

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 5

Winter 2019/20



TESCO Food Collection

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Food today



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FareShare
fighting hunger,
tackling food waste

Hello...

Happy New Year from FareShare Slices! Christmas is one of FareShare's busiest times of the year, but thanks to the amazing efforts of volunteers across the country we managed to get more great quality food out to charities than ever before. Charities like South Shields' Hebburn Helps – who wouldn't be able to offer their vital support services to local families if it wasn't for FareShare food (pg. 6).

We'd also like to say a huge thank you to everyone who turned out in force for the Tesco Food Collection. The event was a huge success, and we collected 224 tonnes of much needed long-life packets and tins (pg. 4).

Remember, this is your magazine, so if you'd like to see more stories about events or volunteers from your Regional Centre please do get in touch.

Thank you,
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Hannah Feld

**This Christmas...
we redistributed
over 2,000 turkeys
17,791 hams
and an incredible
370,100 sprouts!**

This magazine is printed on 100% recycled paper



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We've updated our privacy policies

FareShare has updated its organisational and volunteering privacy policies. You can find our new organisational privacy policy here: fareshare.org.uk/privacy-policy. Please also take some time to familiarise yourself with our new volunteering privacy policy here: fareshare.org.uk/volunteer/privacy-policy.



Charity chefs help create Christmas sandwiches

In November food-to-go brand Honest Crust launched two limited edition Christmas sandwiches to raise money for FareShare. Community chefs Rosie Radford from Cheltenham Open Door, and Jessie and Jill from the Pulp Friction smoothie bar project, both of whom receive food from FareShare,

helped design the festive sandwiches. Alastair Johns, Head of Brand & Category for Honest Crust, said: "Honest Crust is thrilled to have been able to work so closely with the people who work tirelessly to turn unloved, surplus food into delicious meals for thousands of people."

FareShare gets the royal seal of approval on Instagram!

Fans of the royal family might have spotted a very special mention on the Duke and Duchess of Sussex's official Instagram page just before Christmas. The royal couple tagged 12 charities on their @sussexroyal account, and one of them was FareShare!

Their Instagram post, which contains pictures of charity workers from projects they have been inspired by, called on people to think of others. "With festive holiday season upon us, it's also a reminder to reflect on those in need – those who may feel lonely, hungry, homeless, or

may be experiencing the holidays for the first time without loved ones," they said.



Volunteers make Tesco Food Collection our biggest yet

This year's Tesco Food Collection was our biggest yet, with 1,773 volunteers signing up to collect store cupboard essentials in Tesco stores between 21 to 23 November.

These cans, tins and packets will supplement the fresh and chilled produce charities receive from FareShare, and are a real lifeline for frontline organisations across the UK. This Food Collection, FareShare volunteers collected

an incredible 224 tonnes of food, enough to help create 533,344 meals.



There was no shortage of festive cheer either, with 95% of volunteers who responded to the survey saying they'd recommend the experience to a friend.

FareShare Chief Executive, Lindsay Boswell, said: "The contribution volunteers make can't be underestimated, with a huge uplift in donations where shoppers are greeted by a volunteer when they enter the store. We're so grateful to everyone who took part – your efforts mean we can provide more food to those in need, not just at Christmas but all year round."

John Lewis spread festive cheer across the UK

John Lewis & Partners and Waitrose & Partners teamed up with FareShare this Christmas, putting on over 40 feasts for the charities we supply. Employees from the partnership delivered a three-course festive menu (including decorations) or welcomed charities into their stores for a sit-down dinner and the chance to catch up with friends.

The project builds on the partnership's existing work with FareShare.



Waitrose stores redistribute unsold food, that's still good to eat, to charities in their local communities via the FareShare Go

app, and the John Lewis Foundation has funded FareShare's warehouse and forklift truck training programme in Leeds for the last twelve months.

Bernie, who attended the feast at Cafe Leep in Leeds, said: "Today has made me feel really happy inside, I love coming to this café but today was extra special, the food was the best!"

A helping hand in South Shields

FareShare Slices catches up with Hebburn Helps, a charity in the North East of England that offers a lifeline for local families, thanks to food from FareShare North East.

Five years ago, when mum-of-four Jo Durkin was facing financial difficulties, she was shocked by the lack of support available for families like hers. "It was during this time I made a promise to myself that when I was back on my feet, I would do my best to make sure no other family had to struggle like mine did," Jo says.

It was a promise she more than delivered on. With friend Angie Comerford, Jo set Hebburn Helps up four years ago, and since then the charity has grown from providing boxes of tinned food for just a few local families in crisis, serving hundreds of vulnerable families across Hebburn each week.

