

## Easter Opening Arrangements :

Good Friday 15th April OPEN

Tuesday 19th April OPEN



Spring 2022

# B30 Foodbank New Charity Status

## What's different?

1. B30 Foodbank was registered as an independent charity with the Charity Commission on 21st January 2022. Since 2013, B30 Foodbank has operated under the umbrella of the Cotteridge Church charity
2. We are most grateful to Cotteridge Church for all their support and we will still work in partnership with them -as with all local churches.
3. A new name -As part of the transition to independent charity status B30 Foodbank will be renamed **B30 and South Birmingham Foodbank**. It was considered that this is a more accurate description of the geographical area served.
4. Arrangements for monetary donations are the same at present. New bank accounts details will be opened shortly. All those donating through Standing Orders and Direct Debits will be contacted. For up-to-date info see [Donate money | B30 Foodbank](#).
5. B30SB Foodbank will be able to claim Gift Aid on donations for those who give consent.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## What's the same?

1. Provision for those needing emergency food remains the same
2. Still part of Trussell Trust Network
3. Donations of food may still be taken to previous donation points
4. The same arrangements are in place for donations of money although they will change. For up-to-date info see [Donate money | B30 Foodbank](#)
5. The warehouse is still at 17 Castle Road B30 3HZ
6. Distribution of emergency food to clients with vouchers from Cotteridge Friends Meeting House
7. The website is still [B30 Foodbank | Helping Local People in Crisis](#)

## B30 Foodbank Statistics: 1st April 2021 - 31st March 2022

Total number  
of people fed  
in the last 12  
months

7,584

Total number  
of adults fed  
in the last 12  
months

4,956

Total number  
of children  
fed in the last  
12 months

2,628

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

90,642 Kgs

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

103,549 Kgs

Total number of  
voucher holder  
agencies who  
refer clients

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# In the News ...

The need for foodbanks, sadly, is greater than ever.

- **Cost of living crisis: Money Saving Expert Martin Lewis says he's 'out of tools' to help people save money**

**.. Money Saving Expert founder Martin Lewis has said he no longer has any ideas for how people can save money to cope with a massive surge in the cost of living.**

Mr Lewis, known for providing financial tips and tricks, told the BBC's Sunday Morning that there is little he can do to help people struggling to cope with a huge rise in energy bills.

He said: "Just on energy alone, on a conservative estimate within one year, we're talking about £1,300 in bills going up (by October).

"We're going to have about ten million people in fuel poverty. We have a real, absolute poverty issue going to come in the UK, with food banks oversubscribed, and debt crisis agencies do not have any tools.

"I need to say, as the Money Saving Expert who's been known for this, I am out of tools to help people now.

"It's not something money management can fix, it's not something that for those on the lowest incomes telling them to cut their belts will work, we need political intervention."

He said: "I've been the Money Saving Expert since 2000... I've been through the financial crash, I've been through Covid. This is the worst, where we are right now..."

<https://inews.co.uk/news/cost-of-living-crisis-money-saving-expert-martin-lewis-says-hes-out-of-tools-to-help-people-save-money-1528323>

## Huge UK energy bills would cause some to 'starve or freeze', Martin Lewis warns

MoneySavingExpert founder calls on Sunak to act, saying extreme poverty produces civil unrest



<https://www.theguardian.com/money/2022/mar/12/uk-energy-bills-martin-lewis-warns-extreme-poverty>

## In the News continued

### In the papers



## Sarah is struggling....

B30 Foodbank received this email last week email. Identifying details removed. Our client gave permission to publish her story.....

Good morning. How would I go about getting some help?

I do work, (nhs) so don't know if I qualify. I have just been paid, and worked out that once all bills are gone I've only enough for petrol (community nurse) and obviously without petrol I can't work. I'm normally ok and just get by but this month seems really tight.

## Thanks from a client we helped during March

This text was received from a client who had visited B30 Foodbank for the first time. She had been very hesitant to approach the foodbank at all.

**"I hope you don't mind me contacting you but I just wanted to say thank you. The kindness I found at the foodbank today made me cry (tears of happiness). Nobody judged me or made me feel embarrassed."**

# Spotlight on Birmingham ...

## The benefit claimant's plight: 'Everything is going up. The gas, phone, internet ... '

Chancellor Rishi Sunak is under pressure to use his spring statement to announce more support as the cost-of-living crisis grows (16:05 Saturday, 19 March 2022)

Bad news used to arrive in a brown envelope. Now emails and PDFs keep Devon Scott up at night as soaring energy costs and other utilities force the single father of two from Birmingham to cut back.

"Everything is going up. The gas bill, phone bill, internet. You think, 'Wow. I'm not getting enough money to keep paying for these', so you limit yourself on the other things you're spending on," says the 43-year-old.

