

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 3

Summer '19



Hello...

Welcome to the Summer edition of our volunteer magazine. It's been a busy few months: we've been celebrating Volunteers' Week with events across the UK (p6-7) and catching up with Rhubarb Farm, just one of the many projects tackling loneliness and social isolation with delicious food from FareShare (p9).

If all this talk of food is making you peckish – fear not, FareShare Northern Ireland volunteer David shares his foolproof recipe for a tasty chicken and chickpea curry (p8).

Please get in touch if you would like to see you or your fellow volunteers featured in the next issue.

Hannah Feld

Volunteering Development Officer
volunteering@fareshare.org.uk
020 7394 2462



Hannah Feld

In May we released our updated figures for 2018/2019. We are thrilled to be able to tell you

we saved **20,838** tonnes of food from waste in the past year – a whopping 22 per cent increase from 2017/18. That's enough for

46.5 million meals!



This magazine is printed on 100% recycled paper

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Food waste funding a welcome relief

FareShare has welcomed the opportunity to be part of a new Government-funded initiative aimed at substantially reducing business food waste.

FareShare will receive £1.9 million in funding from the first tranche of a £15 million scheme to make it easier for businesses to send their surplus to charities, rather than send good food to energy generation, composting or animal feed.



Refugees help tackle food waste in Kent

Nine students from Ashford College joined the fight against food waste at FareShare Kent as Warehouse Assistants. The students are all refugees and are studying at the college to improve their Maths and English.

The 10-week placement at FareShare Kent has

given them the chance to practice their English speaking skills. Student Rafael Silva Carvalho, said: "We have a daily mentor when we volunteer. It is great to meet new people and put what we have been learning into practice. It's much more fun than class!"

Five years of fighting hunger, food insecurity and waste

FareShare Southern Central celebrated its fifth anniversary of providing good quality food to Hampshire charities and community projects. Since April 2014 frontline volunteers have picked, packed



and delivered enough food to provide 5.9 million meals. Regional

Development Manager, Claire Martin, said: "Southern Central is now helping to feed well over 22,000 people in need each week, which is testament to the tireless dedication of our staff, volunteers and trustees."

New Kent warehouse changes scale of delivery

With funding from Asda's "Fight Hunger, Create Change" campaign, FareShare Kent have moved operations to a new, larger warehouse in Ashford Business Park.

Twice the size, the new facility will enable FareShare Kent and charity partner Children and Families to add a further 56 charities to the 140 frontline projects they already serve, providing 480,000 additional meals a year

and feeding almost 6,000 vulnerable people each week.



Ian Townsend-Blazier, Volunteer and Fundraising Manager at FareShare Kent, said: "Each week we help to feed thousands at risk of hunger in our

communities, but we know that demand for our support is rising – which is why we welcome Asda's generous investment."

Local dignitaries, Mayor of Ashford, Jessamy Blanford, and Kent High Sheriff, Jane Ashton, cut the ribbon to officially open the new warehouse, with Heart FM and the BBC's regional programme, Inside Out, adding some welcome publicity to the event.

FareShare to provide meals for 50,000 children at risk of holiday hunger

This summer, FareShare is aiming to provide meals to 50,000 children across the country over the summer break. With the safety net of free school meals removed many families face increased financial pressure over the six week break. To bridge the gap, FareShare will supply 340 tonnes of food to 400 holiday projects, which provide nutritious meals and snacks, along with plenty of fun activities like sport and drama.

FareShare's Head of Volunteering, Bryan Precious, said: "We'd like to

say a huge thank you to all of our volunteers helping us cope with the increased volumes of food to meet the needs of our temporary CFMs. A huge proportion simply wouldn't be able to operate without FareShare. What you do is vitally important, and really could change a child's summer."



Volunteers' Week - Celebrating the difference you make

Volunteers' Week was 1-7 June, with events across the regions. From all of us at FareShare, thank you for everything you do. We couldn't support as many people as we do without your help and dedication. Here are just a few of the things you got up to.



Northern Ireland

Our archery day at the Mourne Activity Centre really hit the bulls-eye.



Lancashire and Cumbria

What's a celebration without fizz and cake, so that's what we did.



Greater Manchester

In defiance of the downpour, we hoisted our bunting for a Volunteers' Week barbecue.



West Midlands

We put on a buffet lunch followed by games and our own 'Alternative Awards' ceremony.



Cymru South Wales

We enjoyed a picnic and a game of baseball at Llandaff Cathedral.



Tayside and Fife

We held a lunchtime picnic in the beautiful sunshine... ok, maybe not! It was warm and dry though.



