



FareShare Slices

A healthy slice of FareShare volunteer news

Issue 17
Summer 2023

 **FareShare**
fighting hunger,
tackling food waste

Hello!

I can't help but smile during summer. It fills me with happiness and a sense of excitement. I'm not sure if it's the amount of daylight, the feeling of the warm sun on my skin, or seeing people outdoors spending time with their family and friends.

Speaking of friends, we recently celebrated our friends – you and your fellow volunteers – for Volunteers' Week. It was an opportunity for us to pause and thank you for your incredible contribution. As the heart of what we do here at FareShare, the entire team is grateful for your support. For all the excitement shared, see pages 4 and 5.

In this issue, we celebrate our incredible impact. The FareShare Impact Report 2022-2023 has just been released – and the statistics are humbling. 88% of charities report that demand for their services increased in the past year, and 71% of charities are seeing more people accessing support for the first time. Without FareShare, one in four charities we provide food to would need to close their food services. That's over 2,000 charities. Our charities also report positive outcomes for individuals accessing services, sharing that 79% of people they support have more balanced and healthy diets, 93% of people they support can spend the money they saved on food on other essentials, and 95% said that people feel thought of and not forgotten. See pages 6 to 9 for a full summary of the impact report.

I am delighted to share that in October, we will be hosting our FareShare Volunteers' Celebration. Nominations for the National Awards are now open! It's easy to nominate someone. All you just need to do is write why the person you're nominating should win the award. Please ask your Volunteer Manager for more information and the link to nominate.

As always, if you have a story you'd like to share, please send us an email at volunteering@fareshare.org.uk

Enjoy the sunshine.

Elise Taylor
Volunteering Development Manager

Going home for the holidays?
You can still volunteer for one of FareShare's
18 network partners across the UK!
Visit fareshare.org.uk/volunteer



Elise Taylor

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Tesco and FareShare win at the Third Sector Business Charity Awards

In May we were delighted to win the Long-Term Partnership Award for our work with Tesco at the Third Sector Business Charity Awards.

Our partnership began in 2012 to help alleviate poverty in the UK by ensuring surplus food within Tesco's supply chain is used to feed people and doesn't end up as food waste.

Over the years, we have partnered on

campaigns including the Tesco Food Collection, the innovative Buy One to Help a Child scheme and the pop-up shop – The Give Back Express. Tesco and its customers have generously provided food and funding equivalent to 200 million meals for vulnerable people across the UK.

This award is testament to all that we have achieved through this partnership over more than 10 years of working together.

Gardening in Glasgow

FareShare Glasgow's main loading bay has had a stunning transformation. It is now illuminated by a spectacular array of vibrant flowers and an expertly designed garden. The display of summer flowers spills over into the reception area for all visitors to enjoy. Thanks to Adam, FareShare Glasgow's Volunteer of the Year, and his hard work and labour, there is now a beautiful welcome on arrival to FareShare Glasgow.



Left: Adam sitting back and appreciating his handywork!
Right: Mae (warehouse volunteer) and Gordon (Assistant Manager), enjoying the sunshine in the new garden.

Ipswich community café visit

Volunteers at FareShare East of England were given a warm welcome at the Emmaus Café in Ipswich. The volunteers enjoyed a delicious curry made from food provided by FareShare. The café also has a Pre-Loved Emporium and is home to several hubs that offer opportunities to those people experiencing isolation, loneliness and long term unemployment. The volunteers said it was very rewarding to see where the food they had sorted and packed ended up, and how their contribution in the warehouse was helping other people.



Volunteers' Week – A time to say thank you

Volunteers' Week held annually from the 1-7th June, is an opportunity for us to celebrate the time and effort volunteers put in and the difference you make in your local communities.

Our FareShare warehouses hosted a range of activities to recognise the fantastic volunteer work that goes on.

Here's a look at just some of those celebrations...



FareShare Greater Manchester
FareShare Greater Manchester held a BBQ for volunteers in their gardens, and decorated with FareShare themed balloons

"Thank you for always being there, always going the extra mile, and for always being friendly and accommodating."

Rainbow Surprise



FareShare Greater Manchester
Volunteers and staff participating in a FareShare related quiz

"Without the amazing team at FareShare Greater Manchester, we couldn't help our community like we do. Every week we are surprised by the help we receive."

