



Newsletter – September 2022

Energy bills - driving people to the foodbank.

Every week we get clients asking us if we can help with fuel bills, but sadly, we can't.

We're all aware of the increase in energy costs and the extra pressure this is going to put on people this coming autumn and winter. There are some organisations who can help however. If you know someone who is struggling and doesn't know where to turn, pass on the following links which might just give them some breathing space.

<https://www.nea.org.uk/get-help/>

<https://www.britishgas.co.uk/.../help-if-youre-struggling...> (and not just for British Gas)

<https://www.moneysavingexpert.com/.../how-to-get-help-if-.../>



Moor Green allotmenters do it again!



Our thanks, once again, go to the green-fingered growers at Moor Green Allotments, who are donating wonderful fresh fruit and vegetables to foodbank clients during the harvest season.

As we don't have the space or facilities to store fresh food, plot-holder Paul goes to the trouble each week to deliver to us just before a session. The wonderful produce is really welcomed by clients and provides a tasty and nutritional treat.

The figures – B30 Foodbank statistics Sept 2021 to August 2022

Number of people fed:	Total: 9436 Adults: 6060 Children: 3376
Food donated to us:	102254 kg
Food given out to clients:	11059 kg
Number of agencies/referrers we work with:	250+

Our newest collection points and the easiest way to donate!

The best and easiest way for you to donate food items is via one of the many donation bins around our area, the latest being installed at Tesco in the Esso garage, Watford Road, Bournville. Take a look at our website for the full list of donation bin locations. Tesco also top up donations by 20% giving your donation that little bit extra.



We are also glad to report that our long term supporters at **Loaf Bakery in Stirchley** are now hosting a donation drop off point too. The wonderful team at Loaf also provide our clients with the best possible quality fresh bread every Friday.

Supermarket collections have started again and make a VERY big difference to our stocks. Thanks to the volunteers who attend, the shops who allow us to collect and the generous shoppers who donate.



Angela



H&U



Laura



Helen



Kelly



Sarah

B30 Foodbank would like to thank the customers of Tesco Quinton for donating 779.9kgs of food during their recent food drive



Lee and Jilly



Manny and Gilly



Peter



Chris Hazel Stuart



Rob

Umeshha



Angela's birthday run aids the foodbank with amazing result!

Former B30 Foodbank volunteer, Angela Hess from Cotteridge, decided to make the most of her delayed 70th birthday celebrations to aid the concern most close to her heart.

Angela explained: "My 70th birthday party was delayed by a year so approaching my 71st I advertised a Fundraiser on Facebook and also on Gofundme for those friends and family

who don't use Facebook. It hit me that so many people have cannot meet basic, daily needs, never mind have a party.

I feel very strongly about the injustice in the levels of poverty in the UK and how people suffer and I know from first hand experience as a volunteer what a fantastic job the Foodbank does to support people.”

Angela set herself the challenge to run 5km, followed by running/walking a further 5km, and she is pictured here after the 10km challenge.

In total Angela raised an astonishing £1241.85, which will help many people at a time of crisis. If you could do a birthday fundraiser or take on a sponsored challenge, please think of B30 Foodbank as we are currently struggling to keep up with increased demand and lower donations.

The difference just one donation can make...



Foodbank manager Nicola, wanted to share an experience from today to show what a difference just one donation can make.

A client came to a foodbank session who is terminally ill, but unable to afford food. He asked if we had any Weetabix as this is one of the few foods he can tolerate and was delighted when the team gave him a box of 24.

Nicola said, “I wish the person who donated that Weetabix could see the difference she/he made to our client today. Whoever you are, thank you.”

Every donation makes a difference. [B30.foodbank.org.uk/donate](https://www.b30.foodbank.org.uk/donate).

Thanks to organisers and music lovers at the Moseley music festivals.

In July just one foodbank volunteer, the fabulous Sally, collected over £1000 from music lovers in Moseley.

As well as her encouraging style, the first-time use of an electronic donation box helped Sally achieve the fantastic donation result.

Volunteers were welcomed at the Moseley Folk Festival at the start of September too and will be seen at other community events as the year progresses. If you see them around don't forget you can donate by card or with cash too now.



More than a marathon effort.

