

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 10

Summer 2021

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

 **FareShare**
fighting hunger,
tackling food waste

Hello...

As we approach summer we have been taking the opportunity to celebrate volunteering at all of our FareShare sites. In June we had Volunteers' Week, a fantastic time to pause and celebrate the contribution volunteers make to FareShare. Take a look at page 6 to see how this was celebrated across the network.

In September we'll be holding the FareShare Volunteer Awards. While the Volunteer Awards itself will focus on a small group of individuals, the awards are also a tribute to the incredible contribution that every volunteer in our network makes to the work of FareShare. Look out for more information about the awards from your Volunteer Manager and hear all about the winners in the October issue of this magazine. Nominations have now closed but it's never too early to start thinking about who you'll nominate next year.

In this issue we hear about how FareShare food supports remote communities in Wales with the Gellideg Foundation Group in Merthyr Tydfil, on pages 8-9. On page 10 we hear from Toqueer, who is making a difference to his community by volunteering at FareShare Midlands.

As always, if you have a story that you'd like to submit to be in the magazine, please get in touch, we'd love to hear from you.

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Keeping safe at FareShare

Although many social distancing measures are easing and many of us have had at least one vaccine, it's important we continue to be safe and look out for one another. We take the wellbeing and safety of our volunteers very seriously.

There continue to be extra safety protocols to reduce the risk of transmitting Covid-19 and help halt the spread of the new, more contagious Coronavirus strain. We are asking our staff and volunteers to please do the following:

- Wear a face mask.
- 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.
- Do not attend a volunteering session if you or a member of your household have had Covid-19 symptoms or have tested positive for Covid-19 in the past 10 days.
- Avoid touching your eyes, nose or mouth or any food if your hands are not clean.
- Wash your hands with soap and water thoroughly and often. Use hand sanitiser gel if soap and water are not available.

When you come into the warehouse you will now see:

- Information 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.

Looking ahead to the Volunteer Awards

The UK-wide FareShare Volunteer Awards are happening for the second time this September. There will be an online awards presentation to celebrate winners from across 10 categories. Please look out for more information from your Volunteer Manager closer to the time.



Artist donates issues of his Corona Diaries to a FareShare volunteer

FareShare supporter and Artist, Vic Lee, is offering one set of signed editions of his two graphic diaries to a FareShare volunteer. The diaries capture the events of the pandemic as they happened across the UK in 2020. Vic donated a proportion of the

sales of the diaries to FareShare. Please email volunteering@fareshare.org.uk with your name and Regional Centre name to be in with a chance of winning. Go to coronadiary2020.com to take a look at the diaries.

Tesco Food Collection

Tesco ran a special Food Collection this July to help provide extra long-life food such as cereal and tins. The food will support the FareShare network of warehouses to provide our partner charities and community groups much needed long-life food to supplement the surplus

that we normally provide them with. Look out for the food arriving in your sites soon. The next collection will be happening towards the end of the year. Speak to your Volunteer Manager if you'd like to volunteer in store to support it.



Full Time Meals helps families get cooking for a healthy start

FareShare Ambassador Marcus Rashford MBE has teamed up with chef Tom Kerridge for a new initiative called Full Time Meals. Supporting the #EndChildFoodPoverty Taskforce, the Full Time Meals team release a new recipe every week for meals that are mega-tasty, super-filling, and inexpensive to make. Check out @FullTimeMeals on Instagram, or

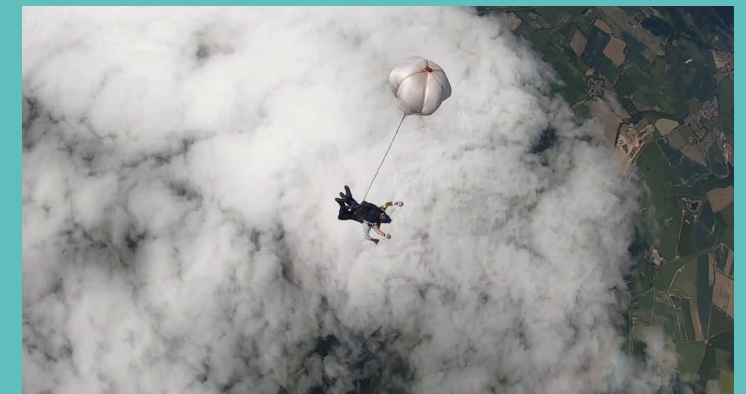


FareShare's website, for recipes. The recipes utilise many ingredients that can be bought through the

Healthy Start scheme (known as Best Start Foods in Scotland), which offers food and vitamin vouchers for pregnant people or those with children under four. You can find more information on the Healthy Start NHS website, or the Scottish Government's Benefits and Grant's website.

