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## From The Trussell Trust Extreme poverty 'will double by Christmas' in UK because of Covid-19

'End of coronavirus job and income support expected to spark 61% rise in food bank use  
Britain's largest food bank network has warned that UK destitution rates will double by Christmas alongside an explosion in demand for charity food parcels as coronavirus job and income support schemes are wound down.

The Trussell Trust predicts that at least 670,000 extra people will become destitute in the last three months of the year – a level of poverty that leaves them unable to meet basic food, shelter or clothing needs – if the government withdraws Covid support for low-income households.

Despite unprecedented demand for charity food since lockdown – 100,000 people used food banks for the first time between April and June – the trust said ending furlough in October would trigger a rise in food bank use of at least 61% – equivalent to a year-on-year increase of 300,000 parcels.

"Our research finds that Covid-19 has led to tens of thousands of new people needing to use a food bank for the first time. This is not right. If we don't take action now, there will be further catastrophic rises in poverty in the future," said Emma Revie, the chief executive of the Trussell Trust.

Read the full article [here](#)

**the guardian**

Extreme poverty 'will double by  
Christmas' in UK because of Covid-19  
End of coronavirus job and income support expected to spark  
61% rise in food bank use  
..... Guardian 14 Sept 2020

**Six emergency food parcels every minute**  
expected to be provided by food banks in the Trussell Trust network this winter.

WE NEED TO  
KEEP MORE  
MONEY IN THE  
POCKETS OF  
PEOPLE THAT  
NEED IT MOST.  
#THISCHANGE  
the Trussell Trust

**DAILY Mirror**

Foodbanks prepare to hand out six emergency parcels a minute to desperate Brits

Coronavirus has left the Trussell Trust expecting a massive 61% surge in demand that will leave it needing 7.5million meals between October and New Year's Day..... 14 Sept 2020

## B30 Foodbank Statistics: September 2019 - August 2020

Total number of people fed in the last 12 months  
8147

Total number of adults fed in the last 12 months  
4781

Total number of children fed in the last 12 months  
3366

Total number of Kgs of food received in the last 12 months  
96595Kgs

Total number in Kgs of food given out in the last 12 months  
89431 Kgs

Total number of voucher holder agencies who refer clients  
250

## So – what has B30 Foodbank been up to during lockdown?

“Quite a lot” is the short reply.

The “temporary” warehouse (No21) was still partially filled with food and toiletries when we went into lockdown, but with small teams of volunteers doing some serious sorting, very little food was wasted by going out-of-date. Some food was shared with other Trussell Foodbanks and some of the dozen or more additional food providers which blossomed locally as the Covid pandemic developed.

We were able to move out of No21 by mid June, and the inter-connecting “hole” was created between Nos. 17 and 9 (the original warehouse) just in the nick of time. Food had to be transported by van and the physical loading and unloading of rather a lot of crates. A specific team of 5 dealt with all the moving, to ensure that we had a very clear record of who had worked in close proximity to whom: to abide by the regulations to the best of our ability.

The “hole” has been a major help – as we can cover all our functions under one roof, and move food safely between the two units. No 9 has become the home of the pick and pack operation – but very much scaled down to just two people at any one time (to comply with physical distancing regulations), and No17 has returned to being warehouse “proper”. There are racks around most of the walls, allowing for high level storage as well as ground based storage. A “stacker truck” (walker operated forklift) is the special piece of kit used to lift pallets of crates on/off the racking and there is a recording system which means we know what products we have and where it is stored.



Covid’s biggest restriction for us is the very limited number of people we can accommodate in the warehouse at any one time. This means the team is quite small, and cannot accommodate new volunteers at the moment.

The team which is steadily increasing, however, is the team of deliverers. All food parcels are now delivered, and as our referral numbers slowly climb back up, we are gathering more deliverers. Most are from our regular volunteers at the moment, but others have joined the happy brigade on the way.