Long-term supporter, Daniel Moloney, completed yet another gruelling long-distance run recently and the amazing £565 he raised has been donated to the foodbank.



On the Jubilee Bank Holiday weekend Daniel completed The Grand Union Canal Race, running an astonishing 145 miles from Birmingham to London in 29 hours 20 mins.

This isn't the first time Daniel has run in support of our clients and he promises it won't be the last, planning another mega-run across

Scotland next year. Thank you so much for thinking of our clients Daniel and congratulations on another amazing achievement!

All generations offering support for foodbank clients!



Donations to the foodbank come from all aspects and ages of the local community. After one of our volunteers was invited to visit the 142nd Birmingham Brownies, based at Christchurch, Selly Park, not only was she given a very warm welcome, but also left with a whopping £127 donation and a boot full of food! Thanks to everyone involved and for

all of the donations.

Another wonderful donation came in from the members of Kings Norton U3A (University of the Third Age), which included Linda and Lorna pictured. Thanks again to everyone involved in this fundraising event.

Whatever your age or ability maybe your community group could help out the foodbank too? Check our website for details of our most needed items and how to donate at B30.foodbank.org.uk/donate. Every tin, packet, carton or jar is very much appreciated!



Volunteer Profile

In this edition we are happy to introduce a 'new' volunteer, Juliet. This is what she had to say about why she joined the foodbank team.

Having spent time on a career break to bring up my three daughters, I was looking for a volunteering opportunity to fit around family life and support my local area. I was very aware of the escalating role of food banks across the country so decided to contact B30 Foodbank about joining the team. I was invited to an induction to shadow the team and gain an understanding of how the food bank was run. For the first few hours, I watched in amazement as experienced volunteers carried out various roles from managing stock onto site, organising bags and crates of food/toiletries/household products, to eventually welcoming clients and helping meet their individual needs. It was incredible to see the level of organisation involved and I was so surprised at the amount of hard work going on behind the scenes!



I've now been volunteering for 10 months and can honestly say I have enjoyed every single minute - the other volunteers have been so welcoming and are brilliant company. So much commitment and team-work goes into making the Foodbank function and it is all done with a smile and a kind word, whatever the weather! This experience has opened my eyes to the hardship that people from all backgrounds can experience through no fault of their own and I have found it incredibly rewarding to play a small part in helping the B30 Foodbank provide support for people who need it. Working here has been a great opportunity to meet new people from all walks of life, learn new skills and feel a sense of pride in giving something back to the community - I would encourage anyone to get involved!

Laura's 96 mile trek gets great support



Local photographer, Laura Babb, made contact with the foodbank via our Instagram page (where we are @b30_foodbank) to let us know about her 96 mile solo Scottish walk and the appeal to friends to sponsor her.

Laura's appeal, and her lovely pictures, did the trick and she raised a wonderful £550 in total. Thanks to Laura and all her supporters.

Looking to the months ahead...

Whether you are thinking ahead to donating at Harvest Festival, or even Christmas, please bear in mind our 'most needed' lists, which are changed regularly on our website.

While we would like everyone to have treats this Christmas we need to bear in mind that times are hard and the basic essentials are much more important. So, if you were considering selection boxes, perhaps swap them for tins of meat.

When donating also please remember we cannot distribute anything containing even a trace of alcohol, including Christmas puddings and mince pies, so please check your donations to make sure they are alcohol free. Thank you for your ongoing support.



Know someone in need?

Local people in need of emergency food should contact:

- Their social worker
- support worker or
- a Foodbank Referral Agent - to get a referral to the foodbank.

Alternatively, they can call:

- Birmingham City Council Advice Line 0121 216 3030
- Citizens Advice Bureau (Foodbank Helpline) 0808 208 2138

Contact us:

B30 Foodbank operates from The Warehouse, Unit 17, Castle Road, Kings Norton Business Park, Birmingham, B30 3HZ and The Friends Meeting House, 23a Watford Road, Cotteridge, B30 1JB.

For donations – our warehouse is open on Tuesday and Friday 2pm – 4pm. Call 07985 629201 to contact the warehouse during these hours.

For client enquiries - call 07582 143972 or email info@b30.foodbank.org.uk or check our website at www.b30.foodbank.org.uk

We are on Facebook, Twitter, Instagram and Tiktok - search for B30 Foodbank.