

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 2

Spring '19



Hello...

and welcome to the Spring edition of our volunteer magazine. We're excited to share the results of our volunteer survey (pg 6). 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. We'll be running the survey every year, but don't worry if you didn't get the chance to respond this time. We always want to hear from you, so if you've got any feedback, comments or suggestions, please do get in touch.

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Hannah Feld

A force to be reckoned with

With 21 Regional Centres and 1,200 volunteers, together we're making a big difference to charities across the UK.

Thank you!



Central & South East Scotland
Cymru South Wales
East Anglia
East Midlands
Glasgow & The West of Scotland
Grampian
Greater Manchester
Hull & Humber
Kent
Lancashire & Cumbria
London
Merseyside
North East
Northern Ireland
South West
Southern Central
Sussex
Tayside & Fife
Thames Valley
West Midlands
Yorkshire





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Photo courtesy of Comic Relief

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Record breaking rowers raise £10,000 for FareShare

Two dedicated fundraisers became 'accidental record breakers' – after becoming the fastest female pair to row across the Atlantic, as part of the 3,000 miles Talisker Whiskey Atlantic Challenge.

Best friends Gemma Rix from Chelmsford and Lauren Woodwiss from Stratford-upon-Avon completed the incredible challenge in just 50 days. Rowing the Atlantic East to West, they started at La Gomera and, after battling searing temperatures, fatigue, ocean storms and 40 foot waves, crossed the Antigua finish line on 5 February.

In total the duo raised £30,000 for their three chosen charities: Cancer Research UK, sports charity the Mintridge Foundation and FareShare.



From left: Adrian Logan, Meabh Austin, Siobhan Rocks, and Nicola Stewart from MacPac which sponsored the award

Northern Ireland scoops food waste prize

FareShare Northern Ireland took home the Food Waste Prevention and Management prize at 2018's Sustainable Ireland Awards. The award was presented by broadcaster Adrian Logan at the Crowne Plaza Hotel in Belfast and was collected on behalf of staff and volunteers at FareShare Northern Ireland by

Volunteer Manager Siobhan Rocks and Development Manager Méabh Austin. Méabh said: "Winning the award is a testament to the fantastic work done by the entire team in FareShare Northern Ireland, especially the hard work and dedication of all the volunteers."

Radio 4 appeal raises funds for FareShare

In March food writer and presenter of Radio 4's *The Kitchen Cabinet*, Jay Rayner made an appeal on behalf of FareShare on Radio 4. The appeal raised £39,500. Speaking after the broadcast he said: "FareShare does a cracking job, which

is one of the reasons I support them." FareShare's Head of Fundraising, Lindsey Cape, said: "With an average listenership of 1.3m, not only did the appeal help us to raise a huge amount of money, it's an unparalleled



opportunity to get the word out about our work."

FareShare hits our screens for Comic Relief

Eagle-eyed viewers will have spotted some familiar faces on this year's Comic Relief when FareShare Southern Central was featured on the Red Nose Day telethon on Friday 15 March. Comedian and actor Sir Lenny Henry visited staff and volunteers at the warehouse to find out how FareShare gets good quality food to frontline charities. He said "FareShare are an amazing group of people

who make sure that food that would otherwise have gone to waste ends



Photo courtesy of Comic Relief

up back on the table."

Earlier that month, as part of the Comic Relief warm-up, Saturday Kitchen's Glyn Purnell

visited FareShare West Midlands and charity member Brasshouse

Community Centre to see how FareShare's food makes a difference. He saw FareShare volunteers delivering fresh food that the charity then used to create meals for its youth club and café. Jenn Harrison, CEO of Brasshouse,

told Glyn: "Our FareShare membership means we can provide good food to people in need in the community."

Jamie Oliver's cookery classes a smash with charities

In January 2019 TV chef Jamie Oliver joined up with supermarket chain Tesco to launch a new programme to help charity cooks find more ways to use surplus food. The Tesco Community Cookery



School is now being rolled out across the UK, in partnership with FareShare, and aims to deliver training to chefs from 1,000 FareShare charities.

Jamie Oliver said: "I've written these recipes to arm all those amazing community cooks with the tools to create something delicious and balanced for people who need it the most. It is all about giving, otherwise wasted ingredients some love and transforming them into tasty, nutritious meals. For me, every dish we cook that reduces food waste is a winner!"

A brainpower boost for every child

FareShare Slices caught up with Angela Dodsworth, School Business Manager at Whitecotes Academy in Chesterfield, to find out how their breakfast club helps set pupils up for a day in the classroom.

