

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 7

Autumn 2020



Help us stay
Covid-19 safe
Take me
home, don't
share me

 **FareShare**
fighting hunger,
tackling food waste

Hello...

We're now seven months into the coronavirus pandemic, and what we've achieved is simply staggering. Two times more food has come through our warehouses than it did in the period before lockdown - an incredible achievement.

Of course none of this would have been possible without support from our volunteers and, even though we couldn't celebrate your achievements at a single ceremony this year, Regional Centres across the UK have been saying special thank yous during the month of September. Turn to page 8. to find out more.

On page 9. you'll hear from Jacob, a volunteer at FareShare London, who found volunteering at FareShare helped him make new friends, as well as pick up valuable new skills. We also caught up with Bechange on page 10, one of our charities in Kent, who deliver FareShare food (and plenty of smiles and laughter) to their rural community.

I hope you find reading this issue as inspiring as I did putting it together. Thank you for your continued support.

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Keeping safe at FareShare

At FareShare we take the wellbeing and safety of our volunteers very seriously. You will notice that there are rules in place in the warehouse about how we operate, particularly around deliveries and collection, and that you'll now be working in smaller teams than before.

To keep other volunteers safe and reduce the risk of transmitting Covid-19 we are asking that all our staff and volunteers please do the following:

- Cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately
- Avoid close contact with people who are unwell
- Avoid touching your eyes, nose or mouth if your hands are not clean
- Thoroughly wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- If you have been advised to wear a mask because it is not possible to social distance, please do so unless you are exempt.

When you come into the warehouse you will now see:

- Information when you arrive about local safety measures
- Information on how to clean your hands properly and when they should be cleaned
- Suitable soaps and hand sanitisers that kill the virus

If you have any questions, concerns or feedback about these procedures please talk to your shift lead or regional volunteer manager. You can also email volunteering@fareshare.org.uk.

Tesco scheme sees 50m meals go to charities

Tesco has now donated over 50 million meals worth of food through FareShare Go! For over five years, FareShare Go has helped pair charities with local Tesco stores to collect unsold food. As FareShare CEO Lindsay Boswell says, the scheme "has gone such a long way in supporting thousands of charities and community groups up and down the country."



Yorkshire's FullCrumb Kitchen gets off to a sizzling start

FareShare Yorkshire has launched an exciting new project: The FullCrumb Kitchen. From March 2020, this initiative partners with Jamie's Ministry of Food to provide eight week cooking courses for FareShare volunteers, while FareShare Yorkshire's own Chef Chris provides support

and recipes. We're excited about this new means to support our volunteers and get the most out of surplus food. FareShare Yorkshire thanks HSBC, Albert Hunt Trust and Barnsley and Rotherham Chamber of Commerce for their generous support in making this project a reality.

We've doubled the amount of food going to those in need during the crisis

FareShare has responded to the Coronavirus pandemic by doubling the amount of food going to charities. Between March and August we distributed almost 20,000 tonnes of food to frontline

charities and community groups, enough to create almost 50 million meals. "This huge achievement has only been made possible thanks to the incredible support of our volunteers," says Head of Volunteering

Bryan Precious, "you are truly making such a difference."

FareShare joins Marcus Rashford's child poverty taskforce

FareShare has joined 12 other organisations in a child poverty taskforce spearheaded by football star Marcus Rashford, with the aim of tackling child poverty. The taskforce will call on the government to implement three key changes already outlined in the National Food Policy. These changes would expand free school meals to an additional 1.5 million



children, expand holiday provision to an additional 1.1 million children, and increase the value of Healthy Start vouchers to £4.25 per week, as well as expanding the criteria so it will benefit everyone in receipt of Universal Credit,

in order to reach an additional 290 000 babies, children and pregnant women. Marcus Rashford says: "As a sportsman, I have always found such power in unity and teamwork, and I'm thrilled that such influential voices have put any allegiance aside to join me on my mission to move the conversation of child food poverty forward."