Our referral numbers are rising again, as the large number of additional food providers in South Birmingham) is now decreasing. Several were pop-ups, specifically for Covid19 difficulties, and many of those running them have now returned to work, or their short-term funding has ceased.

We still share food with other Trussell Foodbanks when we can, especially Erdington. Their referral numbers have remained high and there are very few, if any, additional food providers in their area. We have made new links with local stores (e.g. the new Morrisons in Stirchley) and several local roads and individuals/families have been innovative in organising food collections for us. Financial donations also remain high, which gives us an excellent base from which to pay our rent, fit out the warehouse properly, keep the vans running well and stock up with food items that are short. **Sylvia Warehouse Manager**

# 'Bournville Stars'

Our volunteers were delighted by the presentation last week of a 'Bournville Stars' Award.

The awards have been given to organisations and individuals who have 'gone above and beyond to help communities.' Unfortunately only a tiny fraction of the wonderful team at B30 Foodbank are pictured here, as they were present when the award arrived.

This award is thanks to the large and wonderful team who do a fantastic job in keeping the foodbank going, whatever the situation, as they have for the last seven years.



Christmas needs to come early please!



It would be really helpful if any Christmas donations of food could be given to us by early November.

Every item of food has to be sorted and 'best by date' checked by our team. It is also a requirement that all food is '**alcohol - free**'.

Last year we were still ploughing through a mountain of donations in January!

Your generosity is fantastic and we are very grateful.

Early generosity is even better.



# More than one sort of dough

Loaf's bakers making more than one sort of dough for the foodbank!

The lovely people at Loaf recently donated £3,750 to B30 Foodbank. Baker Pete explains here how and why this amazing donation happened.

"When the pandemic hit and lockdown was ordered, we at Loaf were very aware that, as a workers co-operative, we have a responsibility to our community as much as ourselves. Once we had ensured our business could ride out lockdown we looked into ways we could support those groups and organisations working to combat food poverty.

The simplest solution was to bake more bread, and Loaf's bakers volunteered their time to run a special bake shift on Mondays. Over lockdown we supplied bread to B30 Food Bank, BrumTogether, Birmingham Solidarity Kitchen, the Spearhead Trust, and the primary schools in our community who were helping feed families in need.



Given we couldn't be sure how the pandemic would affect Loaf's income, we placed a donation button on our online shop, inviting our customers to help. The idea being we provide the labour and they cover the cost of flour and electricity for that shift.

Between May and August we distributed roughly 1,500 loaves to food poverty groups in Birmingham. But we also raised far more money than we needed, leaving a surplus of £3,750. We contacted the B30 Food Bank for advice on what to do with this money and they suggested a cash donation. Their costs have soared this year and a lump sum would really help.



As demand has lessened, Loaf have paused the volunteer bakes for now, though we still donate any unsold bread to the Food Bank. Food poverty remains something we want to help combat and we are actively looking for long-term ways to do so. Please get in touch with [nancy@loafonline.co.uk](mailto:nancy@loafonline.co.uk) if we can work with you."

**THANK YOU** to all the team!

Pictured here are Rachel baking and Pete delivering to the foodbank warehouse

## Britt's jams, jellies and pickles bring the cash rolling in!

Foodbank supporter, Britt, whose husband Paul also provides lots of allotment produce, donated a magnificent £285 to the foodbank after the roaring success of sales of her fantastic homemade preserves.

Because food regulations mean we can't give homemade preserves to our clients, Britt decided to make and sell her very popular preserves. She explained: "I made jams from loganberry, jostaberry and gooseberry, and jelly from blackcurrant and redcurrant, as well as spicy cucumber pickle. All were very popular and I even had people coming back for more!"

We can't thank the brilliant Britt enough for all her hard work and the costs she has incurred. What a result! We are sure every mouthful of her perfect preserves will be wonderful.



## Bournville Carillion



To celebrate the reopening of the Bournville Carillion B30 Foodbank we were invited to give out information and collect at the Rest House on the Green.



