

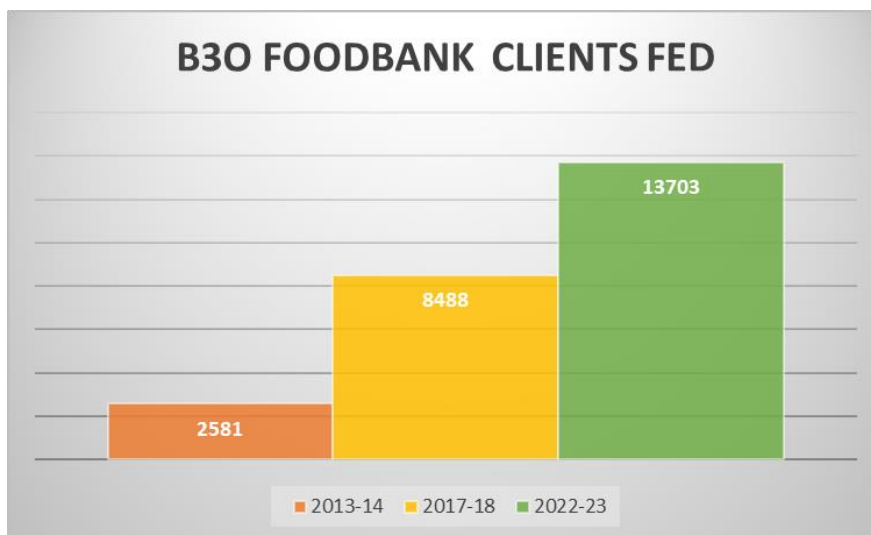


# Newsletter – Sept 2023

**'End the need for Foodbanks' - Join the campaign!**

## **Shocking rise in need for B30 and South Birmingham Foodbank**

B30 and South Birmingham Foodbank has seen a shocking rise in the need for our foodbank. Here are the newly published figures for 2022-23 collated by Roger Collins, founder member of B30 Foodbank in 2013.



Roger said: "I can't believe that 10 years later things would be even worse for the poorest people in the UK. People just don't have enough to live on. Things have to change."

**YOU can take action: Write to your MP...**

<https://action.trusselltrust.org/nearly-3-million-emergency-food-parcels-guarantee-our-essentials>

**The Trussell Trust is calling on the UK government to 'Guarantee our Essentials'**

The Trussell Trust, alongside the Joseph Rowntree Foundation, has launched a new campaign, 'Guarantee our Essentials'.

We live in one of the wealthiest countries in the world, and yet people here in South Birmingham are going without the essentials we all need to get by.

Everyone's circumstances can change. Losing a job, needing to care for a sick family member, breaking up with a partner – these are things that can happen to any of us.

That's why Universal Credit should offer support to anyone in need of help, but right now it's not providing enough to cover the cost of life's essentials, such as food, household bills and travel costs, with 90% of low-income households receiving Universal Credit going without.

We can't always deal with what life throws at us on our own, which is why we need to have a system in place that supports us all to afford the essentials while we recover from setbacks.

The UK government must make sure the basic rate of Universal Credit at least covers life's essentials and that support can never be pulled below that level.

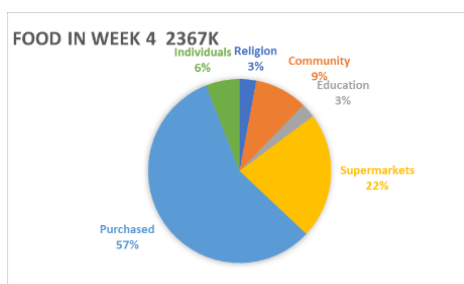
It's time for the UK government to guarantee our essentials.

**We're proud to support this campaign at B30 and South Birmingham Foodbank, as we see first-hand how low levels of social security affect people in our community.**

**Watch this video to understand more and join the campaign at:**

[www.trusselltrust.org/essentials](http://www.trusselltrust.org/essentials)

**Dropping donations mean we are shopping more... and supermarkets DO NOT give us food.**



Unfortunately this recent chart of one week's donations is quite typical and highlights the amount we are having to dip into funds to buy in food parcel basics.

The 'supermarkets' share on the pie shows what we collect from supermarket collections bins, where shoppers leave their donations. Apart from Tesco (who top up annual collections by a further 20%), contrary to popular belief, we DO NOT get food donations from supermarkets.

## Colossal cabbage grabs attention



Growers at Moor Green Allotments donated beautiful fresh produce to the foodbank again this summer. Paul delivered the wonderful fruit and veg at the start of sessions, so nothing had to be stored and it all went straight out to veg-loving clients.

As well as the perfect potatoes, beautiful beans, courgettes and berries, Paul brought this colossal cabbage along one day and it was snapped up, in parts, by a number of clients who took a few leaves each. Thanks again to everyone at Moor Green for your kind and on-going support!

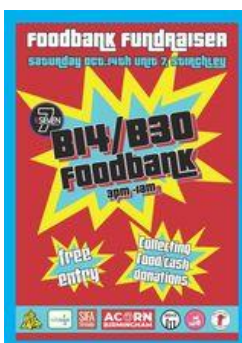
## Daniel's epic race across Scotland raises almost £2000!

"My body is battered but my heart is full."  
So said heroic Daniel Moloney, a regular fundraiser for the foodbank. His most recent and gruelling fundraiser saw him run 215 miles coast to coast across Scotland. His determination drove him on and his supporters (at time of writing) have raised almost £2000!

The JustGiving page is still open, so if you want to add to the total click here: [Daniel Moloney is fundraising for B30 Foodbank \(justgiving.com\)](https://www.justgiving.com/fundraising/daniel-moloney)

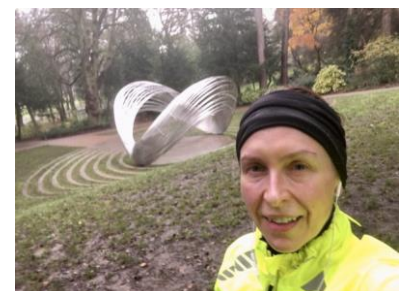


## Community events reaping rewards



From a Kings Heath runners' social night, to volunteers collecting at the Moseley Music Festivals, Yoga and Cinema fundraisers and a special night planned in Stirchley for October, local community events are super supporters!

We really appreciate the local events that include collecting for our clients and invitations for volunteers to shake a bucket and card reader. If you have organised an event on behalf of the foodbank thank you so much. If you have one planned, please let us know so we can help promote it further.



Where to get help with utility bills:

<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.../>

## **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 303 1116
- 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](mailto:info@b30.foodbank.org.uk) or check our website at [www.b30.foodbank.org.uk](http://www.b30.foodbank.org.uk)**

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