

B30 Foodbank is currently operating from **The Friends Meeting House**, 23a, Watford Road, Cotteridge B30 1JB



Autumn 2021

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## Stop the imminent cuts to Universal Credit !

From The Trussell Trust

Why writing to your MP can help us keep the lifeline



**By Rory Weal, Policy and Public Affairs Manager Trussell Trust**

September is here, and as the kids go back to school and MPs return from their summer recess, the government has a big decision hurtling down the tracks: will they stick to their guns and cut Universal Credit by £20 a week this October, or keep this vital lifeline and keep people afloat?

Food banks across the Trussell Trust network know just how vital the extra £20 on Universal Credit has been. It could be the difference between people being able to get by or cut back on vital essentials, like food, clothing and heating. Removing it risks plunging tens of thousands into destitution. That's why the Trussell Trust is supporting the Keep the Lifeline campaign, and asking you to write to your MP.

But we also know that for some people it isn't clear what exactly the point of writing to their MP is. It can feel daunting or confusing for some, while for others they might not believe it will make a difference. But it can make a real positive impact on people's lives. Here's how:

### **Why should I be writing to my MP to ask them to keep the lifeline?**

Put simply, the more MPs who speak out against the cut will be the difference between whether or not the government U-turns or pushes ahead. And that decision will have an enormous impact on millions of households.

## B30 Foodbank Statistics: 1st Sept 2020 - 31st August 2021

Total number of people fed in the last 12 months	Total number of adults fed in the last 12 months	Total number of children fed in the last 12 months	Total number of Kgs of food received in the last 12 months	Total number in Kgs of food given out in the last 12 months	Total number of voucher holder agencies who refer clients
6,261	3,991	2,270	99,727 Kgs	94,132 Kgs	271

While there won't be a vote in Parliament – the cut is a spending decision already made by the Treasury – if enough MPs oppose the cut, the government will rethink its plans.

Conservative MPs are especially important because the government is accountable to its own MPs, and reliant on their votes to stay in office and pass legislation. As a result these MPs have significant power to influence government policy. Of course, the additional pressure from the opposition parties will also help to secure this outcome, and build pressure, attention and support behind keeping the lifeline.

Contacts :

[gary.sambrook.mp@parliament.uk](mailto:gary.sambrook.mp@parliament.uk) Northfield

[Stephen.mccabe.mp@parliament.uk](mailto:Stephen.mccabe.mp@parliament.uk) Selly Oak

[Sajid.javid.mp@parliament.uk](mailto:Sajid.javid.mp@parliament.uk) Bromsgrove (including Wythall and Hollwood)

[Tahir.ali.mp@parliament.uk](mailto:Tahir.ali.mp@parliament.uk) Hall Green (includes Billesley, Kings Heath and Mosel)

**New research conducted by YouGov on behalf of the Trussell Trust found that, for people claiming Universal Credit, the £20 a week cut could have the following impact:**

1 IN 10 PEOPLE

Say they are **'very likely' to not be able to cook food** because they wouldn't be able to afford to use an oven.



1 IN 5 PEOPLE

Say they are **'very likely' to need to skip meals**



1 IN 5 PEOPLE

say they **will struggle to heat their homes this winter**



# Behind the scenes

## Life at the B30 Warehouse with Manager Sylvia Fox

“The Warehouse” is ‘unseen’ part of B30Foodbank if you are neither warehouse/delivery volunteer nor direct food donor.

### Where is it?

In two interconnecting industrial units on the Kings Norton Business Park. Previous homes have been smaller versions of the same thing also located on the Business Park. Prior to those, a spare classroom at Hawkesley Pastoral Care Centre (attached to the Primary Academy). Its first home was a former clergy house at Hawkesley.

### When is it open to the public?

It is open for direct donations on the afternoon of Tuesday and Friday (2pm– 4pm), and can also receive timed online shopping deliveries (directed to Unit 17 Castle Road, Kings Norton Business Park, B30 3HZ) . Emergency food is not distributed from the warehouse.

### What else happens there?

A lot! All the pre-packed parcels for emergency food are packed there—throughout the day on each Tuesday and Friday. The packing teams are duos or trios working together, in a way that allows for ‘distancing’ as well as camaraderie and teamwork. Our Team of drivers empty the collection bins at all our donor supermarkets and deliver the food to the warehouse at various points during the week. Each volunteer has a preferred day for ‘their’ supermarket/s, which works well between the whole team. This means deliveries come early on



Tuesday morning, midway through Wednesday, early on Friday morning and sometime on Sunday. Others from the driving team load and drive the vans going to the Friends’ Meeting House at lunchtime on Tuesday and Friday, and are on standby during the afternoon in case extra supplies are needed. Another small team of volunteers keeps us spick and span by cleaning twice weekly, and a different duo does the machine lifting—and—shifting using the walker– operated forklift. Carrier bags are sorted and graded off site by yet another team of volunteers.