## Grown with love and kindness

Regina and her daughter Alysia are regular and long-term donors to the foodbank and over the summer have been arriving with beautifully fresh, home-grown vegetables.

Mum and daughter not only grow the lovely lettuce, cucumbers and tomatoes, but they've been washing and packing them into delicious salad packs for our clients. Thanks to them both for their continued support.

Because of the support of the growers at Moor Green allotments, Alysia and Regina and others, who also time their donations with our deliveries.

If you would like to support us, long life food and drinks are the mainstay of our parcels and can be stored safely at the warehouse, whatever the weather. The full list of our most needed items is on our website.





## Heroic Harry is an inspiration!

Eleven year old Harry Ingram from Northfield took on a charity challenge set by his new school Five Ways and decided to do what he could to help B30 Foodbank.

At the start of the new school term Harry has to do a presentation about his challenge and mum, Claire, explained that Harry realised that this summer was not the time for asking for sponsorship from already hard-hit people. Instead he decided to do a food collection, and what a result!



Harry and his mum delivered nearly 175kg of food after his organised, polite and targeted collection.

Harry's neighbours in Woodland Road had set up a WhatsApp group at the start of lockdown and Harry used that as a starting point for the collection. He followed up with flyers, using our website to find out what our most needed items were. Harry has now contacted all the neighbours to thank them for their support.

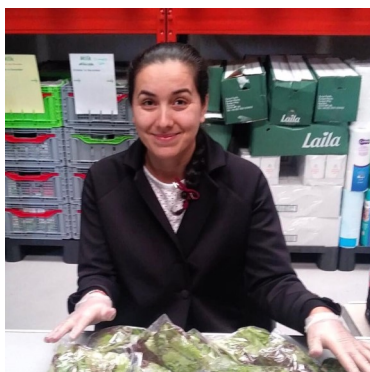
Harry knew about the foodbank after an assembly and project at his primary school, St James, and understands exactly how his collection will be used

and just how appreciative we are. Thanks for thinking of our clients Harry and thanks again to your generous friends and neighbours for being so supportive.

**Thanks to Vanessa Grimes** for making and delivering these stunning handmade masks to our warehouse!

Some will be used by volunteers and others, including the children's ones, will go into food parcels.

Much appreciated!



## More fresh vegetables from Noor!

Every year Noor, a long-term volunteer and supporter of the foodbank, brings us fresh vegetables and fruit from her allotment to give to clients. This summer she came in with freshly picked, washed and bagged lettuce and courgettes, which we were able to add to clients bags.

**Thanks Noor** for all you do!

# Marathon Mike



One of our foodbank heroes has got to be 71 year old Mike Clark, who completed his own “longest day marathon” on June 21st in aid of the foodbank.

Mike told us: “I took up running after I retired 10 years ago. I was originally planning to run the “longest day marathon”, however, it was cancelled and so I decided to organise my own.

“I have been particularly incensed at the policies which have forced so many people to use foodbanks over the past 10 years, something which has obviously worsened with the coronavirus. I therefore decided to try to raise money for my local South Birmingham foodbank.

“I was hoping to run the marathon on the treadmill in my back garden, but found I got too hot with stationary running, so I decided to run on pavements and through parks in the Moseley and Kings Heath area and then run the last 2/3 miles on my treadmill. As it was also Father's Day I had arranged a socially-distanced BBQ with my children and grandchildren afterwards.”

Mike raised a fantastic amount, in total his heroic efforts raised **£1,326** for the B30Foodbank. Well done and thank you for your amazing support.

# Angela is no slouch on the couch!

**B30 FB volunteer Angela who has been isolating sent us this...**

“Some weeks ago I decided to start the Couch to 5k running programme partly for fitness but hoped I could use it to raise money for B30 Foodbank.

