



2023 annual report



Before we begin I need to say something important....

Thank you!

Thank you to all those who make foodbank PLUS what it is.

Thank you to our volunteer colleagues who give over 17200 volunteer hours each year serving the community.

Thank you to our donors; for those who give food and household goods to ensure we can provide the very best in our weekly food parcels.

Thank you to our financial donors; for those who give regularly to allow us to run the eleven unique initiatives that make up foodbank PLUS.

Thank you to the local supermarkets who have donation points.

Thank you to the local schools, primarily Meole Brace School and Shrewsbury School, who partner with us to enable young people to work here voluntarily as part of the team.

Thank you to Shrewsbury School for hosting the annual Christmas Fair that has funded the purchase of a foodbank PLUS van to collect donations from around Shrewsbury and deliver parcels to Rea Valley Foodbank.

Thank you to those community groups and churches who allow us to tell the story.

Thank you to those statutory organisations who partner with us to complement the work we do and enable us to complement the work they do.

Thank you to those streets, villages and community groups who regularly donate.

Thank you to everyone who makes foodbank PLUS what it is today.

2023 has been a year of significant impact.

Not only do we continue to support each client as an individual which has an impact at a personal level but also we endeavour to have strategic conversations at a local and national level. Our job as an organisation is not only to serve the immediate unique needs of individual households but also help in the decision making processes for the future. From talking to children in school assemblies, to discussing carpeting with strategic partners at a local level and government policy with civil servants at national level we aim to advocate for our clients where we can, adding their voice to the national picture.

2023



foodbank PLUS CONFERENCE





2023 saw us hold our first conference for all colleagues and we were privileged to welcome Phil Ponsonby, CEO of Midcounties Coop, to be our keynote speaker, building on our excellent relationship with Midcounties Coop.

We also welcomed Rounaq Nayak from Bournemouth University having been involved in a national academic paper with them. We continue to be involved at a local level of telling the true story of situations and circumstances our clients face at a local level. Jamie Crawford, a community advocate, experienced living on a food parcel and shared the impact this had on him.



2023 saw the development of two new initiatives within foodbank PLUS; Breathe and Foundations.

Both support families with children. Breathe supports bereaved children whilst giving the tools to the adults in the child's life to cope with bereavement long term. Foundations works with those parents with young children who need one to one support.





2023 also saw a 40% increase in foodbank usage from the previous year.

The impact of a deficit in donations, to fulfill the increased number of parcels, has meant that we have significantly increased the amount of food we purchase to ensure we still provide a well balanced diet for a full week, including fresh fruit and vegetables for every household.

Our ambition is to continue to be a dynamic organisation that makes a difference to people's lives day in and day out, individually, locally and nationally.

Please do contact me if you would like to look round foodbank PLUS, as an individual or group, to see the impact of the work and your support firsthand.

Karen Williams

Foodbank PLUS Project Lead

OUR TEAM



KAREN

Foodbank PLUS Team
Lead



ANNI

Foodbank PLUS Admin



SARA

Foodbank PLUS Admin

New Colleagues

TEAM LEAD

The team is what makes foodbank PLUS the amazing place it is for all our colleagues, the clients and our wider community. The volunteer base has now grown to over 100 people involved, week in week out offering thousands of unpaid hours throughout the year.

A significant development for foodbank PLUS was the addition of two paid administrators; Anni and Sara, who job share a full time position.

Both have had a significant impact on the organisation already. Bringing their unique skills to the workplace, Anni focuses on working with other organisations, including being a key contact for the Christmas Fair at Shrewsbury School while Sara focuses on the volunteer colleagues, being a key first point of contact for the wider team.



RICHARD

360 Back Garden



JEN

360 Back Garden



360

360 Back Garden

360 Back Garden allows for flourishing in all contexts. Not only do we see people flourish but also the grounds at Barnabas Community Church. This year we had the privilege of partnering with an allotment holder and not only have been able to develop the skills of the people we work with, but also give the increased fruit and veg we've grown to foodbank for their clients.

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360

360 Create

It's such an encouragement to see how people develop and grow over time through simple ways of encouragement. An example of this is K. He is starting to believe that he can create and give to others.

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360

360 Cookery

360 Cookery provides an opportunity for clients to re-engage and enjoy cooking from scratch using fresh ingredients, while developing their skills. The interaction of the clients during the practical session and sharing the meal together gives them the opportunity to develop friendships and join in the conversation with the volunteer colleagues.