A former security officer who has worked nightclub doors and building foyers across the West Midlands, Scott, who is unemployed, says it is difficult to look for work with two young boys to look after. He has just £60 left after paying for bills each month out of his universal credit benefits.

He expects more bad news from his energy supplier this April in Britain's worsening cost of living emergency. However, Scott won't see his benefit payments increase by anywhere near as much under government plans.

"It's a kick in the teeth," says Scott, who also has to pay £60 a month in bedroom tax for his council home in the suburb of Stirchley. "We're not asking for handouts. There are people out there trying to get their life in order and trying to get off benefits to get a decent job. But these things make it harder."

Pressure is rising on the chancellor, Rishi Sunak, to use his set piece spring statement on Wednesday to announce a fresh package of emergency support to help Scott and millions of others struggling to make ends meet amid the worst squeeze on living standards for decades.

UK household incomes are set for the biggest annual fall since at least the mid-1970s this year, with energy bills due to rise by 54% from the start of next month. Russia's invasion of Ukraine has pushed gas prices to record levels – leading to warnings of a further jump in October. Against a backdrop of soaring wholesale energy costs, average gas and electricity bills will rise by about £700 to almost £2,000 a year from April, and experts say the fallout from Vladimir Putin's war could push average bills to £3,000 a year from October.

## Birmingham has the UK's highest benefit claimant count rate

### Birmingham has the UK's highest benefit claimant count rate



Source: ONS. Notes: benefit claimants, % of local population aged 16-64

[https://www.theguardian.com/society/2022/mar/19/the-benefit-claimants-plight-everything-is-going-up-the-gas-phone-internet-?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/society/2022/mar/19/the-benefit-claimants-plight-everything-is-going-up-the-gas-phone-internet-?CMP=Share_iOSApp_Other)

# Client Stories

These are just some of the clients (**anonymised**) who have been referred to B30Foodbank for emergency food.

*You have helped them all by supporting B30 Foodbank either as a volunteer or donor...*

'L' is escaping domestic violence. She has a 3yr old and is 6 months pregnant. Her benefits are being re-assessed so while she waits for her money she has come to the foodbank.

'Z' is terminally ill and has had to move to a new flat. He has moved across the Birmingham boundary so his housing benefits will have to be re-assessed. He does not have enough money to live on while he waits and is finding especially difficult to pay for his heating. Our partners at The Project are helping him with the situation.

'J' recently lost his job and has to wait 5 weeks until he receives Universal Credit. The Job Centre sent him to the foodbank.

'M' is a Syrian asylum seeker. He is a doctor but he is not allowed to work while he is waiting for his asylum application to be processed. He has 'No Recourse To Public Funds' and has difficulty living on £5.66 daily allowance from the government. He came to the foodbank for help.



'X' and 'Y' have never been to the foodbank before and were very embarrassed. They have recently been told there has been an error in the calculation of their benefits and housing allowance. They suddenly owe thousands of pounds. All income has stopped while the situation is reviewed. B30FB offered support from the Finance and Debt Advisor at The Project. The offer was tearfully and gratefully accepted.

'S' chooses to live on the street because he doesn't like the violence and drugs in the hostel he was offered. Sometimes he 'sofa-surfs'. He was mugged recently and has no money. He was given a 'no cook' bag of food.



'B' had traumatic teenage years and is struggling to overcome substance abuse. She is 18 and has no family. Her support worker gave her a foodbank voucher.



'C' has 3 children under 5 and one of them has disabilities. She is struggling to pay for the high cost of fuel and cope with the increases in the price of food. She said 'I'm careful but I just can't make my money go far enough'

# Meet the Volunteer

## A Volunteer's View

One of our long- term volunteers, Steve, agreed to answer some questions about his experience at the foodbank. Steve provides a great insight into some of the work that our volunteers take on. Here is his personal view.

