

# FareShare Slices

A healthy slice of FareShare volunteer news

Issue 12

Spring 2022



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

# Hello...

With spring under way and Volunteers' Week just around the corner, we are looking forward to the prospect of celebrating the contribution of all our incredible volunteers. This year Volunteers' Week aligns with the Queen's Platinum Jubilee, which make the celebrations even more special.

In this issue we're excited to share some of the results of our volunteer survey. It's great to get a sense of why people give us their time, energy and expertise, as well as what we could be doing to make your volunteering experience even better. Thank you to everyone who took the time to complete the survey for us.

We also take a look at Dunbeath and District Centre, which started as a day centre for elderly people and has transformed into a health and wellbeing hub which supports 260 people.

We introduce you to FareFutures our new employability initiative that we launched in January. We also have a variety of other news and stories from across the FareShare network.

If you would like to contribute a story to the magazine, we'd love to hear from you. Please send us an email at [volunteering@fareshare.org.uk](mailto:volunteering@fareshare.org.uk).



Bryan Precious

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## Moroccan food

In January, FareShare agreed a groundbreaking, international partnership to redistribute food from Moroccan businesses trading with the UK.

Morocco is a big international exporter of citrus fruits, vegetables, and fish. Through the deal, it will redistribute donations from its food suppliers via FareShare's network.



## Full Time Meals campaign provides over 814,000 meals

Our Christmas appeal with Full Time Meals, the recipe project created by Tom Kerridge and Marcus Rashford in support of the #EndChildFoodPoverty initiative, raised over £200,000. This incredible achievement will help us provide more than 814,000 meals' worth of food.

The appeal took place from Thursday 16 December until early January, with

supporters donating either online or via text. It also inspired many supporters to become regular donors. The longer-term value of these regular contributions is expected to take the impact of the appeal to over 900,000 meals. Thank you to all who donated, you've made a huge impact in helping our charities and community groups support vulnerable families and children around the UK.

## 'Roller John' completes last laps for FareShare fundraiser

Back in November, 89-year-old 'Roller' John Wilcock from Warwickshire, set himself the challenge to skate 90 laps of the courtyard outside his flat to help raise funds for FareShare before his 90th birthday. Inspired by Captain Tom and Marcus Rashford, as

well as his own personal experience with food poverty as a child, John had initially aimed to raise £500, but this was soon surpassed and now stands at over £44,000.

The roller skating grandad has been an extraordinary fundraiser

for FareShare and was awarded joint Fundraiser of the Year at FareShare's Volunteer Awards last September.





## Tesco supports FareShare with Buy One to Help a Child campaign

Last month, our key retail partner Tesco launched its Buy One to Help a Child (BOTHAC) campaign.

From Monday 21 March to Sunday 3 April, every time a customer purchased fresh fruit and vegetables, in store or online, Tesco would make a donation to FareShare.

The funds donated by Tesco will enable FareShare to get more food to our network of thousands of charities and community groups across the UK who provide vital support to families and young people.

Tesco ran its first BOTHAC campaign last summer and FareShare received the equivalent of more than three million meals which was redistributed to charities working with children, school breakfast and holiday clubs and community kitchens.

FareShare has been working with Tesco for the last ten years to redistribute surplus food and together we have



provided the equivalent of more than 130 million meals to charities and community groups throughout the UK.

We are very thankful

to Tesco for their vital support and ongoing commitment in making a lasting difference to so many families and children facing food insecurity.

## The Numbers Behind Our Volunteers

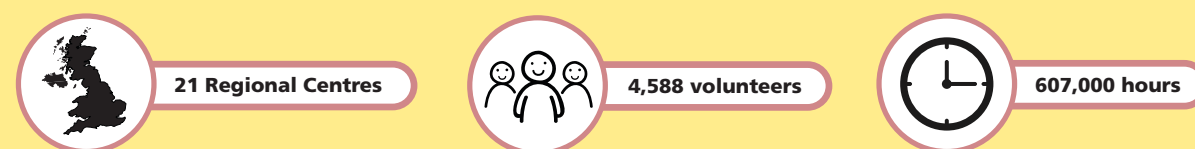
### The results are in...

Every year we conduct a survey to capture volunteer experiences within our FareShare network. Here is what you told us.

#### Recruitment in 2021



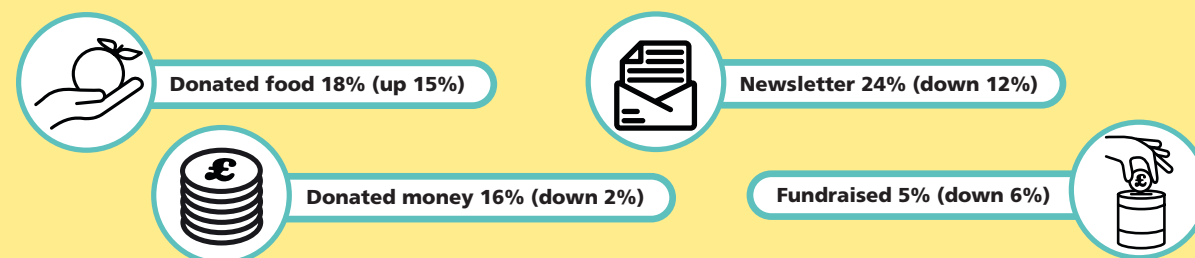
#### Contribution in 2021



#### Wider support from volunteers

The number of volunteers that support FareShare across a variety of areas has reduced after a peak caused by the

height of the pandemic. However, the one area that went against this trend was donated food.