Alongside managing an emergency food, clothing and hygiene bank,

Hebburn Helps also runs a play scheme, the Grub Club, during half term and over the summer holidays, when families on low incomes can no longer access the safety net of free school meals. Last summer alone, the

"We can come to the Grub Club, chat with other mums and kids and eat together – and that's one less meal I have to worry about."

Grub Club provided more than 2,000 nutritious meals for children and families in Hebburn, alongside plenty of fun activities.

Hebburn is a small town in the North East. Almost one in five (18%) children live in severe poverty, with many more families living hand-to-mouth. Susie* works as a nurse

and has taken home food parcels from Hebburn Helps. She also brings her nine-year-old son, Adam*, to the Grub Club. "It can be really hard as a single mum, especially because my job doesn't always guarantee me enough shifts," she explains.

"Sometimes I have had to go without to make sure there's enough there for Adam. But he has noticed that I've skipped meals before and he knows I struggle. It's not something a nine-year-old should have to worry about. That's why Angie



and Jo and Hebburn Helps are so lovely. We can come to the Grub Club, chat with other mums and kids and eat together – and that's one less meal I have to worry about that day. They've helped us out a lot."

Angie and Jo run Hebburn Helps on an entirely voluntary basis, so they are always looking for ways they

can work with the community to make savings and continue providing their services. That's why, two years ago, they signed up to FareShare.

Jo says: "It's brilliant what FareShare gives us. We couldn't have provided as many meals as we did this summer through the Grub Club without them.

Before FareShare, our foodbank relied mostly on donations from the community and while it's brilliant to have their support, with FareShare we're able to provide a wider range of items – including meat and dairy products which would be too expensive for us to buy in the shops."

*Names have been changed to respect people's privacy.

That's teamwork!

As more and more employers are looking to give their staff the chance to make a difference in their communities, FareShare Slices catches up with Nicky Wilson, who manages the Corporate Partnerships team at FareShare.

"We've been welcoming corporate volunteers into our warehouses for years," Nicky explains. "Of course it's a huge boost for FareShare – the extra pairs of hands means big tasks like sorting through ambient stock can be done in hours rather than days – but volunteers benefit too.

"There's a real team building element to it. It's a chance to get away from meetings and emails and really connect with the people you work with. And when you go out on the vans to the charities

you see first-hand the difference you're making, which is so rewarding."

"It's a chance to get away from meetings and emails and really connect with the people you work with."

Sodexo employee Jennifer Shaw has been volunteering with FareShare Grampian for five years. The company offers its staff three days

a year to volunteer for a cause they're passionate about. For Jennifer, that's FareShare.

"I volunteer in the warehouse, making up food parcels with pasta and rice," she says. "It's something different and a bit of a break from the nine-to-five. I like the variety and meeting others, as I like to chat.

"It definitely makes you more grateful for what you have, and you go home at the end of the day satisfied, knowing that I've helped someone."



Volunteer spotlight Amanda Daggett

Amanda Daggett has been volunteering as a Driver's Assistant at FareShare Hull and Humber for almost a year. She took on the role after retiring from her job as a Disclosure and Barring Service Advisor at Hull County Council, where she'd previously worked for 38 years.

Friendly and sociable, Amanda loves being a part of a team. As well as chatting to the volunteers in the warehouse, the part of her role she likes the most is getting out on the vans to meet the charities.

"One of the charities is a homeless shelter," says Amanda. "I always come in and say hello, and the people there are always excited about what we have for them today, knowing it will be their lunch and their dinner. You have to talk to people the same whether they're

homeless or if they have three million pounds." One of the charities Amanda delivers to is a pantry project in a school, where parents

"If you have time on your hands then volunteer at FareShare – you won't regret it!"



and local residents can pick up a selection of goods for a small membership fee. "There's

a room available there which gives people the chance for a free tea and coffee and a chat. People love it and it brings the community together.

It's the same for OAP lunches and church meals – the important part is that people come for the social aspect. They could have lunch themselves at home, but this gets them together."

Amanda credits volunteering at FareShare Hull and Humber with keeping her active. "Doing volunteering gives you a reason to get up, and it really helps with my wellbeing.

"It's something completely different from working in an office," Amanda says. "If you have time on your hands then volunteer at FareShare – you won't regret it!"

Leftover Pudding Pud

A delicious dessert that's perfect for sharing with friends

Chef Rosie Radford from Cheltenham Open Door explains how you can transform leftover panettone into a hearty winter pudding.