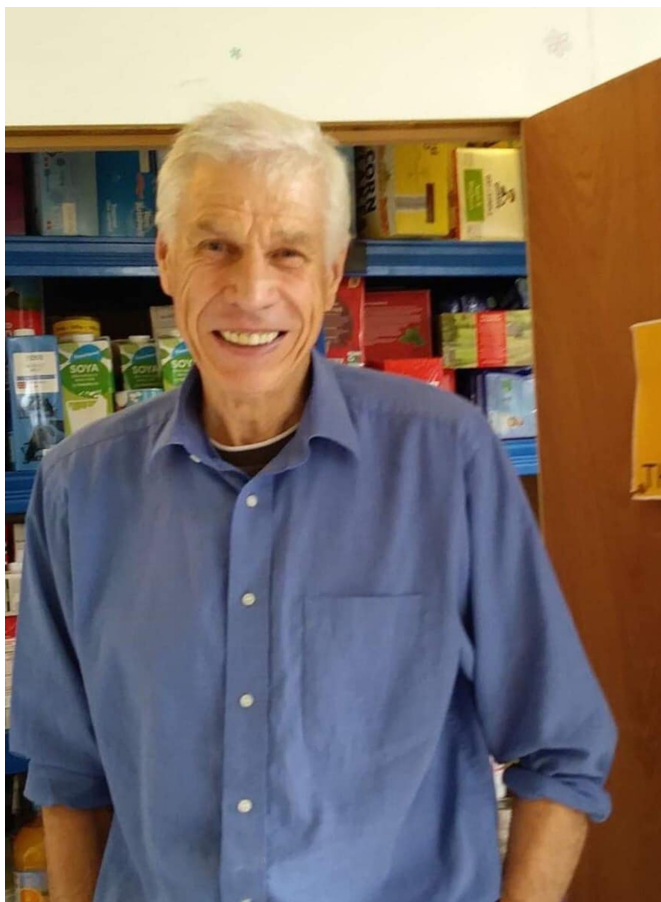
“Why did I volunteer? I felt that I should help to lend support if I could. When I started in January 2019, I was aware that B30 Foodbank had already been going for just over five years and I became conscious, and not a little ashamed, of the growing, widespread cases of food poverty in our very rich country. I knew that apart from people who had no income at all, even some employed folks were in desperate trouble. For example, it is shocking that the adult apprentices' starting wage is still a mere £4.30 per hour (over 19yrs. As of April 2021). The government's complacent attitude, merely offering immediately repayable loans was another catalyst.

“Initially I joined the ‘picking and packing’ team at Cotteridge Church and then got involved in helping to reorganise our warehouse facilities, and delivering to the distribution team. I’m currently collecting donations from Sainsbury’s, Kings Heath; Tesco, Sheldon and Co-op, Acocks Green and doing the weekly checks on our vans. This means checking tyres, fluid levels etc. and sometimes taking them to the ‘menders’ when things don’t work.

“The rewards come in various ways like helping amazing people like the man who struggled to and from the Foodbank by bus from his Harborne home, in spite of being in great pain. He was waiting for a knee operation which was continually being rescheduled or cancelled. Meanwhile, he was unable to work, in constant agony and had no income. When I was able to help him, he said, ‘Thank you so much. Now I can feed my kids.’

“I also remember a mum with her teenaged son who wheeled a full shopping trolley towards me while I was collecting in Tesco. Not only were its entire contents being donated but it turned out that it was in fact the lad who had bought the food. He had got a part time job and donated all his £25 month's pay! And the gentleman who came towards me with his full trolley, again while I was collecting. On the top of his food was a four pack of water - not really our thing, but I prepared to thank him. But before I had a chance to ask him to put the water on the donations table he said, ‘No, the water is for me, the trolley is for you!’ There was around £25 - £30 worth of food for us in that donation alone.”

If you would like to help too, take a look at our website at [B30.foodbank.org.uk/donate](https://B30.foodbank.org.uk/donate)



# Happy Golden Wedding to Volunteer Joan

**A very happy 50th Wedding Anniversary to one of our longest serving volunteers Joan Morrissy and her husband John.**

**In fact we were so keen to mark the occasion that we got the wrong date!**



Nicola presents a bouquet to Joan on  
8th February

John and Joan at St Dunstan's  
Church on the correct date -  
4th March!

**Happy Golden Wedding**



## Say (macaroni ) cheese

Foodbank clients are sometimes offered extra items in addition to the standard food parcel. Items may be things we have an excess of or food which is very close to the 'sell by date'.

Volunteers Pete and George were in charge of the extras table last week and they were not going home until the last 2 tins of macaroni cheese had been claimed!



# Roger Recommends

## Books with foodbank stories for children recommended by Roger Collins

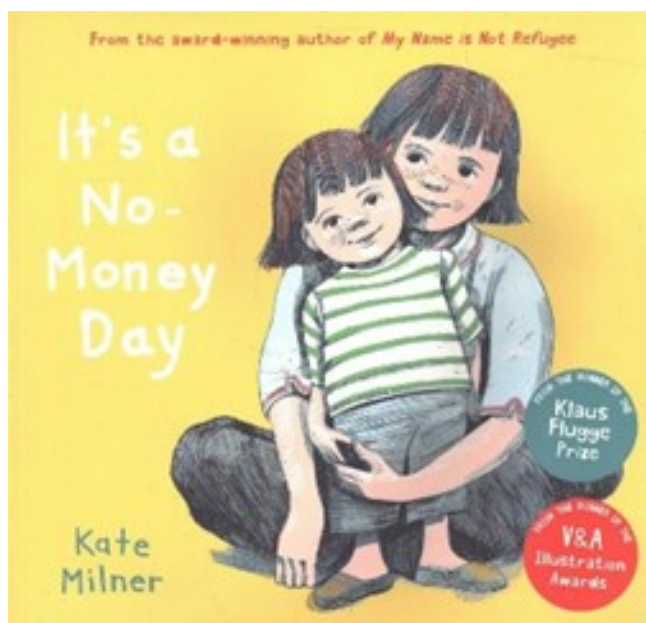
**'It's a No Money Day' by Kate Milner**