Also each Tuesday and Friday, throughout the day, there are small teams of volunteer sorters who work through donations, sorting the food into product type and then storing it in the correct place, taking into consideration the use-by date. There are also some additional sorters who work in small family bubbles on other days—and one pair in particular work with the thing which the crew are amazed by most ....items which are seriously out of date. These items cannot be passed to clients, We have to maintain the same standards as a shop. All food has to be ‘in date’ !

A busy place to run to commercial standards which, although largely unseen, is the hub of the foodbank. It ensures we are able to provide emergency food for local people in crisis.



# Derek and Pauline: Corner Shop Cotteridge

Corner of Rowheath Road and Midland Road

Most people in Cotteridge know and love Derek and Pauline's corner shop and know that they will receive a warm welcome and friendly conversation whenever they go there. But, it's not just a shop it's an informal social centre and a local landmark. About 6 months ago it became a handy collection point for people donating much needed food and hygiene items for the local Foodbank. This was the brainwave of Jenny, Derek and Pauline's daughter. Alternative weeks Jenny's partner Malcolm and a nearby neighbour take the donations to the Foodbank warehouse in Kings Norton.. It is all very much in the spirit and atmosphere that has been created by this kind and caring family.

Derek and Pauline have been running the shop for 57 (can you believe fifty-seven?) years, opening 7 days a week. Derek continues to go to early markets to buy fresh fruit and veg as well as a great array of plants. In more recent times, they have been selling products from local people, attractive Turkish pottery, honey, soaps, hand creams, spatulas (all eco-friendly) and school items.

Ever since Boris Johnson was in nappies this shop has been at the heart of the Cotteridge community.



Above Left and opposite  
**Derek and Pauline** outside  
their corner Shop.

Above Right **Malcolm**

## Clients receiving food thank the B30 Foodbank

God Bless you all

I've never been to a foodbank before. I was really nervous about coming here but everyone has been so nice and helpful.

I am so grateful to you all. I will be back soon to give a donation when I start my new job.

I feel much less stressed now after talking to volunteers and seeing how friendly they are and how they are ready to help.

A big thank you also from B30 Foodbank Management Team and Volunteers to all our supporters. We couldn't do it without you.

# A Tuesday Afternoon at The Foodbank

Josephine came to the B30 Foodbank and explained how she was struggling to cope financially. Having to budget to buy new school uniform for her three young children for the beginning of the school year, she was worried and anxious. She said that “without new uniform they would stand out from their school friends and may be bullied”. Josephine said she was not always eating herself so that her children could have meals and she could afford a buy new uniform for her children.



Angela, a vulnerable adult with mental health difficulties and ADHD talked about her debt which she had accrued for essential amenities. Her debt was now running into the thousands of pounds. At the B30 Foodbank we were able to put Angela in touch with a debt advisor from the The Project and arrange for her to have a call from a support worker from Severn Trent Water with the hope that she would be eligible for a reduced tariff for her water usage.



David arrived at the B30 Foodbank with a food voucher. He had just relocated to Birmingham. Having worked in various public facing jobs for the last 35years he found himself unemployed due to Covid 19. Alone and hungry in an unfamiliar city, he did not know where to turn for advice on housing and finance. The Manager was able to connect him with an advisor from The Project to give him the support and guidance that he needed. David left thanking everyone concerned for the support he had been given.

Monica arrived at the B30 Foodbank having just finished a session as a volunteer. She was struggling after losing her job due to Covid 19 and recently losing a close family member. Monica spoke about her struggle to feed her and her children and her concerns about her financial situation over the coming weeks if the £20 Universal Credit uplift is taken away.



# Harvest at Moor Green Allotments



Huge thanks to **Paul Rooney** (below) and his fellow allotment growers.

The harvest is fantastic. Kerr’s Pink Irish Potatoes, sungold tomatoes...along with beans (green, yellow, black!), cucumbers, cabbages, cooking apples, courgettes, gourds, chard, rhubarb and more.

Paul has carefully washed, bagged and delivered a bounteous supply for each foodbank session at the B30FB Friends Meeting House during the harvest season. The photo is only a sample of the delivery.

Our clients are extremely grateful.

**So thanks again to Paul for organising this great effort at Moor Green Allotments.**

**Happy growing!**



**COP26 Community Fair**  
**Cotteridge Quaker Meeting**  
 Saturday 25 Sept 11am - 3.00pm

**Come-- share ideas, chat, send a message to the Glasgow Climate Summit!**

Cotteridge Quaker Meeting House,  
 23a Watford Road, Cotteridge,  
 Birmingham B30 1JB

**COP26 Community Fair**  
 Part of Great Big Green Week-- highlighting the climate and ecological emergency. Join with others in finding a sustainable future for Cotteridge.