Fantastic Fundraisers

FareShare North East volunteers have been busy raising funds for their Regional Centre. John Bower braved a sponsored skydive along with a member of staff from the team and a member of one of their CFMs. David Grainger, another volunteer at FareShare North East is planning to cycle from Land's End to John O'Groats



at the end of July. Both are undertaking these challenges to raise money for

FareShare North East. Thank you both for your incredible contribution!

Each year, Volunteers' Week is celebrated from the 1-7 June by charities across the UK, as a chance to thank volunteers and celebrate the contribution they make in their communities.

This year we particularly wanted to highlight the huge impact volunteers have had at FareShare during our crisis response to the pandemic. Between the start of April 2020 and the end of March 2021, FareShare redistributed more than fifty-five thousand tonnes of food. That equates to an average of **four meals every second** to vulnerable people. This is an incredible achievement that could not have been reached without the help of our volunteers.

Volunteers' week is always a special time to highlight volunteering, but we especially wanted to recognise the volunteers who have helped FareShare during such an important time. Without you we could not have stepped up to the challenges the past year has brought our way.

Thank you.



FareShare Midlands volunteers Nadine and Carol enjoy some fish and chips



FareShare Merseyside volunteers were treated to a cake and coffee morning



Liz, Volunteer Manager for FareShare Greater Manchester, shows off her 'Thank you' sign made of recycled fruit and veg

Sandale Trust volunteer wins Marcus Rashford's boots

Thirteen-year-old Jake, the youngest volunteer at Bradford charity Sandale Trust, got the surprise of a lifetime when he learned he'd been awarded a pair of limited edition Marcus Rashford boots.



Sandale Trust supports local people to make positive changes in their communities. They've been accessing surplus food through FareShare Go and FareShare Yorkshire since 2015. Since the start of the pandemic the Trust has delivered over 10,000 food parcels.

Andy, CEO at Sandale, said: "In the height of the pandemic, Jake spent most of his free time helping his mum and the team deliver parcels for the Holiday Hunger scheme and he was also a Telephone Befriender. This involved calling isolated older people for company

and conversation and at times he called up to 15 people a day. He received amazing feedback and people really looked forward to hearing his cheery voice, making a huge difference to their day and wellbeing."

Marcus Rashford donated a pair of his special edition boots to a Crowdfunder Prize Draw in support of FareShare and Trussell Trust, as he continued his powerful campaign against food poverty. The winner very kindly donated them back to be passed on to a deserving young person.

As Andy explains: "Jake wasn't aware of the nomination initially, so I was keen to put a plan in place to award him them and celebrate his achievement. What better way to do this but on the football pitch following his match! All his peers and family were there and everyone was super excited – there might have also been a few tears!"

Neither Sandale nor Jake plan on stopping anytime soon: "Jake is so grateful and the boots take pride and place in a glass cabinet in his room! There was a lot of persuasion to stop him kicking a ball in them. Jake continues to volunteer and is even more dedicated to helping out these days, but his inspiration is still Marcus Rashford and his aspiration is to become a footballer just like him!"

The Gellideg Foundation are bringing people together through food

“Food is a way of bringing people together and creating communities,” says Helen Buhaenko, Manager of the Gellideg Foundation Group (GFG) in Merthyr Tydfil, Wales.

Founded in 1998 by residents of the social housing estate where Gellideg is based, the GFG offers a wide range of services aimed at empowering residents, improving their health and well-being, and developing innovative strategies to combat poverty.

Food has long been a part of the GFG’s work and for about three years they’ve been working with FareShare to help provide cooking workshops, meals, and care packages to supplement activities such as dance or exercise classes, and help to draw more people into the GFG’s Centre. Since the

start of the pandemic, the Gellideg Foundation has run a Community Pantry with 160 households as members, reaching between 400-500 people each week.



“People are juggling their needs,” explains Helen, “they have to pay utilities, rent, and food at a time when their incomes have been cut. People often cut down on food first because it’s easier – either the volume or the quality. So, by helping them access food we’re lightening the load and making

sure they don’t have to sacrifice their health to focus on their other priorities.”

Merthyr Tydfil is one of the least populated boroughs in Wales. Like in many smaller communities, even prior to Covid, residents often faced greater challenges getting hold of fresh food: “There’s a limited range of food locally. We only have one or two shops and it’s very hard to get fresh fruit and veg, dairy products are very basic as well – just milk and butter. If you don’t have transport to get to the shops further away it’s very difficult to have much range in your diet.”