I only mentioned it to very few people at first because I had no idea whether I'd be able to do it having never done any running before. When I reached week 7 out of 9 I felt fairly confident that I'd be able to do it and asked family and friends to donate instead of giving me presents for my forthcoming birthday.

Anyway, I did it! £1,200 has been raised and I'm delighted with that, it's far more than I'd anticipated. I'll be back volunteering at B30FB as soon as possible.”

What a personal achievement and a fantastic donation.

**We salute you Angela!**



## Meet the Volunteer - Chris

I'm Chris Cooper, a 68 year old retired Trade Union Convenor. I live in Birmingham with my partner of the last 20 years, Cynthia. I have 3 adult children and 6 grandchildren. I'm an avid Aston Villa and Warwickshire County Cricket Club supporter.

### What is your volunteer role?

What I do is the collections at the supermarkets the Coops, Sainsburys, Morrisons and Tesco's. I collect the food in the van and take it to the warehouse.

Before Covid, I would take food to the warehouse and from the warehouse to the Cotteridge Church.



### When did you start volunteering at the foodbank?

I started to volunteer right from the October of the year it opened in 2013.

### What motivated you to volunteer at the food bank?

I had always worked in local government, as a social worker, firefighter etc. and so I was always keen on helping other people. I had retired and had some spare time. I was motivated by my political beliefs; I was amazed that people were hungry in this rich country of ours. I was encouraged by people I met through the Green Party that volunteering for a foodbank was a good thing to do.

### How have you found your time volunteering? It's been fantastic really.

I've met so many great people and there is a social life that is based round the people I've met there. It will be so good when things are back to normal and we can all meet up again but we are beginning to meet in small groups. I've always had a positive experience collecting from the supermarkets. They're always keen to open up for you and quite helpful. When delivering to the Church I was always spoilt by Maria who would make my coffee exactly how I wanted it.

### What have you learnt?

I've learnt a lot about food production and distribution, stuff I hadn't known before.

### What do you enjoy most about volunteering at the food bank?

Going to the "Library" on a Friday night, friendship and being part of a great team. Everyone is very accepting of each other.



# Donations

Thank you to all of you who have very generously donated to the B30 Foodbank to feed local people in crisis during these very difficult times.

## Food Items currently needed Shopping list



Blue Long-life Milk , Smash,  
Tinned Tomatoes, Tinned Potatoes,  
Tinned Macaroni Cheese  
Tinned Spaghetti, Rice Pudding, Tinned  
Fruit, Puddings, Custard, Jam,  
Hot Chocolate, Toothpaste, Toothbrushes,  
Razors, Shampoo/ Deodorant,  
Laundry Liquid



## Where can I give food donations ?

You can give food donations at the following Collection Points

- CO-OP at Cotteridge, Dads Lane, Vicarage Road and Kings Norton.
- Sainsbury's at Kings Heath and Longbridge.
- Morrisons in Stirchley
- Asda at Barnes Hill
- Lloyds Bank at Cotteridge, Rubery and Northfield.
- Jack's Supermarket at Rubery
- Rowheath Pavilion (in doorway)



## Financial donations are very welcome at this time.

We have increased financial costs to pay rent for our warehouses and the cost of a second van since we have become a delivery only service in the present crisis.

To make a Gift Aided Single Donation or to set up a Standing Order with Gift Aid please email [info@b30.foodbank.org.uk](mailto:info@b30.foodbank.org.uk)

To make on-line donations through our JustGiving page [Click here](#)



Thank you to all the donors who supported us buying a crucial second van.

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Local people in need of emergency food should contact their social worker, support worker or a local Foodbank Referral Agent to get a referral to B30FB.

or a local Foodbank Referral Agent.