**Amazon reviews 5.0 out of 5 stars**

No.1 'must have' book of 2019

Reviewed in the United Kingdom on 12 December 2019

Beautifully illustrated and written with compassion, this book is THE BOOK to read to children to inform them about the need for foodbanks in Britain. Kate Milner has an incredible talent in telling these hard reality stories in picture books in the most sensitive way. I'd also highly recommend her debut award-winning book, 'My Name is Not Refugee'. I can honestly say 'It's a No-Money Day' is my No.1 must have book of 2019.



**'The Great Foodbank Heist' by Onjali Q Rauf**

**Amazon reviews 4.5 \***

Every primary school child across the country needs to read

Reviewed 21 Aug 2021

The author has done it again, wrote a story with such a big message but delivered it in such a way that the reader can understand and digest it. Every chapter just blew us away. What an important story that needs to be heard!

Also

"This is masterful and empathetic storytelling at its best ... Rauf gives a child's-eye view of food poverty, friendship and community spirit ... A great story set in a unique and modern setting that I would highly recommend" -- INIS

## Local mum put together 100 Mother's Day giftbags for our clients!

A kind hearted local mum set to work months ago, contacting hundreds of companies far and wide to put together 100 beautiful gifts bags, each with a card, to give to our clients in time for Mother's Day.

Rosie wanted to help, as she has done in previous years, and her gifts were a joy for our volunteers to give out. Every bag was received with a big smile and sometimes even tears.

Rosie wanted to thank all of the companies who responded to her appeal and donated.

These were:

**Clintons** (who donated 50 beautiful giftbags, notebooks, candles, pens and cards), **Next** (who donated 100 bottles of perfume), **Honeywell Biscuit Co** (who sent 50 gorgeous 'Mum' biscuits), **Hello Magazine** (who sent 50 copies of their latest issue), **Waitrose** (who donated money towards hot chocolate sachets), **Lush** (who sent 100 bath bombs), **Thompson & Morgan** (who sent 50 packets of flower seed), **True Start Coffee**, **Bird & Blend Tea Co**, **Taylors Coffee** (who all sent tea and coffee).

There was also a **special thanks to the residents of Station Road, B30** who donated chocolates, giftbags and other goodies.



Three of our volunteers are pictured below with some of the first batch of lovely bags.

**On behalf of everyone who received one, thanks Rosie for all your hard work and kindness.**



# Keep the donations coming. Can you help?

## Donations

### Currently we have more food going out than coming in, can you help us?

Please help us to help local people who are trying to keep their head above water.

We need your help more than ever ! There are times when we are giving out more food than we are collecting in!

If you are able to donate please: Arrange a collection in your street, if you are in a workplace, community, or school where you haven't collected previously or not for a while and think you could do one soon, we would appreciate your action. Or if you can spare a few pounds and donate to the Foodbank via our website, every penny will go to help people in crisis and is much appreciated. [B30.foodbank.org.uk/donate](https://www.b30.foodbank.org.uk/donate)

Thanks to everyone who supports us and our clients.



Donors, including Jennie and John, Emily, Steve, Justin, Sally and Helen, pictured who were delivering both personal and community collections

Thank you to everyone who is continuing and able to support us now including, Derek and Pauline, from their Midland Road shop, Les, Peter, Frank from Franklin Road, Suzannah, Bill and all at St Paul's Convent.





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





## 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.”

Gifts of comfort and warmth from  
local knitter.



Kings Norton crafter, Patricia, came along to the foodbank recently with another of her beautiful, handmade blankets.

Patricia enjoys knitting and crochet and as well as buying her own wool, is also given some by her daughter. Thinking what she could do with the resulting blankets, Patricia started bringing them to us and each has been given to someone in need.

Yesterday’s beautiful blanket, which took about six weeks to make, was given to someone desperately in need and was received with joy. Thank you for thinking of our clients Patricia and for offering to keep on knitting for us.

**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



info@b30.foodbank.org.uk



www.b30.foodbank.org.uk



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@B30\_Foodbank

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