#### Overall Satisfaction

Over the last three years we have seen really high levels of satisfaction amongst our volunteers and this year

was no exception with 94% saying they are satisfied or very satisfied.

**Thank you** to all those who completed the survey. We appreciate your feedback as it provides us with the valuable insight we need to improve the volunteer experience.

If you have any other comments or suggestions, please contact us at [volunteering@fareshare.org.uk](mailto:volunteering@fareshare.org.uk). We would love to hear from you.



# A look at Dunbeath and District Centre in the north of Scotland

Dunbeath and District Centre started as a day centre for elderly people and has transformed into a health and wellbeing hub. They still focus mainly on elderly people, but welcome anyone in the community seeking support with loneliness and isolation. The Dunbeath Centre provides resources for more than 260 people. Since 2020, FareShare has helped the centre by donating pallets of food to help feed the community through parcels as well as meals created on site.

Food from FareShare is used to prepare meals, and any leftover stock is distributed to people in need via the 'sharing shack' - a space where community members can come and take what they need, free of charge.

"We get tinned tomatoes, barley, fruit,

rice, pasta, jars of sauces — all things that are very useful," shared Charlie Reid of Dunbeath and District Centre. About 70% of the foods we will use in-house, a lot of the tinned vegetables will go into soups. The other 30% of the foods from FareShare get used at the sharing shack."

## Helping the community with the sharing shack

At the start of the pandemic, Dunbeath Centre created food parcels for the local community, for pick-up or delivery by volunteers. While this service isn't as popular as it used to be, the centre is still available to those who request the parcels.

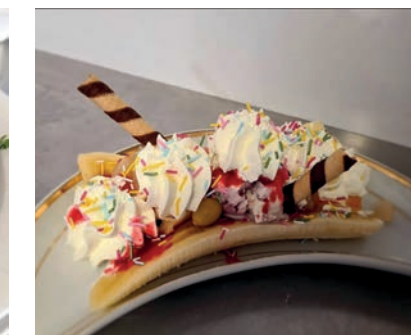
"The things we can't use in-house, such as the tinned meatballs and onions, we have a small sharing shack," said Charlie. "This is available to anyone who

wants to come along and help themselves to food. You can take as much or as little as you want. People aren't greedy about it at all. Because it's outside, we don't see much of who's coming and who's going, and we continue to do that to reduce the stigma that comes with it."

## How Dunbeath Centre thrives with help from FareShare

With assistance from FareShare, Dunbeath Centre has felt a weight lifted in terms of time, budgeting and resources to continue providing for the local community.

"In terms of time, we don't have to go to the nearest shop as often, which is a 30-minute commute," said Charlie. "The money has helped hugely. We work our menus around what we get on our pallet.



With the spare money we would've spent on ingredients, we put free portions of fruit out to anyone who wants it. This saves us hundreds of pounds a week, which makes a huge difference."

Now that the community centre is open for lunch and dinner, opportunities for social interaction are now

flourishing as well.

"The community comes around for the social impact," said Charlie. "They love the food, but they really love catching up with their friends. It's a very social setting. We live in a very rural area, so many of them only see the postman within the week."

With a decent budget

and help from FareShare, the centre feels excited to provide for those in need this winter.

"We'll also provide fruits to keep everyone healthy over the winter. The pallets we get from FareShare will make a huge difference so we can spend the funding on other fresh produce as well."



# FareShare Sussex kitchen is heart of the warehouse

It's been over two and a half years since FareShare Sussex had a new kitchen installed which aimed to create a space for volunteers to be able to meet together through cooked meals when on their shifts. This has been a great way to support volunteers in developing together as a team and it is hoped that it can be used for community groups and to generate income.

The kitchen is used each day and volunteer chefs come and cook meals for the volunteers and staff team using the surplus produce from the warehouse. Volunteer chefs love to get creative and cook with what is known as 'surplus surplus food' in the warehouse: the food that cannot be redistributed and doesn't go out to our community groups.

The chefs usually cook

low carbon lunches using surplus food to prepare vegan and vegetarian meals. They also delight the volunteers by baking delicious desserts.

The chefs at FareShare Sussex are volunteers themselves and are also helped by volunteers who are designed to be the sous-chef for the morning. All the other volunteers are able to enjoy a beautiful meal during their shift and socialise and relax while eating, either in the kitchen itself or around the building.

The kitchen really is the heart of the organisation. Volunteers are able to help themselves to tea and coffee, and any other beverage and snacks. There is a pantry full of ambient surplus produce, as well as a huge shelf dedicated to refrigerated goods, that volunteers

can take home and enjoy.

