

Christmas Opening Arrangements

Tues 21st Dec Foodbank open Fri day 24th Dec Foodbank open
Tues 28th Dec Foodbank CLOSED Friday 31st Dec Foodbank open
Tues 3rd Jan Foodbank open



Winter 2021

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the guardian

Patrick Butler 25 Nov 2021

One in 10 UK families will struggle to cover basics this winter, charity finds Citizens Advice calls for government action to help the 3m households hit by a cost of living crunch

One in 10 UK families – about 3m households – are facing a cost of living crunch this winter, unable to cover even basic bills such as food and heating, according to Citizens Advice.

One in five of all adults had cut back on their food shop or turned off the heating, while one in 10 anticipated having to use food banks, a survey by the consumer charity found.

Citizens Advice urged the government to bring forward its standard inflation-matching uprating of benefits from April to December, arguing this could make the average family on universal credit £30 a month better off.....

The INDEPENDENT

Food banks see demand soar in wake of 'nightmare' Universal Credit cut

"..... The majority of foodbanks have seen demand soar in the weeks since Universal Credit cut, and are warning of a "heartbreaking" winter ahead...." Friday 22 October 2021

B30Foodbank has seen the same rise in demand for emergency food. We still have sufficient stocks of food thanks to your generous donations. Please continue to support B30 FB and help us to provide emergency food for local people in crisis and struggling to make ends meet this winter.

B30 Foodbank Statistics: 1st Dec 2020 - 30 November 2021

Total number of people fed in the last 12 months

6,459

Total number of adults fed in the last 12 months

4,269

Total number of children fed in the last 12 months

2,190

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

55,697 Kgs

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

64,906 Kgs

Total number of voucher holder agencies who refer clients

251

Snow at Cotteridge Quaker Meeting House??

Winter is here. Volunteers are wondering if this scene from last winter will be repeated! It was pretty difficult but Mikayla and Dan from the Friends Meeting House even cleared a path in the snow ready for unloading our food parcel wheelie bins.

Many thanks to all at Cotteridge Quakers for their generous support. Your commitment in helping us to provide food for local people in crisis has been outstanding. We couldn't have done it without you.



On a day like today, imagine having to choose between heating or eating?

Whatever the weather,
we are there for our
clients!



#HeatingOrEating

This is the choice many of our clients have to make and sadly this includes the elderly, people with disabilities, families with very young children and the homeless.

If it's hard to donate food, why not make a financial donation and help keep our vans on the road - a great way to help.
[B30.foodbank.org.uk/donate](https://www.b30.foodbank.org.uk/donate)

Farewell to Volunteers

Journey to Japan

Best wishes go to Ariadne, who has volunteered at B30Foodbank since Autumn 2016 when she was on her gap year. She went to Leeds University in 2017 and returned to volunteer during the holidays. Ariadne has done supermarket collections and general support. After graduating in 2020 and since the foodbank has been at the Friends Meeting House, Ariadne has taken a lead in contacting clients by phone and data processing. She has also braved the rain to help supervise the car park - as we continue to distribute food outdoors. Ariadne says 'November marks my last month here, as I'm now ready to start a new chapter doing a graduate job in Japan. The B30 foodbank has given me some of my most valuable life experience to date, and I have learnt so much that I will be forever grateful for'.

We wish you well Ariadne. Keep us posted! We look forward receiving news from Japan!



Michelle moves North



B30 Foodbank has lost an important and stalwart volunteer! After 40 years in Birmingham Michelle has moved back 'home' to the North East just south of Durham. Michelle did a fantastic job doing all the rotas of volunteers duties and Referral Agency administration, in addition to helping at the Friends Meeting House.

Michelle has also compiled the B30 Foodbank Newsletter for the last 2 years which she is continuing to do for us electronically.

So your Newsletter was created 200 miles North!

Best wishes from us all and 'Thank you Michelle'

'The Shed' to the rescue !

The main hall at the Friends Meeting House was closed at half term. Some important maintenance work was necessary so B30FB had to operate from a smaller room at the back of the building. Not a problem - except there is a step going in to the building at the side - not good when we needed to use a trolley to transfer nearly two tonnes of food and toiletries in and out that week!

