



## NEWS BITES



June 2022

### THANK YOU TO OUR SUPPORTERS FROM OUR CHAIRPERSON

At this time of increasing demand and rising food and utility prices, which are affecting many households and pushing more into long term poverty and hardship, I want to thank all our generous Foodbank supporters for enabling us to continue as the local community charity supporting our area.

We have no paid staff—all our frontline workers and trustees are volunteers. This means that ALL you donate goes toward supporting those in need. What you provide is a lifeline for many, feeding children and families, and creating the solidarity that affirms that whoever is struggling is not a forgotten person. At the moment the financial demands on the Foodbank are enormous, and whatever you provide is very much appreciated. Please continue to do this, without your support many would fall through the cracks and be left hungry.

Ian Campbell, Chairperson

### 2002 UPDATE—WHAT OUR STATISTICS ARE CONFIRMING

We, along with many other Foodbanks had predicted that the reduction in Universal Credit last October, coupled with the increase in energy prices and the overall cost of living, would lead to an increased demand for our services. So our 2021 Annual Report confirmed this prediction. With the growing cost of living crisis, it will come as no surprise to hear that in 2022 things have become a lot more difficult for us. So far this year:

- ◆ our average number of visits per month has increased by 30%;
- ◆ 36% of those receiving food are children;
- ◆ we have spent an average of £20,000 a month, whilst our monthly income has averaged £12,000.

We are immensely grateful for all the support we receive, but if there is anything you can do to help us more, we would love to hear from you.

## MORE HELP FOR OUR CLIENTS

Many of our clients are struggling with problems in addition to, or caused by, food poverty. We are now able to help them tackle these challenges. At a number of our distribution centres we now have workers from local social agencies in attendance. Members of Fife Council's **Community Development** and **Putting People First** teams, and **CARF** (Citizen's Advice and Rights Fife) provide assistance and advice on health, housing, welfare, benefits, debt and money management, social support and more. In addition, a small number of our clients are now getting help from the Council's **Choice First** team, which provides them with financial assistance along with other services.

## IT TAKES A VARIETY OF VOLUNTEERS TO RUN A FOODBANK

As of now we have 144 active volunteers. Without them, there would be no Foodbank. But what exactly do they do? The first that come to mind are the front-line workers who distribute the food parcels, which have been prepared by the teams of packers, from the shelves, which are stocked and maintained by more busy volunteers.

Other volunteers regularly collect the food donations from the many supporting supermarkets and suppliers. Others collect the cash donations and shop for needed items. Drivers lend their vehicles to collect large donations, or special donations from schools, churches, or other organisations.

Then there is the special team of volunteers who supply and pick up the collection boxes which are located throughout the area.

There are also the "invisible" volunteers, who work behind the scenes, dealing with matters of organisation, finance, recruitment, communications and fundraising. And there is a team whose task is to write thank you letters to all our generous donors and supporters.

We thank them all for sharing their time and talents to help our cause. The fact that we operate without paid staff and administrative costs means that we use one hundred per cent of our donations to purchase the food that is so needed.

The Foodbank could not exist without our volunteers, and it could not exist without you—our generous supporters. Together, we are making a difference and giving hope to many people in the Kirkcaldy area.

# Thank You!

**Despite the challenges of the pandemic, in 2021 the Kirkcaldy Foodbank handled 13,809 visits and provided food for 300,357 meals. For full details of all our activities, the Annual Report can be found at :**

**<https://www.kirkcaldyfoodbank.org.uk/webs/27/documents/Annual%20Report%202021.pdf>**