The Dukinfield Pantry



FareShare Thames Valley
Volunteers at FareShare Thames Valley take a group photo before tucking into cakes and tea

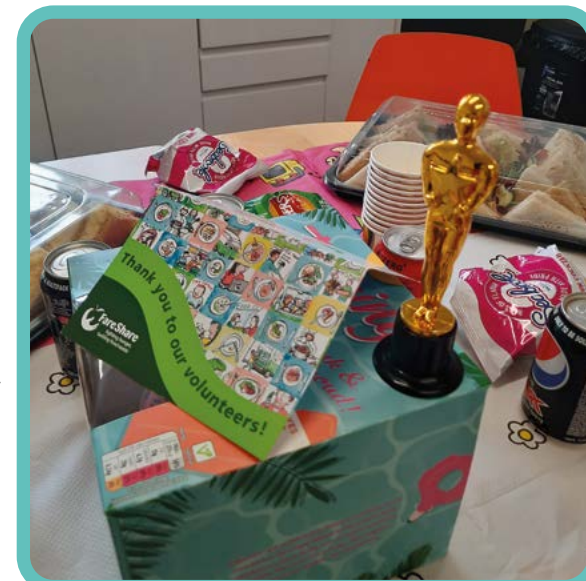


Some other celebrations included a Table Tennis tournament at Central & South East Scotland, Volunteers Awards at The Felix Project, and a buffet of food provided by one of our CFMs at FareShare Cymru.

With warehouses all over the UK serving people from different backgrounds, we rely heavily on volunteers and staff who understand their local communities. Part of the reason our partner charities say they enjoy working with FareShare, is you.



A spread of sandwiches and treats for the volunteers at
FareShare Lancashire & Cumbria



FareShare Lancashire & Cumbria
Thank you cards given to volunteers by FareShare staff



FareShare North East
The Team at North East enjoying a tea break

So if you use a van or a bike to deliver food, sort and pick food packages in the warehouse, get in touch with our member charities from one of our offices, turn surplus food into meals in one of our kitchens, or help us fundraise – your contribution is invaluable, and we are endlessly grateful for your ongoing support, dedication, and commitment to volunteering with us.

FareShare's Impact Survey Report

Making a bigger difference together

For the last four years, FareShare has carried out its annual survey on the charities and community groups we support to find out more about their experiences and challenges they face and how our work is helping strengthen communities and positively impact lives.

In our 2022 - 2023 report, FareShare:

Redistributed
54,000
tonnes of food



that's the
equivalent of
4 meals
every second



with the
support of
5,300+
volunteers



supported nearly
8,500
charities and
community groups



reaching over
1 million
people



Organisations we support include:

35%

Food focused
organisations



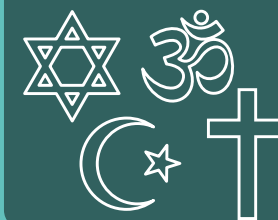
18%

Community
centres



13%

Faith
organisations



7%

Day centres /
drop-in centres



6%

Schools



"Without FareShare we wouldn't be able to get some of the families through the door and chat to them, with the possibility of opening them up to new organisations. We wouldn't be able to identify silent poverty either."

Williamsburgh Early Learning,
Scotland

"For some members, we are their only social contact in a week. We provide space for them to meet others in a socially acceptable way.

This has allowed them to form friendships and has not only improved their ability to afford food, but also their mental health and wellbeing."

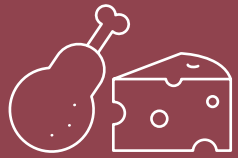
Hala Pantry, Lancashire

The charities we support told us how we have enabled them to:

Increase access to nutritious and affordable food

89%

are able to provide more food



84%

provide more fruit and veg



78%

provide food with better nutritional value



Reach more people and expand their services

1 in 3

were able to start new food services and/or increase their frequency

2 in 3

were able to increase the number of people they reach by an average of 30 per week

1 in 5

were able to start new support services and/ or increase their frequency

80%

say that using surplus food reduces stigma associated with getting help

Build up their capacity by saving time and money they can reinvest into their services

60%

of charities reported cost savings, on average £140 per week



78%

were able to save time that would have been spent sourcing food



1 in 4

would have to close their food services



Thank you to all our volunteers for all the work that you do, often behind the scenes. It is making a real difference in communities across the country. We are grateful to have your continued support and we couldn't do what we do without you.

Fundraising News

Thank you to all our incredible volunteer fundraisers for your amazing efforts over the past couple of months.

Here are some highlights:

In March, some of our fantastic volunteers took part in **FareShare's Miles for Meals** challenge, walking 100 miles to raise money to fight hunger and tackle food waste.

The money raised has helped redistribute the equivalent of 64,000 meals to those in need!

Sodexo has been partnered with FareShare since 2005, delivering £1.5 million of donations over the years.

