



VOLUNTEER NEWSLETTER



September 2022

MESSAGE FROM OUR CHAIRPERSON

As you know the Board met very recently and had to implement a number of measures designed to bring some short term financial sustainability to the Foodbank. The challenges underpinning these changes still remain. Thank you for your continued support and commitment.

Many of the solutions to financial difficulties are born out of contacts and knowledge from within our own volunteer community — one of the reasons why I have always said that the Foodbank is larger than the sum of our activities. Change comes from the building of these community assets. So please keep spreading the good word of what you do and why the Foodbank is so much needed — maybe then those hearing can help us achieve more of a sustainable future.

Take care.

Jan

OUR PURPOSE, MISSION AND VALUES

After hearing from you, our volunteers, as well as our members and partner organisations, we have concluded our work reviewing our charity's purpose, our mission and our values.

In recent newsletters we have told you about this work and sought your views on a number of questions. We also had a discussion about this at our AGM in April. Thank you for your contribution to that. Following that process, the Board has decided that our purpose should continue to focus on our central role of providing food to those in need in our community—we don't propose any changes to our constitution.

We also decided on a slight change to our mission statement, so it now says our mission is that nobody in the Kirkcaldy area goes hungry and that everybody shares what they have.

We asked you about our Foodbank's values. Although we've spoken about them before, we've never had any formal statement that makes them clear—we do now and you see them in the box below.

As we move into ever more challenging times, it will be important that we keep this mission and our values at the heart of all we do.

OUR MISSION

That nobody in the Kirkcaldy area goes hungry and that everybody shares what they have.

OUR VALUES

Respect, dignity, empathy, being non-judgemental, understanding, compassion, confidentiality

OUR OBJECTIVES FOR THE COMING YEARS

As well as reviewing our purpose, the board have also been identifying our objectives for the next few years. The number one priority is that we become sustainable. With increasing demand for our services and the effects of inflation, we have had a considerable deficit in the first part of the year. In order to meet this objective we implemented the various changes that we told you about in July.

In addition to becoming sustainable, the Board has identified three main objectives:

- ◆ To increase the ability of our clients to choose the food they receive. This had been planned for spring 2020, but was interrupted by the pandemic.
- ◆ To help our clients reduce their dependency on the Foodbank by accessing all supports available, particularly those now based in our premises.
- ◆ To investigate new premises to replace our hub at Viewforth, as we have been given notice that the hall and adjoining church are to be sold.

We will keep you up to date on the progress of these objectives.

ALL DONATIONS GRATEFULLY RECEIVED

From tins of beans handed in from the weekly shopping to surplus groceries from large supermarket chains and monetary donations through large grants or small monthly Direct Debits, every donation we receive is very welcome.

And as we see the number of clients continuing to increase and more people struggling to make ends meet – even those with two working parents in the home – donations are more vital to us than ever before.

The last few months have seen some major contributions given to us collected through many different avenues from school projects to concerts and many more. Below are just a few:

Kirkcaldy and Dysart Football Club

The Shambolics concert at Kirkcaldy High School

Viewforth High non uniform day

Susan McGill Designs

Langtoun Jazz Brunch

Kirkcaldy Acoustic Music Club

Supermarkets from bucket collections to in-store food and money collections and voucher donations: Morrisons—Asda—Sainsburys

Kennoway Star Hearts Football Club

In addition we are very grateful to our new fundraising team which is working hard behind the scenes to come up with innovative ideas to bring in more cash to help us meet our ever-increasing food bill.

Thanks to Grace Kinsella from the Viewforth Wednesday team who completed a 50-mile sponsored walk in aid of the Foodbank. Well done Grace!

We would encourage all our volunteers to keep spreading the word among the local community. We can all do our bit to help continue our vital and valued work.



The Shambolics present their cheque for £1200, raised through their concert.

Sean Brown from Kennoway Star Hearts Football Club, delivered this large donation of food.



We've Made the Front Page!

Kirkcaldy Foodbank is quoted in a front-page article on food poverty in *The Guardian* of August 21, 2022. The article reported on the results of a survey by the Independent Food Network (IFAN) on this article. We are members of IFAN and regularly participate in their surveys. Here is an extract from the article:

In the survey by the Independent Food Aid Network UK (Ifan UK), nearly 90% of the organisations representing 169 food banks said demand had risen since April and 87% said they had been hit with supply issues.

One in five had already reduced the size of food parcels and more than half of the charities had already had to dip into their limited cash reserves to bulk out food parcels.

Kirkcaldy Foodbank in Scotland said it had a deficit of £56,000 in the first half of 2022 due to rising food prices and plummeting donations, as those who usually give to food banks are themselves cutting back.

It said: "This situation is completely unsustainable, and we have begun to take steps to limit the support that we can provide.

"We have real fears about what lies ahead – both for the people who need our help and for our ability to meet those increased needs."

The poll was conducted before the regulator Ofgem announced the energy price cap would increase by 80% from October. The decision will take the average gas and electricity bill from £1,971 to £3,549 a year and may push millions in fuel poverty.

We rarely get national coverage like this in a major national newspaper. Hopefully this article will have some positive influence on our governments. You can read the article [here](#).

In addition to the Guardian article, our quote was also used in an article in the Big Issue. You can read that one [here](#).

MARK YOUR CALENDAR

SEPTEMBER 23, 2022

We'd like to say "Thank You" to all the frontline volunteers with an invitation to
AFTERNOON TEA

Do join us at Linton Lane from 1.30 to 4pm to enjoy tea and chat with your fellow volunteers. It's a great opportunity to socialize and catch up on the latest information.

So we can plan the catering, RSVP to Ann Connell at annconnell53@gmail.com



THEY DID IT!

Grace Kinsella describes the “Walk for the Foodbank”

Our little band of fundraising walkers, Jo, Paddy, Lorraine and myself, chose Saturday 18th June, as it was the closest date to the longest daylight hours of the Summer Solstice! We knew we needed the sunlight like a pack of solar energy garden festoon lights. Setting off at 5AM from the Forth Rail Bridge was a peaceful, tranquil affair, with time and energy to take in the early morning calm of North Queensferry. At this point, fresh on our route, we looked forward to early morning coffee in Dunfermline (7n miles). After coffee there was “elevenses” at Lochgelly (6 miles), to Leslie (8.25 miles) but we walked a bit further for lunch and stopped at Riverside Car Park, Glenrothes.



The 5am start—Forth Rail Bridge

To Cupar (9 miles) we needed a proper toilet—not a tree—cup of tea, bed, food, boots off, shower, and just to STOP, not in than order!!! Last leg after some hot veggie chilli, eaten in the park in Cupar, we set off TO WORMIT (10 miles)!!! By this time we were walking on stumps, but morale was high as the end was nearing—almost there in the dark with head torches. The sun had set and we trudged on with great speed on our last stretch.

We finally arrived at the Tay Rail Bridge, Wormit at 12.45AM, having made the 50-mile Bridge to Bridge walk in 15 hours and 34 minutes. An absolutely delighted group of supporters greeted us at Wormit with a glass of fizz. If anyone is interested in doing this work, contact me for details. WE DID IT, AND NO DOING IT AGAIN. But we did have great fun. I’m delighted to announce that we raised £865.00 for the Kirkcaldy Foodbank.



The End—12.45am at the Tay Rail Bridge

***Kirkcaldy Foodbank, thank you all
for your wonderful support***

Can you help us get the word out?

Our poster needs to be seen. Can you help with the distribution? Post it on the noticeboard in your church, sports club, gym, doctor’s office, community centre—anywhere it can be seen.

Copies of the poster are available at Viewforth.