Shockingly, one in five children in the UK now live in a household where food is scarce. To give children who might not otherwise get breakfast a healthy start to the day, FareShare supplies hundreds of school breakfast clubs across the UK with fresh fruit, bread and cereal. Whitecoats Academy in Chesterfield started its breakfast club in 2007 and receives a regular delivery of food from FareShare East Midlands. Angela Dodsworth, School Business Manager, explains that, due to the clubs popularity, almost a quarter of the pupils now attend. "The school is based in a deprived area of Chesterfield," she says.

"Our breakfast club is open and inclusive to all pupils, from those with difficult backgrounds to those with parents working irregular shift patterns who can use it for childcare."

"We use the breakfast club as the hook to get them in early, fed and ready to learn"

The breakfast club has made a remarkable difference to attendance levels at the school.

"We have children whose attendance is poor and who are often late," says Angela.

"We use the breakfast club as the hook to get them in early, fed and ready to learn. It

helps them learn other important life skills as well, they all get stuck in making the breakfast together, buttering the toast and pouring their cereal. "Having the breakfast club means that if a child comes in just before 9 o'clock and is looking a bit peaky we can check if they've had breakfast and, if they haven't, we can make sure they have something to eat."

A healthy filling breakfast helps children do well in the classroom. Angela says: "The impact the breakfast club has on the children is easy to see. The teachers can tell which days the children have been at the breakfast club and which days they have not, as they'll





be late for class or find it hard to concentrate."

"We know that, for some children, when they leave school in the evening they won't have another meal until they arrive back here for breakfast the following morning." Without surplus food from FareShare, the

"Some children won't have another meal until they arrive back here for breakfast the following morning."

school would have to make cuts from other parts of the budget to afford to run breakfast clubs, such as school trips. Angela says: "Based on the number of children now attending the clubs, we could never do a weekly shop to buy in all the food in the volume we need. It makes a huge difference."

The results are in...

We wanted to find out more about our amazing volunteers, so, in December, we launched our first annual volunteer survey. Here's what you told us.

All in all, the results were positive. An incredible 99% of those who completed the survey said you would recommend FareShare as a place to volunteer, with 77% of you saying volunteering at FareShare makes you happier.

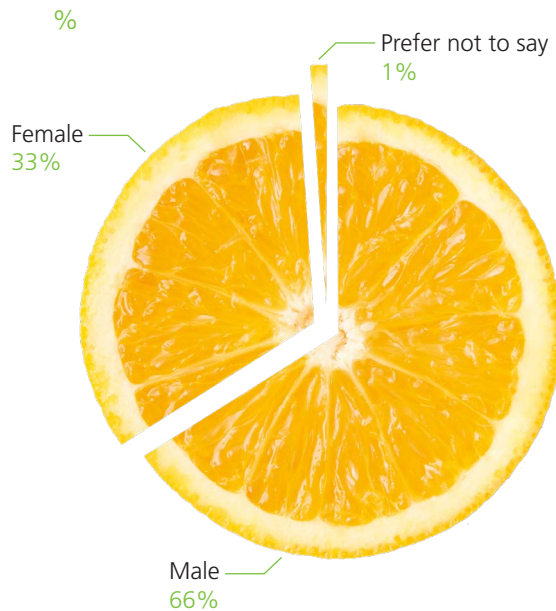
85% of you feel very or extremely valued as a volunteer at FareShare.

67% of you said volunteering has made you feel fitter.

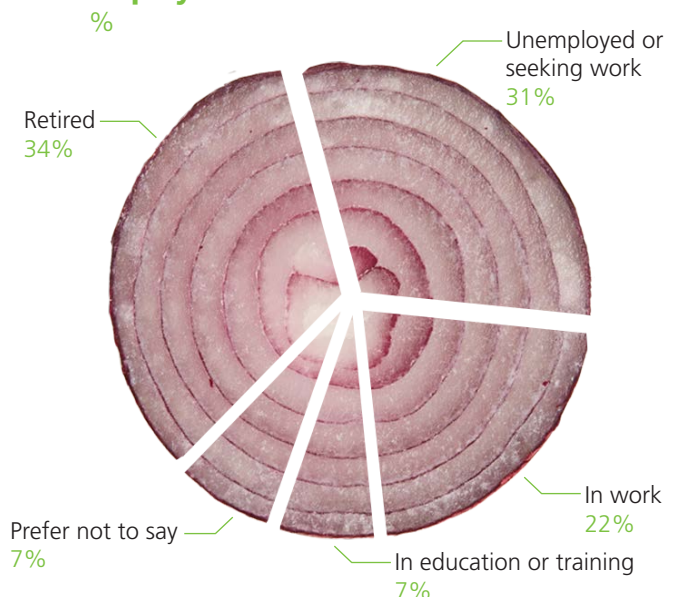
64% thought volunteering has improved your confidence.