Moseley and Kings Heath Shed came to the rescue. They are based in Kings Heath Park and their underlying principle is to provide somewhere for older people, to meet, have a chat, enjoy a hot drink, share skills and knowledge, and make, re-purpose or mend things. When Larry from the Shed heard about this, he said that they would sort it. After measuring up, making a few diagrams and using his wealth of knowledge, we were presented with a portable, weatherproofed ramp so that we could continue to transfer all the food by trolley.



On behalf of all the volunteers (and their backs), thank you so much to Larry and The Shed.

Brollies and bags - we always need more!

While our clients have to continue to queue outside for the foodbank we need a collection of brollies to lend them on rainy days. Inevitably, some wear out and are lost and we need to replace them, if you have a spare we'd love to use it and you can deliver to our warehouse.

Carrier bags are always needed too and if you're having a clear out and have some spare please take them along to the warehouse as well.

Tuesday and Friday 2-4pm, Unit 17, Castle Road, Kings Norton Business Park, Birmingham, B30 3HZ.



Impossible Decisions

Food banks will continue to do all they can to help people struggling to afford the essentials, but no charity can replace the dignity of having enough money to buy your own food.

£20 extra in Universal credit means...

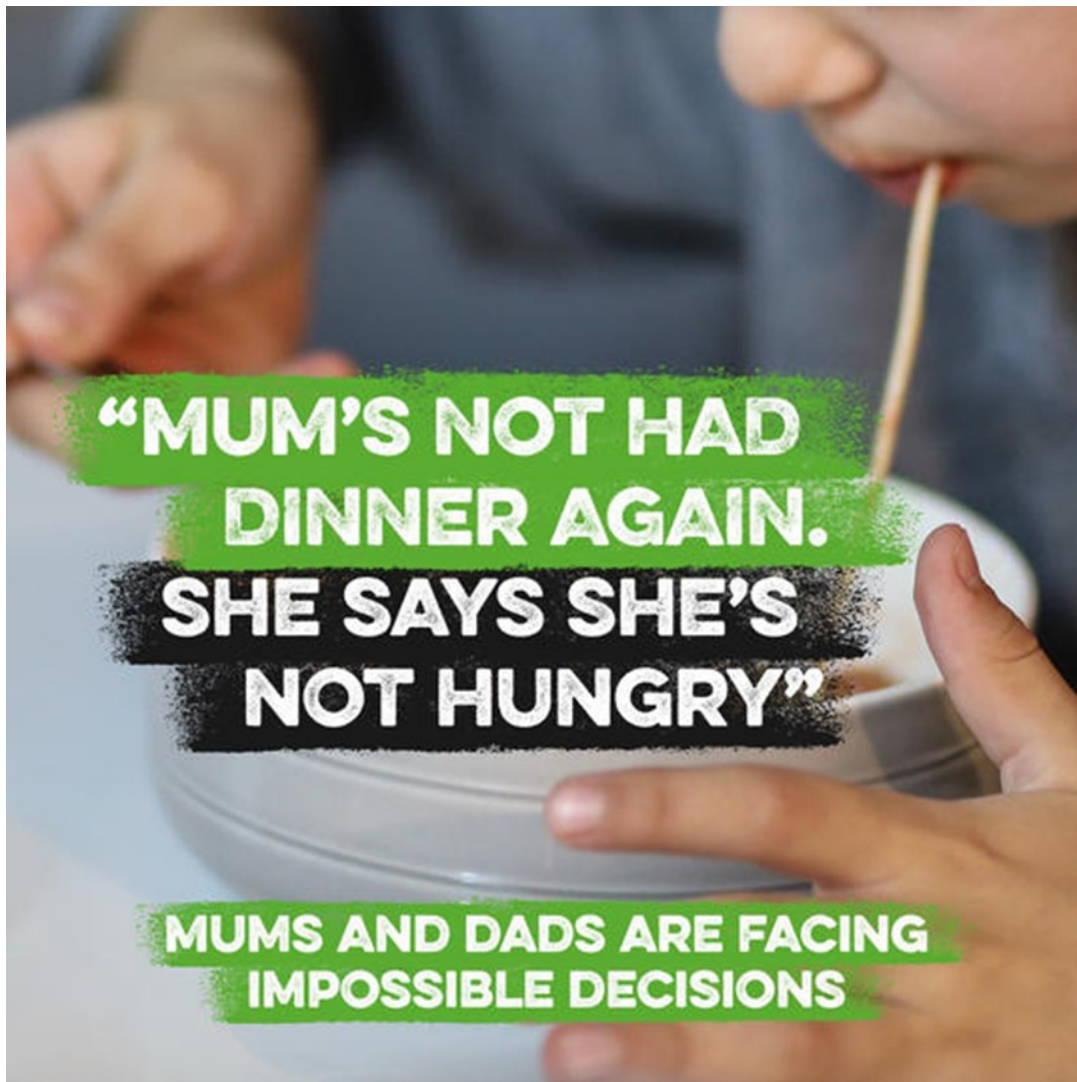
"It is the difference between being able to buy my children suitable winter clothing, or not. This £20 per week means that although things are financially tight, we are able to muddle through to the best of my ability, and I have peace of mind that all bills are paid and my children are fed, clean and warm. Losing the £20 a week means that on top of coping with the grief of losing my husband, trying to look after a toddler and a new born, keeping a clean and tidy house, I am now also trying to keep my sanity intact as I worry hugely about our financial situation."