Alternatively ring either

Birmingham City Council Advice Line  
0121 216 303

Citizens Advice Bureau ( foodbank line)  
0808 2082138

The Project 0121 453 0606



# Supermarkets and super shoppers!

**We are very grateful to all of the local supermarkets who give us space and a display area to collect, but the donations come down to the generous shoppers who fill those trolleys and bins and keep our shelves stocked!**

## Morrisons make donating even easier!



The new Morrisons store in Stirchley have come up with an innovative way of helping their customers to donate more easily. Led by their community champion Jo, pictured, the store has prepared small bags of donations which customers can pick up, pay for at the checkout and then leave in the donation bin before leaving the store. Jo is pictured here with the new bags and foodbank manager, Roger. Thanks to Jo, her colleagues and all the customers in Morrison's who are already engaging with this new scheme. This doesn't mean you can't add your own donation.

## Asda Barnes Hill join B30FB in the 'Fight Hunger Campaign'

Asda has a national campaign to support Trussell Trust foodbanks.

While we can't have volunteers in store, Asda have set up special collection points which will be monitored by their Community Champions and from where we can collect donations each day.

Watch out for information in store about what and where to donate, or before shopping check our website at [B30.Foodbank.org.uk](http://B30.Foodbank.org.uk).

Thanks to all at Asda in Barnes Hill and everyone who donates.





# Supermarkets and super shoppers!

## Kings Heath Sainsbury's shoppers come up with the goods!



One of our dedicated foodbank volunteers was taken aback when he collected from Sainsbury's in Kings Heath. Roger found a full trolley load of customer donations and then was astonished when a second load was wheeled out for him to take away.

Thank you to all of the generous donors who shop at Sainsbury's in Kings Heath for thinking of our clients. After a week when we fed 132 people, including 46 children, your generosity makes a big difference.



# Feedback from clients

## It's great when we get feedback from clients and other agencies we work alongside.

Helping a young person leaving care for the first time. We deal with people at times of financial crisis for all sorts of reasons and it's great when we get a positive follow-up. This letter came to us from care services in a nearby area after we helped out with a young person who was living alone for the first time and wasn't able to afford food.



“Dear A,  
B has informed me of the wonderful service you have given to our care leaver living in your area and I just wanted to say a huge thank you to you and your team for going above and beyond to help them and also advise them of services in the area that can also offer help. It is really difficult at times for us to be on hand when our care leavers need us, especially when they live at a distance, so it is really re-assuring to know that there are lovely people around who they can approach for support when they need it. You are amazing and please stay safe.  
TW, Leaving Care Team Manager.”

It's great to know we were able to make a big difference to someone settling into a new life alone and we can only do it with the wonderful support of our donors. Thank you.



Another client, who was without phone credit and contacted us by Facebook, received a much-needed delivery the next day. He sent thanks immediately saying he was "...shocked and filled with joy" at the same time. He commented on the kindness of a late night phone call after he consequently emailed the foodbank and signed off with "Thank you for helping me in my time of need."

Hopefully the emotional and physical boost of the food parcel will give this client the strength to get the help he needs.

gg56993953 www.gograph.com

## POVERTY ISN'T INEVITABLE.



We're all facing restraints right now as the coronavirus pandemic continues, But for people in poverty, living with restrictions is normal and as society tries to recover they'll be facing even more restraints.





## Keeping in Touch

“One way to keep in touch with what’s going on at the foodbank, as well as seeing pictures of volunteers and donors, is through our three social media channels.

The foodbank has pages on *Facebook*, *Twitter* and now *Instagram*. We try and keep them simple, bright and positive. So, if you’ve got the tech, a smart phone, laptop or tablet, why not have a go at interacting with one of the foodbank pages? Just search for B30 Foodbank on any of the platforms and hopefully you can see what we’ve got going on.”



KEEPING IN TOUCH

**B30 Foodbank, The Cotteridge Church, 24 Pershore Road South, Cotteridge, B30 3EJ**

**The Warehouse , Unit 17, Castle Road, Kings Norton Business Park, B30 3HZ**

**B30 FB Warehouse is open Tuesdays and Fridays 2pm –4pm**



07582 143972 Client inquiries  
07985 629201 Warehouse phone



info@b30.foodbank.org.uk



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