76% of you said that volunteering at FareShare has made you feel more satisfied with your life.

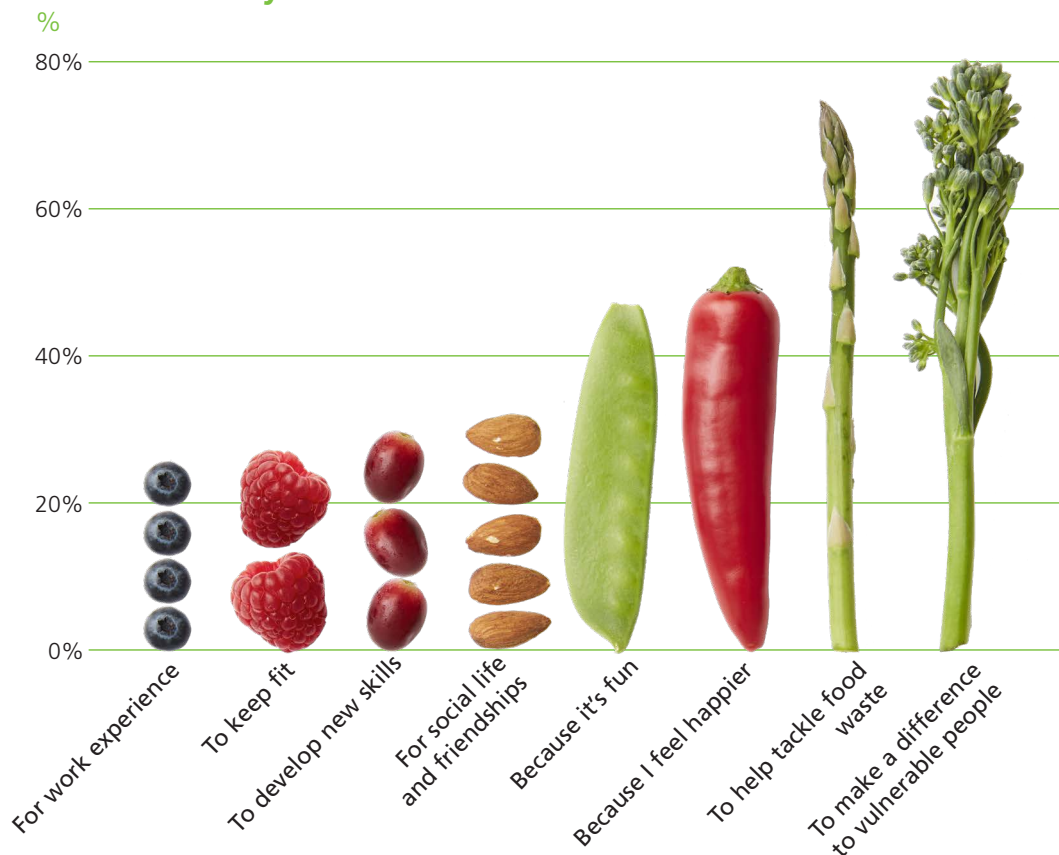
Gender of volunteers



Employment status



What motivates you to volunteer?



You said, we listened

The volunteering survey is a great way for you to tell us how we can make your volunteering experience at FareShare even better. You gave us some really useful feedback on how processes for sorting and picking food could be improved in the warehouse. This has now been fed back to Regional Centres, so these processes can be made more efficient.

Because only 62% of you felt extremely or very informed about what's happening at FareShare, we've committed to bringing you more news from across the network – like this magazine!

Many of you also told us you'd like to vary your role. If you'd like to find out about the other roles available in your Regional Centre (or have a skill you think could be put to good use), please speak to your local Volunteer Coordinator or another member of staff.

If you've got any more suggestions on how we can make FareShare a better place to volunteer, please get in touch with us by emailing volunteering@fareshare.org.uk.

Volunteer spotlight

Ciara Doherty

University of Ulster student Ciara Doherty has been volunteering at FareShare Northern Ireland since September 2018. The third-year geography student gets stuck in to every aspect of life in the warehouse, from taking orders, packing and unpacking and going out on the vans making deliveries.

Ciara explains that before she started volunteering at FareShare she didn't know how much food within the supply chain was wasted. "It shocked me," she says, "but

helping FareShare to turn this unwanted food into something valuable makes it a pleasure to be working here."