What happens when you can't afford the basics? Thousands of people across the UK are being forced into impossible decisions every day because of poverty. Could you imagine having to make decisions like these?



Impossible Decision

All over the UK, parents face impossible decisions, going hungry to buy food for their children. This is unacceptable



Trussell Trust believes foodbanks should not be necessary



Birthday donation from Otis.

We received a wonderful donation from eight year old Otis. As part of his birthday celebrations Otis collected food from his friends and delivered the substantial collection to the warehouse with his Dad Richard. What a wonderful gesture! We should all be more like Otis!

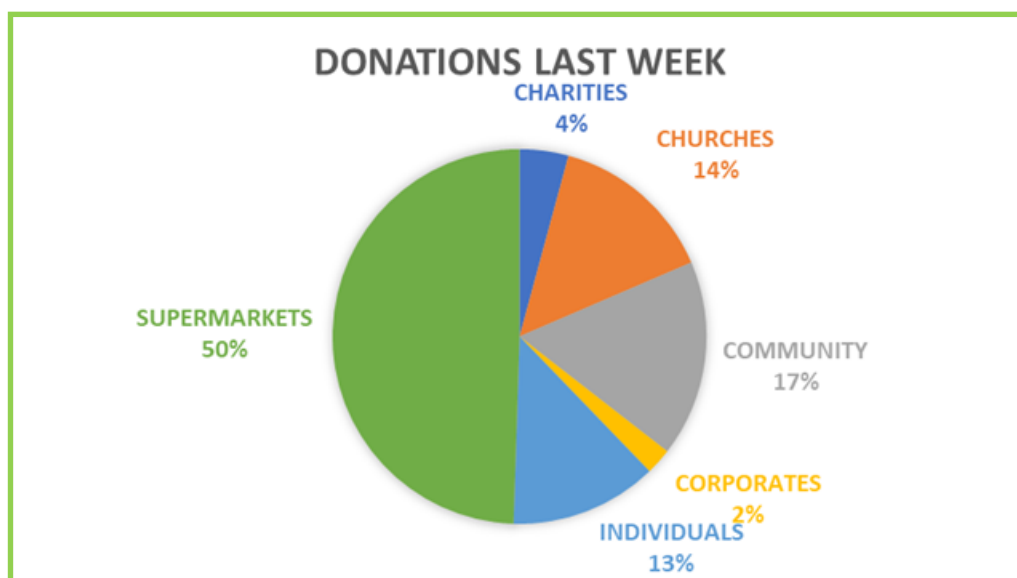
Your donations are vital

Roger Collins (B30 Foodbank Management volunteer) rightly says

'donations are the lifeblood of B30FB'.

But our thanks also go to Roger for keeping careful track of all the statistics which are returned weekly to the Trussell Trust. B30FB statistics contribute to the national picture and help with the Trussell Trust's National Campaign to end the need for foodbanks.

The figures in the Pie Chart below are for the week ending 27th Nov 2021.



Christmas food parcels

Urgent needs

Christmas Donations Urgently Needed before 8th December please!