**Programme**

**Quaker sustainability work**  
 Zero carbon building tour  
 Eco Church Gold Award\*

**11.30 Speakers**  
 Councillor Fred Grindrod  
 Grants for neighbourhood initiatives\*

**11.45 – 3.00**  
**Free tea & cake!**

- Eco Birmingham
- Loving Earth project & Repair/Reuse of Clothes
  - Clothes & Seeds Swap
  - Food for the future
- Cycling on: How to build an electric tricycle
  - Making homes fit for the future
- Biodiversity in our parks & nature reserves
  - Play CO2 Snakes & Ladders!
- Learn about COP26 and send a message
  - Food Bank (information & donations)

\*Cotteridge Quaker Community Fund provides grants for projects improving the Cotteridge environment & social community.

‘A B30 Foodbank Information Stand will be at this event on **Saturday 25th September 11am –3pm**. We will of course be happy to receive any donations too’

# Community at its best!

We are grateful for every donation that comes in to the foodbank. Whether it's via our website, through a supermarket collection point, delivered directly to our warehouse or part of a collection on your street or at your workplace, every single item counts.

We were delighted to meet Marcus who delivered a donation from colleagues and friends at **Pure Gym**, Karen with the donation collected on **Maurice Road** and Steve with another great collection from **Featherstone Road**.



In a week where we received in donations weighting in at 1271kg, we also distributed food weighing out at 1643kgs, so every packet, tin and carton is important.

Below: Mary from the **Diamond District Buddhist Association**, Des and Sheila from **Tudor Close** and Jackie and Kevin from **Bishop Challoner Catholic College**

If you would like to help please check our website for details of our currently most-needed items -

<https://b30.foodbank.org.uk/give-help/donate-food/>

**Thank you to everyone donating.**



## Helping us through the summer!

On behalf of our clients, we are really grateful to the many donors who are keeping our warehouse stocked.

Whether you bring your donation in person to the warehouse - like Tony, Matthew, Graham and Asher below - or leave it at one of the many local supermarket points, it helps local people who are struggling.

Other ways to give include making a financial donation, details at [B30.foodbank.org.uk/donate](https://www.b30.foodbank.org.uk/donate) or doing a supermarket shop and getting it delivered to us between 2pm and 4pm any Tuesday or Friday, warehouse address details on the website too.



We often hear from clients with families what a big difference to the food bill the long school holidays can make. Growing children need food - and this is where we can help.

If you want to donate to help local families and individuals please take a look at our website for our needed items. You also find a list of places where donations can be left

<https://www.b30.foodbank.org.uk/give-help/donate-food/>

Alternatively you can donate cash, which helps us pay for our warehouse, keep our vans on the road and top up stocks when needed. However you donate you are making a big difference to many people in South Birmingham. Thanks!

## Donors continue to go above and beyond in aid of the Foodbank.

One of our newest donors is nurse educator Zoe, who this week organised a collection at the educators' office at the QE Hospital, which she hopes will become a regular occurrence. Zoe said she was motivated to help after becoming aware of the work we do when our clients and her patients have overlapped.

Another great donation came in with Sarah, Caleb and Lily who brought in the regular, and always generous, donation from Featherstone Road.

Street collections have made a big difference to Foodbank stocks over the last year and we are really grateful to everyone who continues to contribute and collect.



## Volunteer to the rescue with carrier bags!

We were really pleased to meet Sue from Acorns Hospice Kings Heath charity shop, when she brought in a large collection of sturdy carrier bags.

Sue had seen our carrier bag appeal (which is still urgent) and started collecting the bags which came into her shop and that couldn't be used by them. All of our food parcels are pre-packed now and we use lots of bags, so are really grateful for this idea.

If you work or volunteer somewhere that has bags to spare, please bear us in mind and we would be happy to take them off your hands if, like Sue, you can drop them off at our warehouse. Directions and opening times on our website at [B30.foodbank.org.uk](http://B30.foodbank.org.uk).





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 B30 FB.



Alternatively ring either

Birmingham City Council Advice Line

0121 216 3030

Citizens Advice Bureau (Foodbank Helpline)

0808 208 2138

The Project 0121 453 0606





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## 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.”

## Cotteridge Park ‘Shed’ collection starts strong!

Thanks to the generous visitors to Cotteridge Park and its café, The Shed for filling the foodbank collection bin so quickly.

Emma from The Shed made the first delivery to our warehouse. The collection bin is available whenever the volunteer-run Shed is open, for you to drop off items of long-life food and basic toiletries. Thanks to everyone who has donated recently.



**B30 Foodbank, at The Friends Meeting House, 23a Watford Road, Cotteridge, B30 1JB**

**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

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 [www.b30.foodbank.org.uk](http://www.b30.foodbank.org.uk)

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