FareShare North East launches as independent charity

FareShare North East has launched as an independent charity, concluding an 11 year partnership with Changing Lives. Changing Lives, a charity dedicated to helping vulnerable people, began the project in 2009. They then joined FareShare's food redistribution network and have grown from distributing a few food items per week to supplying enough for 1.5 million meals last year alone. FareShare North East now serves 235 community groups and charities and will continue to work closely with Changing Lives as they embark on what Manager

Jake Hanmore calls "the next step on an exciting journey that will enable FareShare North East to continue to reduce even more food waste and support greater numbers of community groups across the North East."



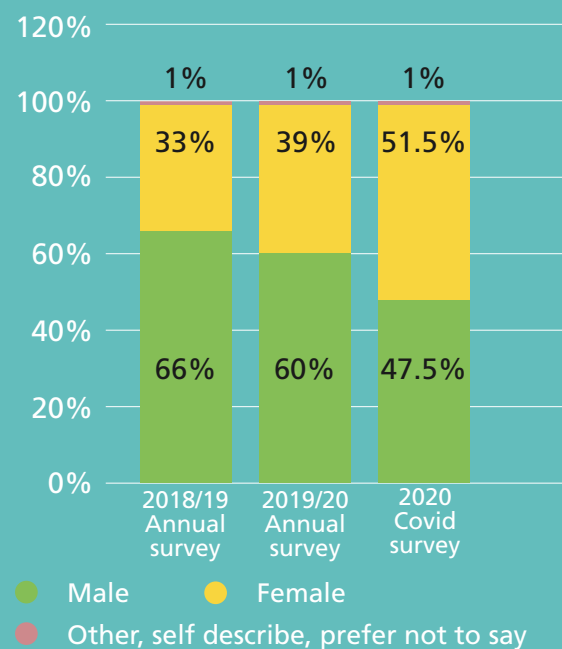
The results are in...

We conduct a survey of volunteers' experience each year. The second annual survey was held between December 2019 and January 2020, and had 420 volunteers respond. We decided to do an additional survey this August, to capture any changes since the Covid-19 pandemic. This had some questions for all volunteers, but also some questions specifically for those who had started since mid-March. 334 volunteers responded, of which 177 had started since the start of the crisis.

Demographics

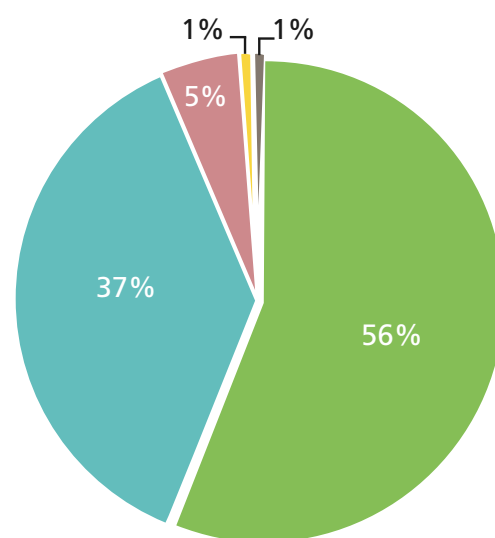
Since the 2018/19 survey, we have seen the balance between male and female volunteers become more equal. This may be in part due to our efforts to ensure adverts for volunteering were targeted at women and had pictures of women in them. The balance changed between the 18/19 and 19/20 survey, and again to a greater extent between the 19/20 survey and the more recent Covid survey.

What best describes your gender?



Volunteer satisfaction during the pandemic

Overall, how satisfied are you with your volunteering experience at FareShare during the pandemic



- Very Satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Disatisfied
- Very Dissatisfied

Volunteer motivation

What motivated you to volunteer for FareShare?

(Respondents were able to choose multiple options)

- Volunteers who have started on or since 16 March
- 19/20 annual volunteer survey



99%

of volunteers would recommend FareShare as a place to volunteer - both in the annual survey and in the Covid survey.

Thank you to all volunteers who contributed to these surveys, especially the feedback on how you think we have handled volunteering during the pandemic. All the results provide useful insight and help us to improve the experience of our volunteers.