Tinned ham, tinned salmon, tinned peas, tinned carrots, tinned potatoes, ready made tinned or packet custard for Christmas food parcels

Christmas items NOT needed as we are well stocked mince pies, Christmas Puddings, chocolate and selection boxes

Also urgently needed

Sugar 500g (not larger), potato smash, jam/honey, porridge, UHT whole milk, long-life fruit juice, tinned tomatoes, liquid or bar soap, gender neutral roll-on/stick deodorant gender neutral shampoo, disposable razors, strong carrier bags, toilet rolls, washing up liquid (not bigger than 500ml), single or duo wrapped toothbrushes

Low in stock

cereal (not greater than 500g, UHT semi-skinned milk, tinned rice pudding, noodles pack/pot, teabags (40's or 80's, instant coffee (not decaffeinated), rice, tinned potatoes, crisps, ready-made custard (tinned or carton - not powder) laundry power/liquid (not family sized), squash, baby wipes, chocolate and snack bars, tinned/packet vegetarian meal

No More foodbanks ?



Are you surprised at this picture? You shouldn't be. No-one should have to visit a foodbank because they can't afford the basics. The Trussell Trust Strategy for 2020-2025 is to work for a future where foodbanks are not necessary. However until we achieve that we will continue to need your support....

Spare Nectar Points !



Great idea from one of our long standing volunteers, George.

He decided that a good way to spend his 'Nectar Points' was to do shop for B30 Foodbank using the B30Foodbank Christmas Donation List.

The result was 7 bags full of items we are in need of.

**Thanks for your generosity George!
Anyone else got spare Nectar Points??**

Harvest Festival Donations

More than ever our clients need your help, the pull back of Universal Credit and the rising cost of household utility bills and food mean that hard decisions will have to be made this winter.

So, the return of Harvest Festival collections at local schools, churches and other organisations has been very welcome.

We send thanks to the parents, pupils and staff at Woodcock Hill Primary School for the wonderful collection that they made for B30 Foodbank..

We also received an amazing donation from Hawkesley Church Primary Academy - thank you to everyone there and church parishioners for their donations.



St Laurence Church Infant School

Camera-shy staff from the school delivered a fantastic harvest festival collection, weighing a mighty 178kg.

Our Volunteer Anne is pictured here with the wonderful donation.

Thanks to all the staff, parents and pupils who donated.



Harvest Festival Donations

School's fantastic harvest donation!

Our volunteers collected one of the final harvest festival donations recently and were very impressed by the welcome they received.

Thanks to the parents, staff and pupils at Saint Thomas Aquinas School for the wonderful donation that will make a big difference to a lot of people in the coming weeks.



Further collections

We are so grateful for the way local schools, churches, community organisations, street collections and individuals have come to the aid of our clients recently.

Much needed food and toiletries from local schools' harvest festival collections. Amongst others, these came in from Watermill School, Broadmeadow School, Turves Green School, Hollywood Primary School and Bournville Village Trust .

Pictured below are just some of the collections from Colmore Infant and Nursery School Harvest collection, the Diamond District Buddhist Association regular donation, Kingswood Unitarian Church Harvest collection, St Francis Church and School Harvest Festival and wonderful cards which came with the Weoley Hill Guides collection



A Tribute to Dad

Our volunteers were touched by an extremely generous donation. Glynis Collingwood, pictured here with husband Daryl, delivered 138.5 kg of food.

Glynis's father passed away recently and when the family were clearing his kitchen they took great care to make sure everything was in date and useful for our clients.

Thanks so much to Glynis and family for thinking of others with such care at a very difficult time, your donation will make a big difference.



NHS South Team go above and beyond !

The picture below shows just part of a donation that came in from a workplace collection at local NHS service, Birmingham Healthy Minds - South Team.

The donation was delivered by camera-shy Donna, who explained that her team have had to refer clients to foodbanks, so know first-hand the kind of situations our clients may face. The collection was to offer further support to their clients and others in the community.

If you work with lovely people like this team, why not think of holding a workplace collection? Details of the items we need are on our website at <https://b30.foodbank.org.uk/give-help/donate-food/>

Thanks to everyone collecting for hard-hit families this Winter and especially to everyone at Birmingham Healthy Minds.





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.”

Thank you to Turves Green Primary School Council



Turves Green Primary School: “Some of our school council delivered our donation of 180.7kg of food to the B30 Foodbank. We weighed in the food, sorted some of it and found out what happens to the food next. Thank you to our school community for the donations and to the foodbank for the experience.”

B30FB: “Thanks to Turves Green Primary for their fantastic donation and for their polite, hardworking students!”

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



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