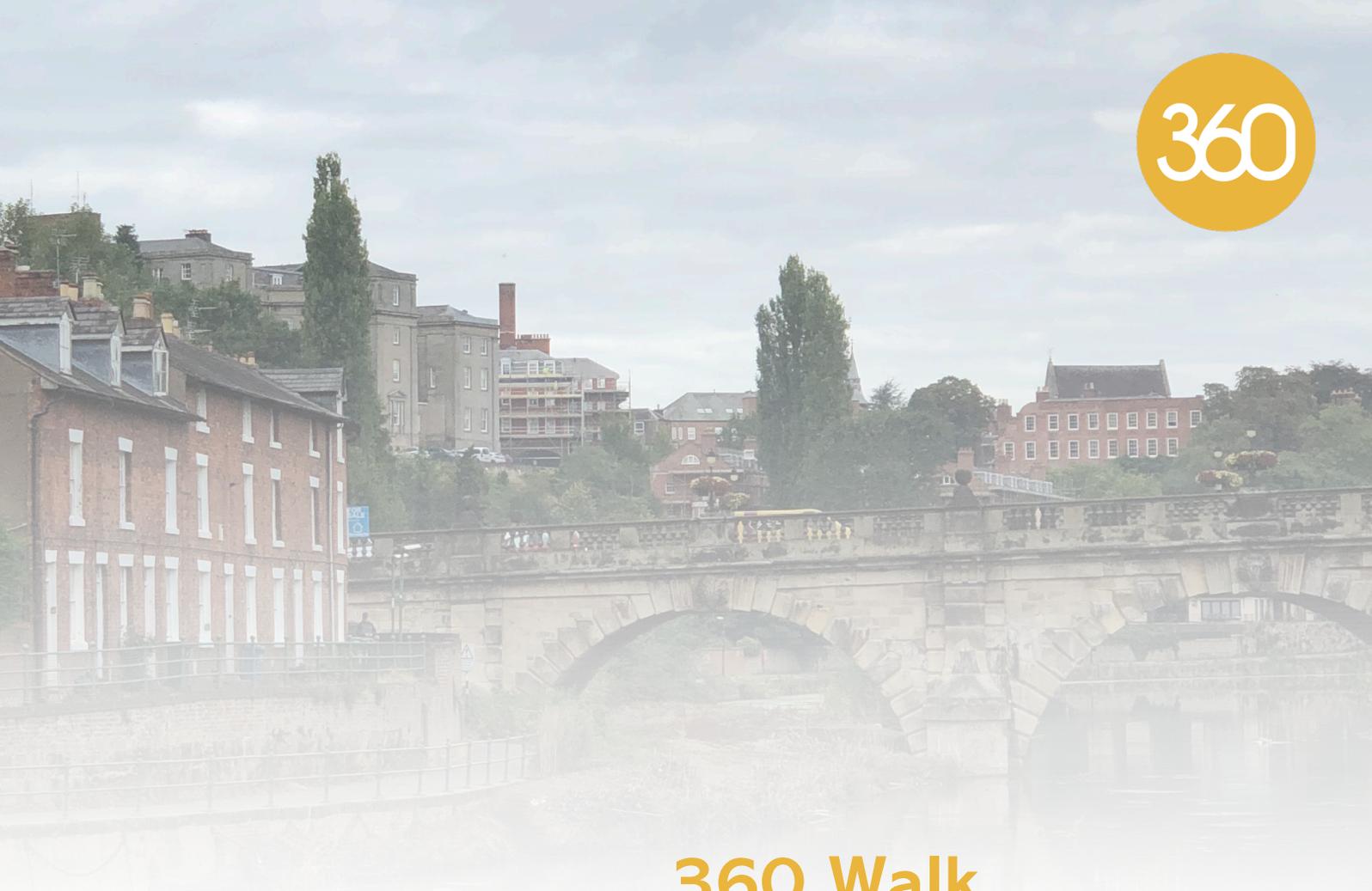
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A circular logo with a dark red background and the number '360' in white, sans-serif font.A background image showing a laptop on a desk with a coffee cup in the foreground. The laptop screen displays a city skyline and the time 11:30. The coffee cup is white with a wooden stirrer and has text printed on it.

360 Drop In

Recognising the difficulties and disadvantage those who are digitally excluded experience, we have developed an eight week course, partnering with Shropshire Council, to help small groups of people develop their digital skills

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360

360 Walk

The biggest impact we have seen on a client is with client B. We have seen him develop in self confidence and the ability to socialise. He now reflects the care that he has received on 360 Walk by showing care for a neighbour.

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360 Talk

360 Talk has developed into visiting some elderly contacts and a younger person with agoraphobia, once a month. This has had a positive impact on them because they see so few people, and they look forward to our visits.

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Acts435

Acts 435 continues to support people with the provision of household items, white goods and necessary purchases. Beyond this we have started advocating for clients with local housing associations to see if we can support with the issue of carpeting and flooring being removed when a tenant moves in.



Barnabas Money Advice

B is a driver who had been suffering from serious abdominal issues for many years. His condition meant he had to take regular and often involuntary rest breaks. When we first met him, his medical treatments were not effective; he was at breaking point, bursting into tears with the stress of his condition and managing his debts.

