### Welcome to our second 2025 Newsletter

Thank you for your dedication and support. Together, we nourish hope.



### Trussell Update

Trussell recently released statistics for the year to 31 March 2025, with 2.9 million emergency food parcels distributed by Trussell foodbanks, an increase of 51% over the level 5 years ago (prepandemic). In the South-East Region, 310,000 parcels were distributed, 56% more than 5 years ago, with an alarming 120,000 being for children, 48% up on five years ago.

Last month, our team attended the annual Rolling Roadshow in London. The theme of the day was "Together for Change" and there was a starring role for our own Mike Barlow, who featured in the Panel "Question Time" session. Our team had the chance to talk with other Foodbanks and Trussell teams and came back inspired with ideas on how to enhance the support we can offer and to assist in campaigning for change.

On 18 June, our team of three joined 700 others from Trussell Foodbanks and related organisations across the UK at Westminster. In the morning, they had inspirational messages, lived experience stories and briefings chaired by Emma Revie Trussel Chief Exec and MC'd by comedian, campaigner and Trussell supported Nish Kumar. Through the day, delegations marched to Westminster Hall and talked in small Group's with their local MPs. It was a busy Parliamentary day and, unfortunately, none of the four MPs from whose constituencies our clients come were available to accept our invitations and our lastminute attempts to meet the MPs of Horsham and Chichester also came to naught. But all sent positive messages offering further opportunities to meet and we will follow up on those. Thanks to our team for their efforts on a very hot day!

### A Message from our Trustees

The Trustees continue to work on the crucial but unseen work to keep our Foodbank running: leases and other contracts, insurances, administering our CIO and liaising with the Charities Commission, collecting donations and paying the bills!

The Trustees have committed to the continuation of the Financial Inclusion project which has demonstrably positive outcomes for clients, and are working on the structures, financing and other arrangements to continue this after the conclusion of its initial 3-year term.

The Trustees are also supporting continuing working with other foodbanks in our region and on interagency discussions to provide "joined up" support with other local charities and organisations helping those in need in our community.

### Peakon Survey

Many thanks to all who completed the recent survey. This provides invaluable and anonymous feedback to the management team and Trustees on how the Foodbank is operating and caring for clients and volunteers.

It was gratifying to receive the overwhelmingly positive feelings expressed. Good communications remain key and session briefings and debriefings continue to develop, along with the frequency of these Newsletters and opportunities for other informal gatherings.



### NEWSLETTER

June 2025

### Welcome to our second 2025 Newsletter

Thank you for your dedication and support. Together, we nourish hope.

There remains a shortage of space in the JCC for downtime or private conversations, but all teams should feel free to ask our staff team for a quiet word in the cafe or away from the action if that can help them. The most obvious activities of our Foodbank revolve around the client sessions, but the Trustees and management team would like to take this chance to remind us all of the sterling, unseen work carried out by the other teams, delivering, collecting and replenishing stock and manning phones

We will continue with periodic online surveys but also welcome any feedback to staff or Trustees in a less formal way.

### Recent EGFB Statistics Snapshot

#### Data - current

Current stock in warehouse 6158.94 Kg
Stock in this month 367.0 Kg
Stock out this month 542.3 Kg
Stock in last month 1910.8 Kg
Stock out last month 2495.31 Kg
Stock in last calendar year 13955.41 Kg
Stock out last calendar year 5780.7 Kg
Stock in all-time (Dec 2012) 25792.01 Kg
Stock out all time (Dec 2012) 19633.07 Kg

Figures in red highlight that more stock going out than coming in!

We begin to face the very real prospect of having to buy food in bulk to satisfy an increasing demand. Donations of Food are significantly below what they were at this time last year - in the first five months of this year we are showing around a £3000 deficit.

This coupled with an increase in the numbers of people coming to the foodbank – for a variety of reasons including new influx of residents from elsewhere in the country to take up accommodation available following converting offices in the town.

# Important message to all our Standing Order supporters

In case you missed it last time, the East Grinstead Foodbank has converted to a Charitable Incorporated Organisation (CIO).