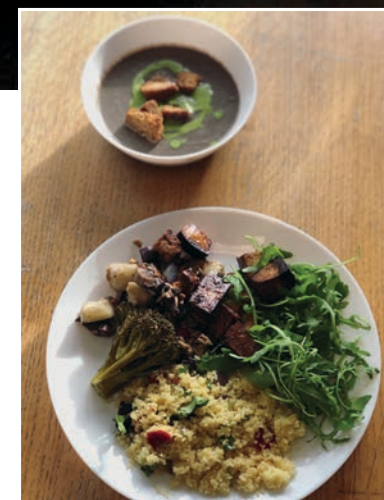
There are a number of upcoming workshops on how to reduce food waste at home, which will include preserving techniques as well as an educational element describing the food system and explaining how food surplus is created, and what the solutions are.

The Flavour project which focuses on extending the shelf life of surplus produce will be holding customised training programs for volunteers as well as inviting volunteers to be part of the processing aspect of the project. Despite Covid presenting a number of restrictions on the amount of people in the kitchen space, everyone has been cheerful and accommodating throughout.



Freya, a long-term volunteer at FareShare Sussex, has recently joined the core staff team due to her attention to detail and hard work. She is now in charge of the maintenance and cleanliness of the space

overseeing the kitchen. We hope to invite CFMs to our workshops to share preserving techniques for when they receive produce – to further reduce waste.



## Caoimhe shows passion for tackling food waste

Caoimhe from Northern Ireland is a student at Queen's University Belfast studying a Master's in Leadership for Sustainable Development. She has been volunteering in the FareShare warehouse since April last year. She also works part-time at her local Eurospar so spends a lot of her week surrounded by food.

Caoimhe started volunteering as she was interested in food waste as a sustainable development issue because it has environmental, social and economic consequences. She was aware that food poverty is a big issue in Northern Ireland and has only become worse as a result of the economic impacts of Covid-19 and the subsequent lockdowns. She was interested in getting an insight into FareShare's operations and impact



due to its work in reducing food poverty and putting surplus food to good use.

Her role in the FareShare warehouse involves making up the food orders, organising and storing food deliveries and sorting out Permanent Collection Point (PCP) stock. She also helps out in the office by logging the deliveries onto the system and contacting charities to record their orders.

Caoimhe really likes the teamwork aspect of the work that she does. All the volunteers in Belfast are dedicated and work

extremely hard, but they also love to have a laugh at the same time so there is a real positive and collaborative environment. She also really likes knowing that the work she is involved in has a tangible impact.

Since volunteering with FareShare, Caoimhe has learnt a lot about the context of food poverty in Northern Ireland and how we can help charities and people in need of nutritious food. It has also improved her teamwork and leadership skills from working with other volunteers to making up the food orders. As the work in the warehouse is quite physical, it has also been a good way to work her muscles and get her steps up.

Overall, it has been a great experience and she is looking forward to seeing what comes next.

## FareShare launches FareFutures – a new employability initiative

In January we announced the launch of FareShare's new employability initiative – FareFutures.

FareFutures is an initiative to provide jobseekers with the chance to gain new skills and industry-recognised qualifications in food, warehousing and logistics at FareShare food warehouses across the UK.

The initiative encompasses regional and national projects. FareFutures' projects will be tailored to meet local priorities but share the same key principles; a focus on participants' wellbeing, supporting FareShare's mission and building stronger partnerships.

You may have already heard of employability projects at your local Regional Centre. Ongoing FareFuture's initiatives include



efforts such as the UK Government's Kickstart Grant schemes at 15 regional warehouses and FareShare Merseyside's New Horizons program, which has gotten off to a flying start with 75% of participants securing work or moving into full-time education.

Each FareFutures scheme will create and deliver inclusive projects with specialised support. Places are free of charge, with no previous knowledge or experience required.

From learning how to drive a fork-lift, to completing food hygiene courses, participants can gain new skills in food, warehousing and logistics – all while helping local charities.

FareShare Employment Coach, Hannah Clarke, said: "In addition to gaining new qualifications, trainees will be making a real difference in their community. We provide one-to-one coaching, personal development and employment skills. Our programme will provide free personalised support for people to find, secure and sustain meaningful employment following the scheme."

You can find out more about FareFutures and how you or someone you know can get involved on our website: [www.fareshare.org.uk/farefutures](http://www.fareshare.org.uk/farefutures).



## Don't want to volunteer alone? Bring a friend!

Whilst volunteering at FareShare is a great way to make new friends and connections, it's also an opportunity to share the interests and causes you care about with your family and friends.

Volunteering on a shift with people you know can help simplify any challenges you face and make your experience more enjoyable.

Why not team up as a Driver/Driver's Assistant duo or partner up as Warehouse Assistants!

Let them know to visit our website **[fareshare.org.uk/volunteer](https://fareshare.org.uk/volunteer)** to sign up.

Once your partner has completed their induction, you can arrange a shift with your local volunteer manager and get started!