Ingredients

Serves (4-6)

500g loaf of panettone bread
50g sugar
150g butter
6 eggs
850ml milk or cream
Optional:
mince pies
Christmas pudding
cream
brandy
custard



Method

Preheat the oven to gas mark 4 (180°C, 350°F)

1. Slice the panettone into 2cm thick circles and spread each slice with butter.
2. Place the slices in an ovenproof dish (min. 6cm deep, 25cm x 25cm). You may need to cut some slices to fill the gaps
3. Sprinkle the buttery slices with around 1tsp sugar per slice. If you have any leftover Christmas pudding or mince pies, crumble them up and sprinkle an even layer over the buttered slices. Repeat, making layers of buttered panettone (with crumbled mince pies and/or Christmas pud between if you like) until you run out of panettone. Your final layer should be panettone.
4. Now take 850ml total of milk/cream. If you have leftover cream, brandy custard, custard, clotted cream etc. pour it into a jug and top up with milk until you reach 850ml. Beat six eggs into the milk/cream.
5. Pour the milk/egg mixture evenly over the bread in your oven dish. Sprinkle with a couple of teaspoons of sugar.
6. If you have time, let the bread soak up the egg and milk mixture for an hour. You can make this pudding the day before and put in the fridge, covered, overnight.
7. Place on the middle shelf of the oven. Bake for around 40 minutes or until a knife comes out clean from the centre of the pudding.

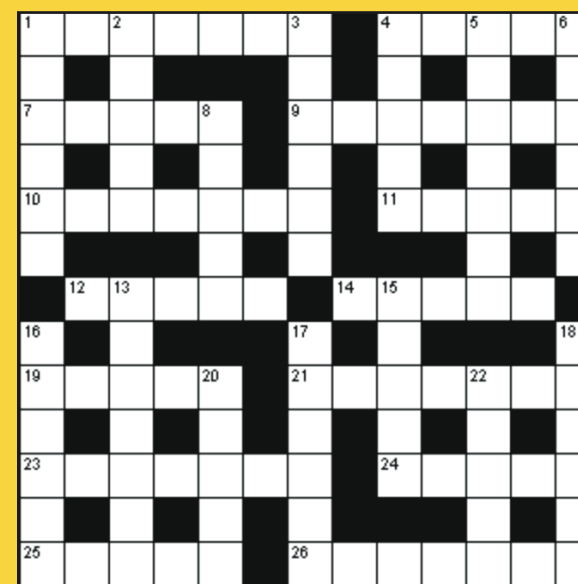
Sudoku

Each row, column and box must contain all of the numbers from 1 to 9 and each number can only appear once in a row, column or box.

Provided by:
sudokuoftheday.com

2		7		8	6			5
		3		1	7			4
			5	3				
				9		5		2
4				6				1
6		8		2				
				5	9			
3			6	7		2		
5			3	4		8		7

Crossword



Answers
Across: 1. Fashion; 4. Gaber; 7. Lunar; 9. Tactful; 10. Oregon; 11. Inlet; 12. Aorta; 14. Hardy; 19. Wave; 21. Hamster; 23. Rhombus; 24. Tales; 25. Eased; 26. Scored
Down: 1. Falcon; 2. Sense; 3. Nation; 4. Cacti; 5. Barbed; 6. Relate; 8. React; 13. Omnous; 15. Admit; 16. Swove; 17. Thesis; 18. Erased; 20. Ebbed; 22. Talon

Across

1. Mode (7)
4. Pole tossed in the Highlands (5)
7. Relating to the moon (5)
9. Diplomatic (7)
10. Aromatic herb (7)
11. Cove (5)
12. Main artery (5)
14. Sturdy (5)
19. Relinquish (5)
21. Burrowing rodent (7)
23. Four-sided parallelogram (7)
24. Stories (5)
25. Abated (5)
26. Despised (7)

Down

1. Bird of prey (6)
2. Meaning (5)
3. Country (6)
4. Desert plants (5)
5. Perplexed (7)
6. Connect (6)
8. Respond (5)
13. Forbidding (7)
15. Let in (5)
16. Veer (6)
17. Dissertation (6)
18. Rubbed out (6)
20. Flowed back (5)
22. Claw (5)

Provided by: puzzlechoice.com



Two minutes with... Beth

Every issue we find out more about one of our amazing volunteers. This time we've got Beth from FareShare Northern Ireland in the hot seat.

Which living person do you most admire?
Michael Flatley, his dancing is foot perfect.

Where would you most like to live?
The Caribbean because of the music and the sunshine.

What's the most interesting food you've ever seen in the warehouse?
Canned octopus.

Which fictional character would you most like to meet in real life?
Tinkerbell, because she makes everything good.

What is the most important object you own?
My late husband bought me a painting by J.P. Rooney. It's a fishing scene and I love it.

Which talent would you most like to have?
To sing and play the piano as I love music.