

# Newsletter



Issue No 02 – 28 / 07 / 2023

## Spirit Energy Host a Food Collection

A great group from Spirit Energy recently came to volunteer in the warehouse. They helped sort through food donations, organise crates of food and pack up orders ready to be delivered to our foodbank centres.

After enjoying their time volunteering and seeing the increasing need for the foodbank, Ashley, from Spirit Energy, said they would like to be able to help further. They decided to host their own food collection point in their work place over the course of 3 weeks, and will be donating all the food received to Aberdeen North Foodbank after this period of time.

We would like to extend our gratitude to everyone at Spirit Energy for giving so much of their time and efforts to raise awareness and provide donations to us. Every bit of support is greatly appreciated, as food banks in the Trussell Trust network have seen the highest ever level of need in the last financial year, distributing close to 3 million (2,986,203) emergency food parcels — including



Ashley at Spirit Energy Food Collection Stand

more than a million to children. This is the most parcels the network has ever distributed in a single year.

We rely on donations and the incredible support from our community, like Spirit Energy, to be able to make this happen.

If you are interested in hosting your own food collection point at your workplace, school, university or on your street with your neighbours, do get in touch; we would love to help you facilitate this!

Most weeks we are having to purchase food with money donations as we are low on many items, so we greatly appreciate any donations you are able to give, whether it is a one-off donation or on a regular basis. Please follow our social media pages or head to our website to find out more about what food to donate. Thank you!

**“ The foodbank was there when we really needed it, it was an absolute lifeline. ”**



Derek Lutton, known as Scottish DJ/producer Luttz, recently released his new track 'Tilly', of which all proceeds are donated to Aberdeen North Foodbank. He takes inspiration from his council roots and travelling; producing unique dance music. To check out Tilly, head to Luttz' Instagram page: @djluttz

“Join me in this project to help raise a few quid to a great cause. With more and more people having to rely on foodbanks daily across the UK any little donation will greatly be received. I've recently made my debut dance track called 'Tilly' which is available to buy on Beatport and Apple Music and all proceeds from the track goes to the Aberdeen North Foodbank”

## Volunteer Highlight

“Volunteering at the foodbank contains an element of melancholy when hearing about individual or family circumstances, but incredibly rewarding to support families struggling for the basics. Recent austerity combined with welfare cuts, benefits delays and low-paid jobs has skyrocketed the dependence on food banks. Therefore, it is critical to uphold the ability to provide emergency food for those in crises. Additionally, offering a listening ear can reassure individuals and provide an opportunity to refer them for specialist advice. The experience of a mother looking alienated at the sight of a toothbrush, or when I discovered a young gentleman who despite a lack of sound literacy skills, tried his hardest to write down the information we needed to prepare a food parcel for him profoundly taught me how our actions are driven by how far we are prepared to face uncomfortable territories, not solely by empathy and compassion. Witnessing some individuals coming into the foodbank very shy and not keen to interact speaks volume that it isn't their fault they are stuck in this situation. The sheer inability to provide adequate support should be a compelling reason to give back to those less fortunate than ourselves.”

- Tara, Foodbank Centre Volunteer

## Kevin's Story

“Since getting COVID-19, I haven't been able to work because it impacted my health and mobility.

I receive universal credit, but it doesn't stretch to cover my bills and other essentials.

I was referred to a foodbank, a last resort for me, but they've been a big help. They even provided clothes and internet access.

I feel so isolated since being ill, as I haven't been able to see my daughter easily, but the foodbank helps me feel less alone.”

Across the UK, 1 in 7 people like Kevin face hunger, and around 90% of low-income households receiving Universal Credit are going without at least one essential like food, a warm home or toiletries.

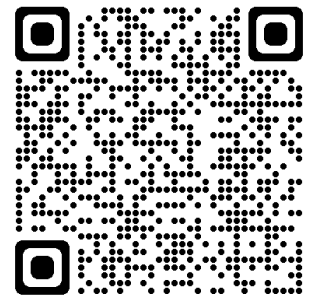
This is why the Trussell Trust are fighting for a better future where everyone can afford the essentials; we need an **Essentials Guarantee**.

The basic rate of Universal Credit should at least cover the cost of essentials like food, household bills and travel costs, but it is not currently set according to any objective assessment of what people need.

Right now, this is only £85 a week for a single adult. That means there's a significant shortfall between people's living costs and their income, which is forcing many to skip meals, switch off essential appliances such as fridges, and unable to pay essential bills.

The Trussell Trust are working with the Joseph Rowntree Foundation to call for an Essentials Guarantee within Universal Credit, which means the basic rate at least covers life's essentials and that support can never be pulled below that level.

If you want to find out more about this campaign and get involved, head to [trusselltrust.org/essentials](https://trusselltrust.org/essentials) or follow the QR code below.



There are over 28,000 volunteers across the Trussell Trust network. Without these amazing volunteers, food banks in the Trussell Trust network simply wouldn't exist – and the hundreds of thousands of people in crisis they help each year wouldn't receive the support they need. At Aberdeen North Foodbank, we have teams that volunteer in the warehouse, in our 4 different foodbank centres, driving the van for deliveries and collections, and in the office doing administration. We are so grateful for each of them and the time they give to their local community. If you are interested in volunteering with us, please get in touch via our email!

We want to see a future where food banks aren't needed  
and we know that together, we can make that happen.



Aberdeen North Foodbank



@NorthABFoodbank



AberdeenNorthFoodbank

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