Volunteer Awards

After the success of last year's UK-wide volunteer awards we were really looking forward to celebrating our volunteers this September. However, Covid-19 restrictions

meant a large scale event wouldn't have been possible, so Regional Centres found their own ways to say a very special thank you – with plenty of balloons, bunting,

awards and, of course, cake! Congratulations to all our volunteers and thank you again for your incredible contribution to FareShare.



Catching up with Jacob from London

"It was a critical time and that is why I wanted to volunteer," says Jacob Peter, who began volunteering with FareShare London this past Spring as the Coronavirus pandemic worsened. "It was the quarantine and many people could not go to work or volunteer," he remembers. "I wanted to help others. I am not rich, so I can't give money but I can give physical work."

For Jacob, the pandemic was an opportunity to give back to the country that has become his home since first arriving to continue his studies in Catering and Administration: "England has created me and I am thankful. I am living in this country and thankful

and I worry – how can I be helpful to the people of this country?"

This generous outlook comes naturally to Jacob: "Since I was a child, my parents taught me peace and love, never to lie or cheat or hurt anyone. I am a kind person and I want to help in any work, I want to be useful and help others."

Jacob has been happy to see his kindness mirrored at FareShare: "From the first day at FareShare, the volunteer manager gave me confidence and made me happy to come back. The staff gave me good energy and talked to me, giving me guidance and supporting me."

I was able to do First Aid Training and develop my skills. Living in London can be lonely, but volunteering makes me happy and helps me make friends."



Learning as we go in Aylesham

How Bechange hit the ground running to help the community through the Covid-19 crisis.

"When Covid hit we knew there would be people struggling to get food," explains Angela Doggett, Chief Executive of Bechange, a community hub

"There are a lot of people who were just managing before and this has pushed them over that edge."

that's been supporting struggling people in Aylesham, Canterbury for over 23 years. They had only just launched a weekly community lunch program in the weeks before Coronavirus arrived and realised they would need to adjust quickly to the new reality and scale up to meet the surge in demand from people struggling to feed themselves during the pandemic.

Within a couple weeks

they began operating a thrice-weekly service delivering homemade meals to around 120 people across the community. "We had to learn a lot very quickly about food hygiene, how to pack a box and transport it safely," recalls Angela, "and we've been running this while still doing our regular support work remotely." All in all Bechange has delivered over 7000 meals since the start of April.

The pandemic exacerbated the challenges that many in rural communities like Aylesham face in getting safe, affordable food: "A lot of people live quite far from the nearest supermarket. For single parents to do their shopping they might have to take their children on the train or the bus. There are a lot of people who were just

managing before and this has pushed them over that edge."

Bechange has used food provided by FareShare to reach as many of those people as possible. "The food from FareShare has been brilliant," beams Angela, "We get cheese, pasta, tinned tomatoes, things we can cook with. The meals are cooked the day they go out by our volunteers. The mac

"Just having someone knock at your door a few times a week to make sure you're fed and you're ok can help alleviate some of that loneliness."

& cheese, roast, tuna and pasta bakes are very popular. When it was hot out we had a lot of cheese and crackers in so we were able to do a ploughman's lunch. And



there's always pudding! It's allowed us to cook so much more on our budget and keep the food deliveries going for longer."

Bechange's deliveries aren't just about food though: "It gives people a bit of peace of mind. Especially for people who've been ill or caring for someone who's ill it's been a huge relief for them to know they're at least going to get that

one meal a day," explains Angela. "A lot of people have been really lonely during this people as well, especially some of the older people," she continues, "even just having someone knock at your door a few times a week to make sure you're fed and you're ok can help alleviate some of that loneliness."

Angela and her team are still learning as they go, but they're committed to

continuing their work for as long as the community is in need: "We're trying to figure out now what our food delivery will look like going forward but we want to continue in some form, because there are still people who need help."

If you have a story you'd like to see in the magazine, please send it in to volunteering@fareshare.org.uk



Thank you