To celebrate this colossal milestone, 80 staff volunteers from Sodexo undertook 1.5 weeks of volunteering. It was great to see Sodexo employees getting stuck in at our regional centres across the UK.



Throughout the month of June, FareShare organised a 5K a Day Challenge where you could run, jog or walk to complete the distance.

Congratulations and thank you to all our amazing volunteers that took part.



Keep an eye out for upcoming fundraising challenges by following FareShare on social media.

Take a look at our existing fundraising resources and inspiration here: <https://fareshare.org.uk/get-involved/fundraise-for-fareshare/>

Whether you want to run a marathon, or run a sweepstake, FareShare will support you every step of the way.

Got an exciting idea for fundraising?

Get in touch with the FareShare team on **020 7064 8927** or at fundraiser@fareshare.org.uk.

Food News

Our Food Team has had a busy few months. Here are just a few of the things that have been happening.

Ever wondered how food gets to FareShare?

We recently visited our food partner Gousto in their Lincolnshire depot to make a short film showing the journey of surplus food from supplier to the FareShare Midlands regional centres and out to local charities.

Check out our video: <https://www.youtube.com/watch?v=y0dGnc-GGGk>

Co-op and FareShare celebrate 10 years of working together

This year we're celebrating the ten year anniversary of working with our retail food partner Co-op.

Since 2013, 4,200 tonnes of Co-op's surplus food has been given to over 5,000 charities across the UK. This is the equivalent of an amazing 10 million meals! A big thank you to Co-op for their continued support.



Food and Drink Federation

FareShare were the Food and Drink Federation's charity partner for their Industry Dinner on 27 June. A key event for the UK food and drink sector, the evening was a great networking and fundraising opportunity and our new CEO George Wright spoke at the event about FareShare's vital work.



Summer Hunger campaign

Our food team is currently focusing on Summer Hunger. We are asking our food partners to support our campaign with donations of food such as breakfast items, healthy foods for a packed lunch, handheld fruits and nutritious snacks.



Meet FareBear

By Laura Hodson, Food Redistribution Manager,
FareShare Lancashire and Cumbria

Meet FareShare Lancashire and Cumbria Depot Mascot - FareBear.

FareBear - kindly donated by a Lancashire charity, became depot mascot when FareShare Lancashire opened in 2015.

Although FareBear spends most of the time at the FareShare warehouse or sharing a ride on the forklift, FareBear is also out and about on visits to Community Food Members across both the counties.

FareBear is out being part of all the amazing work that's being done in the fight against hunger and food waste and the wonderful work our charities are doing for the local communities.

Since January, FareBear has made trips to many Lancashire and Cumbria towns and villages and has helped to deliver food parcels, cook up meals, put on Easter egg hunts and more.

FareBear is a popular bear for visit requests – especially during seasonal activities and school holiday clubs. FareBear brings lots of joy and creativity as members love to capture what they do with a photograph including FareShare FareBear!

"FareBear is a great addition to the FareShare Lancashire and Cumbria team - we love that FareBear can be a part of everything we do".



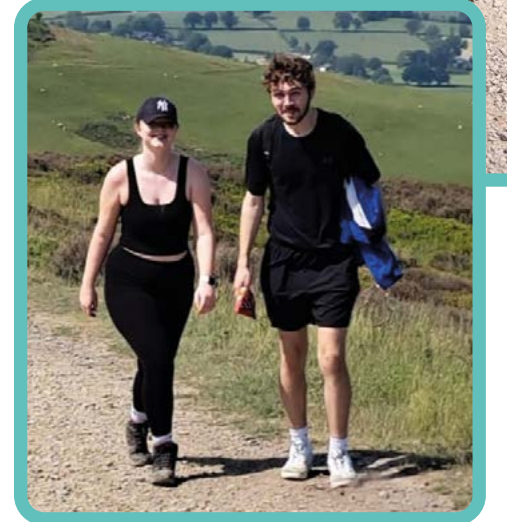
FareShare Merseyside sponsored walk

By Megan Tredant, Volunteer Manager at FareShare Merseyside

Some of our volunteers here at FareShare Merseyside are prostate cancer survivors. Prostate cancer is the most common cancer found in men in the UK – and sadly more than 10,000 men die from it every year.

One of our volunteers asked if we could take part in a sponsored walk at Moel Famau in Wales to help raise awareness and money for our local hospital and supporting charities - the Liverpool Royal Hospital Urology Department, the Robin Weston Fund and the Prostate Cancer UK.