Over a period of several months Barnabas Money Advice applied successfully for a Personal Independence Payment for him to support him financially and help with his debts. He was so grateful for the help he received.

Breathe

Over the past year the Breathe Team have been focused on researching and formulating a strategy for Breathe family bereavement support.

Breathe has trained a team of seven bereavement support volunteers through a 6 week program covering current bereavement models, childrens' grief and practical activities to use in this context.

Referrals opened in September 2023 and we run a monthly drop in.



FOUNDATIONS

Foundations

Foundations has helped and encouraged a client to provide healthy snacks and meals for their children.

We have also provided sensory toys for a child to stimulate and encourage his development. Foundations goes beyond the weekly interaction with parents by advocating for parents in statutory settings.

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Innovation

The innovation team has been quietly working in the background this year, working behind the scenes to work on our longer term process strategy.

Our main focus this year was the inaugural Foodbank PLUS Conference, and the 2023 Christmas Campaign.



Shrewsbury Foodbank

The work of Shrewsbury Foodbank has grown significantly this year. In the aftermath of COVID and the 'cost of living crisis' the client base has significantly changed to those in work and those who would never have dreamt they would need to use a foodbank. The complexity of people's lives seems to deepen and financial hardship is clearly evident in the whole of their lives.

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Christmas 2022

Christmas is the busiest time of year for foodbank PLUS, but probably one of the most enjoyable too. It's a time where the whole community can come together to celebrate and support those in our community who require our services at that time.

In 2022 we prepared over 550 hampers that contained everything required for a full Christmas meal and gifts for the whole household. It's a chance for people to donate, volunteer, sort, pick and pack, as a one off, as teams, as families or as workplaces.

Despite being a mammoth task and preparations start before the summer months; it's a vital element of what we do to ensure everyone in our community can enjoy this important time of year.

22-23 | statistics

donations received

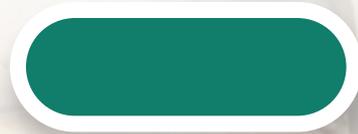
01/09 - 31/08



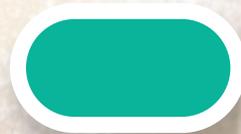
2020-2021
80,504.89 kg



2021-2022
79,032.20 kg



2022-2023
70,016.89 kg



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22-23 | statistics

parcels distributed

(excluding Christmas)

01/09 - 31/08



2020 - 2021

2224 parcels

Average 44 parcels a week[^]



2021 - 2022

3366 parcels

8,406 people*

Average 67 parcels a week

Average 168 people a week



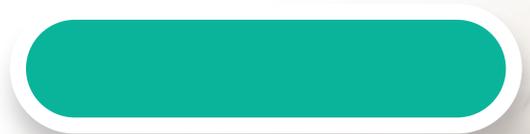
2022 - 2023

4464 parcels

11,596 people*

Average 90 parcels a week[^]

Average 232 people a week[^]



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* This number has some clients who are seen more than once in a year

[^] Based on a 50 week year

22-23 | statistics

Christmas hampers



2020

250 hampers



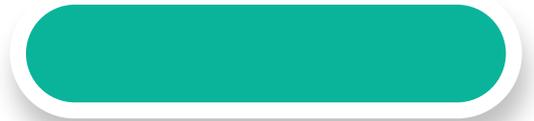
2021

335 hampers



2022

550 hampers



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As part of the foodbank PLUS Conference, we had the pleasure of a performance from our in-house poet Mark Salmon, who performed a poem he'd written especially for the occasion;

Foodbank PLUS Family

by Mark Salmon

*From lowly depths to
Lofty heights the
Shelves are stocked
Over the crates of green
And blue. This moment
From the welcome
To the chat, informally
Formal.. reaching out
Taking a hand
And giving...
From lowly depths
To lofty heights
Lifted out to
The hoped for
Reception and on
To a world we care
For it to end..
.. our time given
To be here
This need to be
A part of this family
Of welcome and giving
A journey back to work
And health. Resilient
Empowering. To grow
Confident. Decisive
And enabled for
A future to be faced*

*In a seed or a block of wood
Comes friendship
And a change
Or a chance
To share a grief
And understand its place
To talk and be heard
And grow
In self esteem and confidence
To manage from debt to budget
Not alone but supported
From lowly depths
To lofty heights
Even in a phone call
To be valued
That individual need
Not carried but met
..a recipe
..a parcel
..a chance*

*From lowly depths
To lofty heights
Each of us
Together
There's so much we can do*

family

listen to the poem

Thank you for being a part of
the foodbank PLUS family

If you'd like to know more about the work of foodbank PLUS, please visit our website:

www.bcp.onl

22-23