"Helping FareShare to turn this unwanted food into something valuable makes it a pleasure to be working here."

Ciara loves how social volunteering can be. "You're constantly meeting new people, either in the warehouse or members of the community when we're

out on deliveries." During her time at FareShare, Ciara's picked up some new skills that will come in handy when she finishes University and starts looking for work. "I've learned about food safety and manual handling, and talking to people on the telephone has really improved my communication skills. I'm also going to undertake forklift and kitchen inspection training, which will really help when it comes to looking for paid employment."



Ciara in the warehouse



Allocating the food



Celebrating her birthday

We need YOUR stories

Has your Regional Centre held a special celebration or hit a big food milestone? Do you want to give a shout out to an 'unsung hero', or spread the word about a fundraising challenge? Would you like to write an article for us, or feature in our 'volunteer spotlight'? Get in touch with FareShare Slices by calling 020 7394 2462 or email volunteering@fareshare.org.uk.

Fun and games

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.

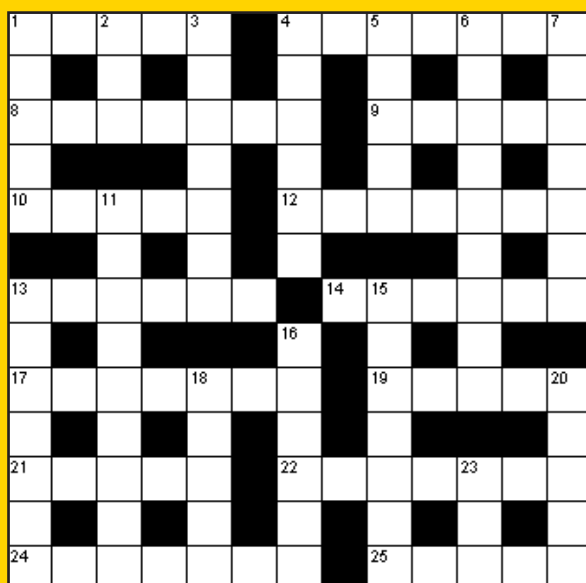
Provided by:
sudokuoftheday.com

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

Did you know...in just five months we've redistributed 7.3 tonnes of beetroot to frontline charities. That could create 58,000 bowls of delicious beetroot soup, which would be enough for every single resident of Hereford!

Beet that!

Crossword



Across

1. Prank (5)
4. Small community (7)
8. Everlasting (7)
9. Accolade (5)
10. Wear away (5)
12. Voter (7)
13. Alter or regulate (6)
14. Refuge (6)
17. Repossess (7)
19. Travel lodge (5)
21. Mound of stones used as a marker (5)
22. Sincere (7)
24. Latticework (7)
25. Herd or flock of animals (5)

Down

1. Subject (5)
2. Frozen water (3)
3. Dog houses (7)
4. Smooth fabric (6)
5. Letting contract (5)
6. Flat (9)
7. Senior (7)
11. Target (9)
13. Fruit (7)
15. Stuck (7)
16. Hot fragments from a fire (6)
18. Declare invalid (5)
20. Supple (5)
23. Self (3)

Answers
Across: 1. Trick, 4. Village, 8. Eternal, 9. Award, 10. Erode, 12. Eject, 13. Adjust, 14. Safety, 17. Reclaim, 19. Hotel, 21. Cairn, 22. Earnest, 24. Trellis, 25. Drove
Down: 1. Theme, 2. Ice, 3. Kennels, 4. Velvet, 5. Lease, 6. Apartment, 7. Elderly, 11. Objective, 13. Apricot, 15. Adhered, 16. Embers, 18. Annul, 20. Lithe, 23. Ego

Provided by: puzzlechoice.com



Two minutes with... Rob

Each issue, we'll be finding out more about one of our amazing volunteers. This time we've got Rob from FareShare Sussex in the hot seat.

Why do you volunteer at FareShare?

It's good fun, I like the variety of jobs I get to do. I get to meet new people and make new friends. It's a fun place to be – you get to go out on long distance deliveries. I also got to learn how to operate a forklift, which I really enjoy.

Which talent would you most like to have?

Superior strength (so I could lift more in the warehouse).

What do you consider your greatest achievement?

Learning to drive. I got my licence a few months ago, but last night was my first drive to a shift.

Which fictional character would you most like to meet in real life?

Iron Man (or Robert Downey Jr.). I want to learn how to make the cool electrical stuff like his metal suit. And he's got the same name as me – Robert!

How do you take your tea?

Simple. Builder's tea – milk and sugar.