Hull and Humber

Volunteers were treated to a feast of fried chicken and we gave out certificates at our own awards ceremony.



East Anglia

The Waitrose Volunteer Recruitment day was a great success – and we held a Thank You BBQ too.



London

The 'Middle Aisle' of the warehouse became the venue for our party, with dinner made from surplus food.



Southern Central

A brilliantly sunny afternoon meant everyone had a great time at the post-shift BBQ.



Sussex

We made a photo board, ate lots of cakes and shared our volunteering stories.

Volunteer spotlight

Jeremy Carter

Jeremy Carter has been volunteering as a Warehouse Assistant at FareShare West Midlands since February last year. Previously unemployed, Jeremy signed up to volunteer as he wanted some structure to help him back into work. For Jeremy, doing something good

was a bonus. "I love the feeling of doing something to help and I think FareShare's work is sadly needed," he says, " but it's also great to see the supermarkets doing their bit."

Jeremy's enjoying his time at FareShare, and would even consider a job in the charity

sector in the future. "It's a great place to work, you get to meet some amazing people." He believes that volunteering at FareShare has 'definitely' boosted his chances of moving into full time employment – and credits the role with improving both his mental and physical health.



Fighting loneliness with food at Rhubarb Farm

Gardening social enterprise Rhubarb Farm is a lifeline for people with dementia, mental health conditions, addiction issues and learning disabilities. FareShare Slices catches up with them to find out how food from FareShare East Midlands helps bring people together.

Since it started eight years ago, Rhubarb Farm has supported almost 1,000 people, using gardening and agriculture as a form of therapy to develop their skills, confidence and employability. The project uses surplus food provided by FareShare East Midlands as part of its community café service. The café is particularly valued by older and more socially isolated members of the community, and, for many, the hot nutritious meals it provides is the highlight of their week.

Rhubarb Farm Horticulturalist, Emmy Aubignac, explains that many of the project's volunteers are affected



“People suffering from loneliness don’t naturally talk – but the magic of food is that it brings people together and makes conversation easier.”

by loneliness: “Many of our volunteers, especially those with mental health and substance misuse issues, eat very poorly at home and don’t come with any food.

“Older people, particularly men who have lost their wives, often can’t face cooking – or don’t know how – and will just eat sandwiches or biscuits. They often say ‘it doesn’t seem worth it for just me’. “Before they start coming to Rhubarb Farm, volunteers say they lack companionship, feel left out and isolated.

People suffering from loneliness don’t naturally talk – but the magic of food is that it brings people together and makes conversation easier. Over meals, our volunteers are forming friendships that can support them when they’re not on site.”

David's chicken and chickpea curry

David Young regularly cooks a hearty meal for the Belfast team. After a long period of unemployment David said he'd become unproductive and disillusioned, but the opportunity to volunteer at FareShare's Belfast centre in Northern Ireland in October 2017 has made a real difference. "I enjoy volunteering especially using the forklift. The camaraderie is great and I love the chance to cook for my new extended family."

Ingredients (serves 4)

2 onions
1 red chilli
4-5 chicken fillets
2 tins chopped tomatoes
200ml chicken stock
mushrooms to taste
2 tins chickpeas
400g spinach
1 tin coconut milk
350g rice

Herbs and spices

1 tablespoon (tbsp) ginger paste
1 tbsp garlic paste
2 teaspoon (tsp) cumin
2 tsp coriander
1 tsp turmeric
2 tsp garam masala
sugar

Method

1. Slice and fry the onions until soft, then add the chopped chilli, ginger and garlic paste for a further 2-3 mins.
2. Cut the chicken into bite-sized pieces and add to the onions. Cook for 5 mins before adding the cumin, coriander and turmeric.
3. Once the spices release their fragrance (2 mins) add the tinned tomatoes, quartered mushrooms, chicken stock, pinch of sugar and simmer for 10 mins.
4. Finally, add the garam masala, chickpeas, spinach and coconut milk and simmer for a further 15 mins, stirring occasionally.
5. Serve with your choice of rice



Fun and games

Spot the hazards

Spot the difference! Can you find **five** hazards on the left-hand photo?



Answers
Hair not tied up, Wearing jewellery, Not wearing steel toe shoes, Trays on the floor, Poor manual handling.

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

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



Two minutes with... Owen

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

Why do you volunteer at FareShare?

I feel supported and the people are nice. I have a good laugh.

Which living person do you most admire?

My brother, who does things for me like looking for jobs. I also admire my Dad.

Where would you most like to live?

In America, so I could go to the demolition derbies with different vehicles, like combine harvesters and tractors.

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

Fennel or celeriac – and purple carrots – the colour is interesting.