The range of fresh, high-quality food that FareShare is able to supply has helped the GFG provide healthy, varied options that many people would otherwise not be able to



access, as Helen explains: “It’s not just that it’s food – it’s the range of different foods and the premium quality. The fresh fruit and veg is fantastic as well as the fridge items like mozzarella and quark. It makes it so that it’s not financially punitive to experiment and try new things. People don’t normally get to access such healthy, interesting foods so it’s expanding their palettes. Parents

are able to introduce new fruit and vegetables to their children and I think a lot of them are quite surprised at how much their children enjoy trying new things!”

FareShare has helped them step up their response to meet the increased demand, not only with the town of Merthyr Tydfil but across the whole borough. As Helen explains: “This would be impossible

without FareShare, this model just doesn’t work without FareShare food. It’s expanded our remit as a charity, helping us reach people who previously were quite isolated. It’s not just about food, it’s about communicating with the community through this pantry model.”

Toqueer is making a difference in the Midlands

"I just want people to know that FareShare is for everyone," says Toqueer, a volunteer at FareShare's West Midlands warehouse who originally joined us through the British Red Cross Community Reserve Volunteer program.

"My passion is to help people and make a difference," explains Toqueer, "I care about food poverty and the environment. I like that FareShare supports local people in need in Birmingham with this really good quality food. It's not only food poverty but also the fact that so much in this country goes to waste. If it can go to make a difference to families instead, that's just a wonderful cause."

Toqueer is British-Kashmiri, and is keen to share his story and broaden



people's perceptions of his community: "People don't usually see somebody from my background as a volunteer in mainstream media as much. I hope that by talking about my experience, it'll inspire other people to get involved too."

"I love making a difference to the community by being active about the environment and social issues," Toqueer continues, "I know about the impact of things like plastic and waste. What I really

wanted to do was actually see these things for myself, to see how charities like FareShare help people. Volunteering with FareShare has been a really amazing journey. I've made friends and it's made me more aware of the different issues that affect people."

"It's great to see so many people from diverse backgrounds coming to volunteer and make a difference to the community," continues Toqueer, "It really show you the friendships that can blossom from working with such kind-hearted and like-minded people."

If you know someone that you think would enjoy volunteering at FareShare, why not tell them about your volunteering and encourage them to apply?

A note on the haulage driver shortage

You may have noticed some changes in your warehouses as the HGV driver shortage impacts our ability to redistribute surplus food as quickly as usual and, in some cases, forces us to restrict volumes.

Haulage drivers are currently not classed as key workers, and many of the EU nationals who once occupied these roles have now left the UK. As a result there is now a shortage of tens of thousands of lorry drivers across the UK. This is impacting not only FareShare but the food industry as a whole. On average we would normally expect to receive between 150-160 tonnes of food per day across the UK. Currently we're down to under 100 tonnes per day, a 30% reduction.



We know our volunteers are driven by their passion to help people and fight food waste, and we understand that reports of this shortage causing good food to be wasted when it could have been distributed to people may be distressing. We want to reassure you that, though the situation is serious, all across the UK we are working hard with food partners and local organisations to

ensure that we are able to continue supplying food to frontline charities. We are also putting out local appeals for retired drivers who may be able to help.

As FareShare CEO Lindsay Boswell said, "FareShare is used to dealing with fluctuations in the amount of surplus food received from the food industry each

week, and the charities we serve are used to making allowances for changes in the quantity and type of food they receive. We remain keen to receive all offers of food and are working hard to find alternative solutions."

We have nearly 11,000 charities across the UK counting on us and we intend to rise to this challenge for them.

reshare.org.uk
good food to good c
www.fareshare



FareShare

Northern Ireland



Two minutes with... Robert

Each issue, we'll be finding out more about one of our amazing volunteers. This time, we've got Robert from FareShare Northern Ireland.

What is your volunteer role?

Driver

Why do you volunteer at FareShare?

I initially volunteered when I retired early, to give something back as I had spare time on my hands, I then restarted my own business and have continued to volunteer one day each week, I now consider it as an enjoyable hobby on my day away from work.

Which living person do you most admire and why?

President Obama, I felt he was a sincere and trustworthy leader and admired him.

What do you consider your greatest achievement and why?

My hardware business which provides a service in the local area and has been so helpful to people particularly during the last year when they took a greater interest in their outdoor space.

What's your favourite to have on toast?

Cheese