We were very keen to support the cause, and excited to do something together as a team outside of our warehouse. 16 volunteers, six staff and five friends of FareShare came together and donned their hiking boots to participate. And wow - the views from Moel Famau was absolutely stunning. It was well worth hoofing our way up the hill in 30 degree heat!



Our whole team scaled Moel Famau together safely, while raising awareness and money for a very important cause, which is close to the heart of everyone here at FareShare Merseyside.

It was a wonderful day, and I'm delighted to share that together we raised over £1,000!

Pictured top right to bottom left: Jeff, showing everyone our final destination! Nicole and her partner Charlie, and Eve and her partner Lewis hiking up Moel Famau.

Thank you to everyone who participated and donated.

Fuelling education with food

Greenford High School in the London borough of Ealing has around 2,000 students come through its doors every day. With the help of FareShare, via their London delivery partners the Felix Project, school premium lead Jessica Humphries is spearheading a campaign to support children's education with nutrition by keeping them fed and fuelled through the school day.

Hungry minds are unhappy minds

"We've found quite often that some of our students are coming to school hungry, without enough food to keep them going throughout the day," said Jessica. "It's really noticeable how having a lack of sustenance really affects their ability to get through the school day. If they're hungry, they can't learn to their best ability. You can see an irritability arise in lessons, which means they aren't learning, which means they are not going to reach their potential. After all, that's what we want to help our students achieve."

Finding ways to feed students

One solution that Jessica has been developing across the school is helping teachers by providing snacks they can distribute when necessary: "For example, we give our parcels of food to our heads of years and heads of department — boxed goods or individually packaged snacks, mostly. We go for things that have a little bit more of a shelf life to them, then they don't go off on that day.

The head teachers can then have a little collection of food, which they can give to students who come to them if they are hungry or come to them if they're upset."

The Breakfast Club

Another vital part of helping students is getting their day started in the right way, which is why Jessica has helped form the Year Seven Breakfast Club: "We started the Year Seven Breakfast Club because we knew there's a real need for children to have a good start to the day with something to eat. It created a great outlet for us to encourage students into school on time because they'd be able to come in and get something good to eat before starting classes."

Rebuilding good habits after COVID

One thing Jessica has noticed with students is that they've taken time to adjust to being back at school after the COVID-19 lockdowns: "I think because during the lockdowns, structures were a lot more flexible, children did a lot of online learning and could log off for a moment to go and get a snack whenever they pleased. Whereas now they're back in school, there's a set time when they can eat. It's very structured and so teenagers particularly sometimes struggle to regulate food, amounts and energy. This has an impact on their diet. There's been quite a disconnect since the pandemic between students and their sense of community in school, but I think that with

the food we can offer them, it creates an extra level of support that encourages a healthier way to learn and keep fuelled to get through the day."

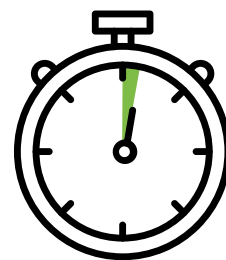
"There's a real need for children to have a good start to the day with something to eat"



One minute with

Chris Dixon

FareShare South West,
Plymouth



Chris wanted to give back to his local community after retiring. He is an avid supporter of his local football team, Plymouth Argyle. Plymouth Argyle Community Trust launched Project 35 to help the 35% of people in Plymouth who were found to be below the poverty line. In October 2022, Chris signed up to this Project and pledged 35 voluntary hours to FareShare South West. 300+ hours later, Chris is one of FareShare South West's most loyal and regular volunteers. Volunteering twice a week, he delivers food across Devon and Cornwall and collects food from different suppliers.

Thanks to Chris' huge contribution, his granddaughter Pearl was chosen to be the team mascot for Plymouth Argyle when they played at Wembley earlier this year!

What do you enjoy most about volunteering at FareShare?

Meeting and banter with the people who I deliver to.

What has been your highlight of volunteering at FareShare?

Having my granddaughter as mascot at Wembley due to the Project 35 scheme.

What is your favourite thing to do in summer?

Go to my caravan in North Cornwall and hit the beach.

What are your three favourite foods?

Pasties, fish & chips and seafood.

What superpower would you choose to have and why?

Flying – get home quicker from Argyle away matches.

What do you consider your greatest achievement and why?

Having three boys and being married for 45 years.

If you had 25 hours a day, how would you use your extra time?

Listen to music.

If you had to play one album forever which one would it be?

Genesis – *Selling England by the Pound*.

What's the best piece of advice you have ever been given?

Never go to bed on an argument.

What's your favourite place you've ever visited?

Theatre of Greens - Plymouth Argyle
Home Park Football.

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

Homer Simpson – I think we would have a lot in common.