The CIO has a new bank account:

Barclays Bank

Account name: East Grinstead Foodbank

Sort Code: 20-88-13 Account No: 03267180

Could we kindly ask that you transfer your standing order to our new account. You should be able to do this in your banking app or in online banking.

Please remember to cancel the old standing order mandate.

If you have any questions, please contact <u>info@eastgrinstead.foodbank.org.uk</u> or call 07983 209940.

#### Past and Future Events

- 5 May EG Lions May Fair Day
- 9 May Referral Agencies Meeting
- 22 May London Road Show
- 2 8 June Volunteers Week
- 21 June The Strolling Saxon Marathon Walk
- 19 August Quiz night at Chequer Mead
- 31 August Volunteer Appreciation Tea Party
- 21 October Annual Volunteers Appreciation

### Collection Days

- 22 March Waitrose Collection Day
- 7 June Sainsburys Collection Day
- 12 July Waitrose Collection Day
- 6 September Sainsburys Collection Day
- 4 October Waitrose Collection Day
- 15 November Sainsburys Collection Day

### Assemble Training Modules

Online Training Modules on Assemble. On behalf of the Trustees, please make sure you all your modules are up to date to comply with our Charity requirements and that helps us keep you safe while volunteering. Thank you.

### Volunteer Training Talks

- 24 May An introduction to Benefits Talk
- 12 June An introduction to Benefits Talk

East Grinstead Foodbank registered as a charitable incorporated organisation in England & Wales. Registered Charity No: 1208343 - Jubilee Community Centre, Charlwoods Road, East Grinstead RH19 2HL

Trussell Roadmap



the next five years to push for change... Who we could work with together over Our partners and collaborators

Anti-poverty charities

Third sector organisations

support providers Advice and

Local government

Donors

Media and influencers

Healthcare providers

Others...

food providers

Charitable

Churches and faith-based

Policymakers at all levels

Academics and thought leaders

Businesses

Schools and Education

The general

public

organisations

Collaborate with people with lived experience of hunger and hardship in

on-making and creating solutions

Work alongside people who've faced hunger and hardship to identify problems, shape solutions and build collective

power for the change that's needed.

Potential

food banks become the norm again. protected from hunger and hardship, and a shared commitment to never allowing Build consensus that everyone should be

Lead public campaigns and coalitions to raise awareness and build support for our

(indicative list)

### **NEWSLETTER**

# Our activities Our outcomes Our impact

# What we will do together. Deliver services and support with compassion, dignity, and equity, adhering to principles of good governance and

Develop, test and imple s and drivers of hu

and hardship to reduce food bank need

(6)

Prevention

Engage in lobbying and advocacy to nfluence policy changes based on robust ice, ensuring transparency and

Conduct research, collect data and nerate evidence to inform practices and cies that effectively address hunger

> 0111 Policy

Public

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# Partnerships

Evidence and credibility

### Connect and develop effective services people at risk of hunger and hardship. local areas to offer early support for programmes and partnerships across

practices and strengthen advocacy. Collaborate with other charitable food providers and organisations to build agreement, share best

of the causes of food bank need and their action to reduce it. Strengthen policymakers' recognition

Change in communities

(long-term impact, 5-10 years).. to collectively tackle hunger and hardship at a societal level We come together with others

W

Change in policy

Change in mindsets

To bring these changes in the next five years...

together to realise our vision.

Trussel Ending hunger togethe

Provide everyone referred to a food bank in our community with a warm welcome, Provision

emergency food and access to advice.

and hardship on an individual level We are responsible for tackling hunger

# Change in lives today

(the difference we make today)...

A UK without Our vision:

the need for food banks

# How we work together Our shared values



















### EG Lions May Fair



A big shout out and thank you to all our supporters of the East Grinstead Foodbank. We really enjoyed seeing you at the Lions May Fair event in East Grinstead on Bank Holiday Monday. The weather was at least a little kinder to us than last year!

