services, like the benefits system and NHS, are things we all turn to at different points in our lives. It might not be easy but it is doable.

This is about what kind of country we are and what kind of values we hold dear. It is about making sure the help the benefits system is able to offer is strong enough to support us when we most need it. We need it to be strong enough to protect all of us from facing hunger and needing a foodbank.

## STAY IN THE LOOP WITH NEWS STRAIGHT TO YOUR INBOX

Are you keen to get a regular fix of news from The Trussell Trust straight to your inbox? Then sign up for 'Newswire', our e-newsletter so you never miss out on our updates!

Visit [trusselltrust.org/newsletter](http://trusselltrust.org/newsletter) to sign up.



[facebook.com/trusselltrust](https://facebook.com/trusselltrust)



[twitter.com/trusselltrust](https://twitter.com/trusselltrust)



[instagram.com/trusselltrust](https://instagram.com/trusselltrust)



## WHEN IS A FOODBANK NOT A FOODBANK?

The reality is that all of the foodbanks in The Trussell Trust network offer so much more than food. Beyond the emergency food parcel is a wealth of compassion, experience and drive to help clients move past their current crisis and give other practical support during a crisis.

Earlier this year, while attending the Scotland Foodbank Conference, we visited Glenrothes Foodbank. Jilly, the Foodbank Manager, gave us a tour and explained how they work with clients and engage with their community: “Glenrothes Foodbank is so much more than handing out emergency food parcels. We look at the whole picture and work tirelessly to support our clients to break the circle of deprivation and move towards a more sustainable way of life. We do this, by not being judgemental, by actively listening and offering solutions where possible.”

The first thing that strikes you when you walk through the doors of the foodbank is that it has a welcoming feel. They are blessed with more space than many foodbanks, and this has an impact on the number of services they can deliver, but there's a real feeling of undeniable determination in the air that is a common thread throughout the Foodbank Network.

Glenrothes Foodbank offers the range of services you might expect from a foodbank, such as debt advice and a café which serves a warm meal to clients, but as Jilly takes us through the building, it's the support you might not think about – the detail and thought, that could bring even the most experienced staff to tears.

In a room just off the main reception area, there are shelves and shelves full of items that have been donated for people who find themselves having to set up a new home. Bedding, pots

and pans, clothing, crockery, towels and anything else you would need to set up a home cram the shelves. Jilly shows us the baby supplies. Every item, beautifully presented in a setting that mimics a shop, lessening the feeling of charity and creating one of choice.



Setting up a new home is expensive, even if buying second hand items, so this kind of service can be invaluable. The donations are another way in which the community supports their foodbank and the people it serves.

**The work that Glenrothes Foodbank does would not be possible without the support of a fantastic team of volunteers**



continues...

You might not expect to find a library in a foodbank, but there's a quiet area for clients to select books. There's a basket of fresh fruit and vegetables that can be selected as well as shelves with toiletries so clients can select what they need.



*"Glenrothes Foodbank is very aware of the pressures on low income families and strives to support parents in very practical ways other than just handing out a food parcel."*

It's this mindset and attitude that flows throughout the foodbanks in The Trussell Trust network. Each an individual organisation, developing ways to best serve the people who walk through their doors. One of the hardest aspects of people being referred to a foodbank is the associated shame, so foodbank teams are mindful of creating an environment that is non-judgemental and offers real hope.

## FOODBANK MASCOT COMPETITION



Glenrothes Foodbank invited local schools to take part in a competition to design a mascot for the foodbank. Rachel (then twelve) was a worthy winner, creating an outstanding costume, covered with bright food labels and a cheerful character basket.



One of the last things Jilly shows us is the rail of prom dresses. One of our team has a daughter who is going to prom this summer and, knowing how much she has been looking forward to it, she can't help feeling struck by the thought that has gone into this. Buying a prom dress, when you're on a budget that doesn't even allow for your bills and food, is practically impossible. Is a prom a necessity? No, but imagine you're 16 years old and you already miss out on so much that your friends do because money is so tight. An event like prom might just be the thing that gives you some respite from the torment of poverty.

*"We understand how hard it is to ask for help, how worthless people can feel when they can't provide for their families and sometimes by offering something as simple as a cuppa when they come through the door makes a huge difference."*

Addressing the areas which have nothing to do with food is a critical component of the Foodbank Network and one that constantly evolves according to the specific needs. "Glenrothes Foodbank just doesn't hand out food parcels, we take a holistic approach and try to get to the root of the problem and help people out of the spiral of deprivation" says Jilly. "We are only a small part of the wheel but working closely with other



organisations we can move clients on and hopefully improve their overall health and wellbeing."

*"It is important to treat people with dignity and not add to their problems when they are at their lowest."*

If you've been inspired by the work of Glenrothes Foodbank and would like to support similar activities in your community, why not get in touch with your local foodbank?

To find your local foodbank visit:  
[trusselltrust.org/map](https://www.trusselltrust.org/map)

# FIND YOUR PERFECT CHALLENGE

To find out more about our event please head over to [trusselltrust.org/events](http://trusselltrust.org/events).



Did you know, the average office worker takes an average of just 5,000 steps throughout the day? As a nation, we're getting less and less exercise. To try and help combat this we've created Step Up September, a new challenge on The Trussell Trust calendar to get people moving for a great cause! It's open to everyone, whatever your fitness level.

We challenge you to take 350,000 steps during Step Up September. (Alternatively, you can set your own goal!). You can take part on your own or as a team. Make every step count by getting your friends and family to sponsor you. The challenge starts on Saturday 1<sup>st</sup> September and runs for the duration of the month.

Thirteen million people live below the poverty line in the UK, with people going hungry every day and demand for The Trussell Trust's services continuing to grow. By taking part in Step Up September you will help us raise awareness while raising vital funds so that we can continue to support our Foodbank Network.

Register online at [trusselltrust.org/events](http://trusselltrust.org/events) or call 01722 580 180 and we'll send you your Step Up September pack which will include a step counter so you can count your steps, and lots of ideas on how you can increase your step count in your daily life.

Talk the talk and walk the walk. Step up to the challenge of ending UK hunger.



22<sup>nd</sup> September 2018

## NATIONAL STREET COLLECTION DAY

Join our army of volunteers up and down the country in our first annual street collection. On average each volunteer raises £60 in just two hours – enough to support three families facing food crisis. Check our website to find your nearest collection.



November 2018

## THE FOODIE FUNDRAISER

Release your inner foodie and host a dining event to help fight hunger! Whether you are inspired to recreate 'Come Dine With Me' with a group of friends, plan a dinner with items found in an emergency food parcel or make some of the delicious recipes from our Eat Well Spend Less course, every mouthful your guests take will help fight hunger in the UK.



New date announced:  
18-19 May 2019

## TOUR DE TRUSSELL

If you are a cycling enthusiast, then this is the challenge for you! Grab your bike and take part in our two-day, 140 mile cycle ride from Warwickshire to Wiltshire. Take in the beautiful countryside and enjoy a stopover in Oxford. Spaces are limited, so don't delay, register today! Minimum sponsorship applies for this challenge.



Various dates throughout 2019

## MARATHONS

Dream of one day running 26.2 miles? We have places in the Virgin London Marathon in April, the Edinburgh Marathon in May and the Bournemouth Marathon Festival in October. We can also access places in events overseas; fancy running in Ibiza or Munich? To join Team Trussell please email [fundraising@trusselltrust.org](mailto:fundraising@trusselltrust.org)

Half Marathon places are also available across the UK.



## Contact us

 Unit 9, Ashfield Trading Estate,  
Ashfield Road, Salisbury SP2 7HL

 [donor.relations@trusselltrust.org](mailto:donor.relations@trusselltrust.org)

 01722 580 178

 [twitter.com/trusselltrust](https://twitter.com/trusselltrust)

 [facebook.com/trusselltrust](https://facebook.com/trusselltrust)

 [instagram.com/trusselltrust](https://instagram.com/trusselltrust)

[www.trusselltrust.org](http://www.trusselltrust.org)

**The Trussell Trust** is a charity founded on Christian principles that partners with local communities to combat poverty in the UK.

Registered Charity in England & Wales (1110522) and Scotland (SC044246).  
Registered Limited Company in England & Wales (5434524).

Photography credits: Alexandra Smart, Richard Haydon, Lizzie Allinson,  
Nicola Ross and Dunfermline Camera Club



Registered with



FUNDRAISING  
REGULATOR