### Referral Partner Meeting

On Friday 9 May, we invited all our Referral Partners to a meeting at JCC. It was a well attended event and goes to strengthen our partnership with those in the local communities that refer clients on to the East Grinstead Foodbank. Thank you to all those who attended.

### Guarantee Essentials Campaign

### **Guarantee Our Essentials**

We attended the lobby day on 18th June.

On 3 July, a Bill will be going through Parliament for MPs to vote on the proposed cuts to disabled people's social security.

If this Bill passes, our analysis shows that 440,000 disabled people will be forced into severe hardship. But, if enough MPs vote against it, we can stop this Bill from becoming law and show the UK government why they need to make our social security system fit for purpose.



### The Strolling Saxon



On the 21 June, Gavin, the Strolling Saxon, raised funds for our Foodbank, by walking a marathon, 26.2 miles in and around East Grinstead in full Saxon armour! Thank you to all those who supported either by cheering him along the way, walking part of the way, manning our fundraising table or publicising the event for us on social media of with friends and family. THANKYOU Gavin!



















### GG

I would like to thank you Everyone working at EGFB, 'THANK YOU'! You all do a fantastic job. 99

### Donation from Pure Gym



East Grinstead foodbank would like to say a big thank you to the members and staff at PureGym, East Grinstead for their generous donation of Easter eggs.

### & To the Foodbank East Grinstead Team SS

Cheers to the incredible team that makes our locality a better place. Your efforts are valued and appreciated every day.

### A heartfelt thank you to our unsung Heroes

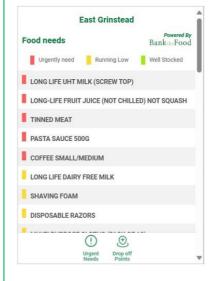
As we reflect on the success of our collection days, events and daily operations, one truth stands out and that is none of this is possible without you.

To every volunteer working tirelessly behind the scenes - whether setting up early, staying late, delivering to our clients, collecting from the supermarkets, on call back, in reception, in the warehouse - you are at the heart of everything we do. You may not always be in the spotlight, but your impact is felt and from all our clients, we say thank you.

### Thank you Sainsburys and Waitrose Customers

Thank you to all our Sainsbury's and Waitrose customers who have donated food and money to the Foodbank, we are incredibly grateful for your support.

### Bankthe Food App in Real time



Thanks to the development team at BanktheFood, you can now see in real time our stock requirements on our website as well as on the App itself.



## ...tell you what we want, what we really, really want...



Find out what we really, really need using the free app BanktheFood.

Simply download the free BanktheFood app from your App Store, or using the QR code.

Then follow East Grinstead Foodbank and get regular updates of items we need.

#### Why do we need a Foodbank in East Grinstead?

Today in the UK there are families struggling to put food on the table. For people on low incomes a sudden crisis - illness, benefit delay or an unexpected bill - can push their finances over the edge, meaning there is nothing left to pay for groceries. Cupboards are bare and people are going hungry in your neighbourhood today.

We can't sit by and let that happen.



You can donate any amount via SumUp using this QR Code on your smartphone camera.

66 I wouldn't be here if it wasn't for the food bank.

Trussell

network offoodbanks, supported by The Trussell Trust, working to combat poverty and hunger acrossthe UK. Learn more: www.trussell.org.uk

### **Ending hunger together**

Adam

### **Trussell's Mission** Statement:

We exist so everyone in the UK can be free from hunger. We work together to ensure no one needs a Foodbank to survive. Until that happens, we provide emergency food and practical support for people left without enough money to live on.

### **EGFB Mission** Statement:

East Grinstead Foodbank ("EGFB") is part of the Trussell network, which exists so everyone in the UK can be free from hunger and to ensure no one needs a Food Bank to survive. Until that happens, EGFB will provide emergency food and practical support for people in East Grinstead and the surrounding areas for people left without enough money to live on.

### Our Values:

- Demonstrating compassion to all those who visit EGFB
- Respect for staff, volunteers, donors, referral agencies and clients
- Justice for those in need in our local area
- Dignity for all
- Active participation, and a positive reputation in our community