

Annual Report

1st November 2016 - 31st October 2017





ANNE DYER, CHAIR'S REMARKS

The Foodbank has seen a significant increase in referrals through the past year, but has maintained consistent support for those experiencing food crisis and insecurity in East Lothian. This is our core activity, and the increase in demand has been met through the hard work of Foodbank staff and volunteers, resourced by generous donations of food items and funds from our supporters.

The Trustees have continued to work to ensure that the Foodbank operates with sufficient financial resources to cover at least one year of operations. This has been achieved in a more competitive funding climate, with applications often seeking a "Foodbank Plus" model of operation. We have thought hard about how best to add value to the Foodbank. Increasing the quality and variety of the food is a start, and we look to extend our activities through partnerships where the Foodbank can supply food or support to others involved in healthy eating projects. Partnership working is essential to our good operations, and we are also grateful for the relationships we have with key referral agencies.

The Foodbank has adapted to the changed pattern of Tesco shopping days, and secured a supply of fresh food to supplement the parcels. Ensuring the best possible quality of food for our clients is a priority for Trustees and staff.

In this year of increasing demand for food parcels we have looked carefully at the roles of our employees, clarifying the day-to-day management required, as well as resourcing dedicated Foodbank development hours. Staff roles and responsibilities are regularly reviewed by the Trustees.



PETER DICKER, FOODBANK MANAGER

This has been a challenging year for the Foodbank. We changed our organisational structure, which allowed Lucy more hours dedicated to development work, enabling her to produce a newsletter for volunteers and supporters, ensure our website and social media feeds stay current and develop new projects, as well as myriad other things she has to help me with. The Foodbank has been feeling the effect of Universal Credit and its subsequent fall out, especially the six-week waiting period. We have, however, risen to the challenge and in August this year we gave out 223 food parcels, our busiest month ever.

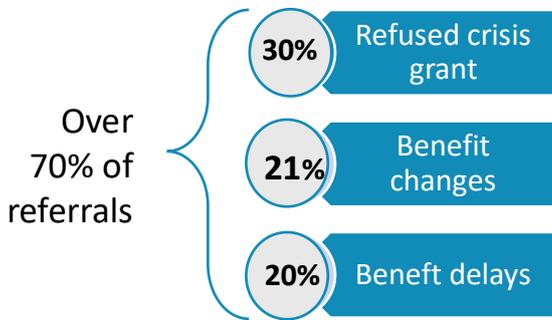
We could not have done this without the continuing support of our volunteers both in the Foodbank and out delivering food parcels across East Lothian. I thank you all for your hard work, loyalty and cheerfulness. Lucy and I could not do this without our fantastic volunteers' help and support.

FOODBANK STATISTICS (YEAR TO END OCTOBER 2017)

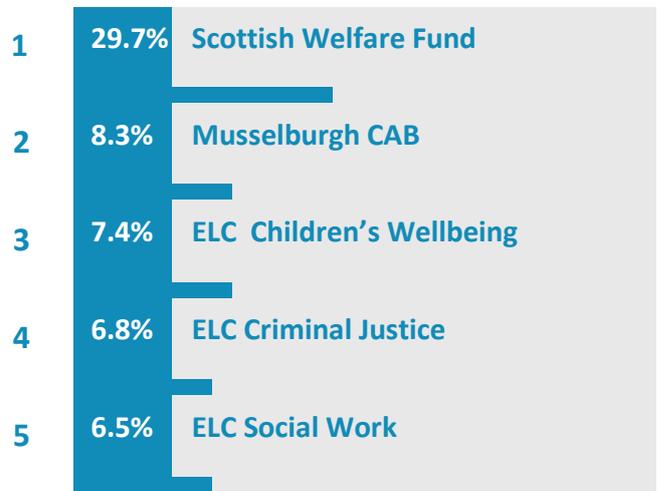
Demand for Food Parcels

Time period	Total no parcels	Average no monthly parcels	Average weekly parcels
12 months ending 31 st Oct 2016	1490	124	29
12 months ending 31 st Oct 2017	2013	168	39
% increase	35%		

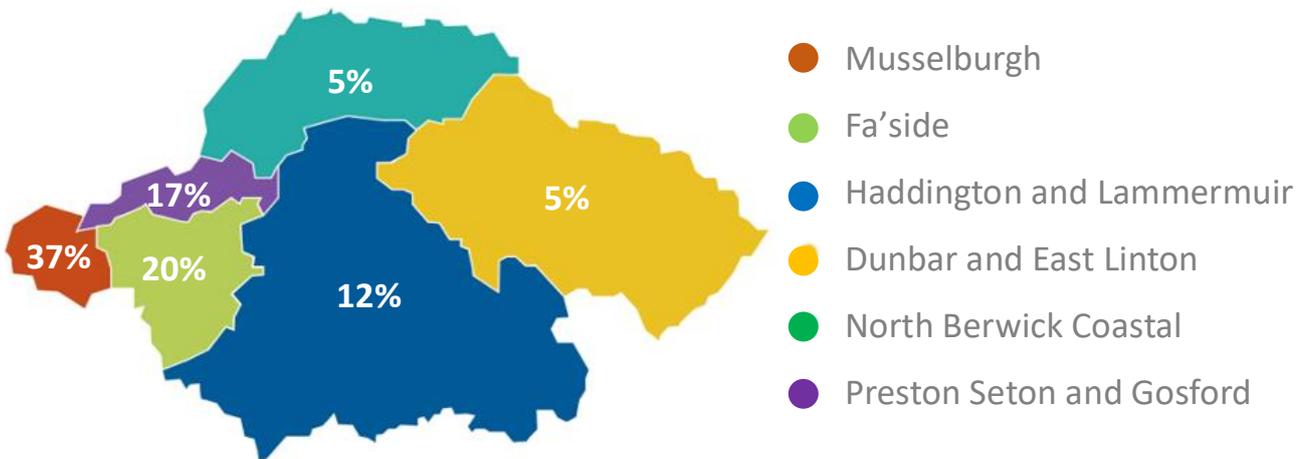
Top 3 Reasons for Referrals



Top 5 Referral Agencies



Food Parcel Referrals by Area Partnership 1st Nov 2016 – 31st October 2017



¾ of parcels given out were to people in Musselburgh, Fa'side and Preston, Seton and Gosford

The Impact of Universal Credit

Introduced in March 2016 in East Lothian, there is no doubt that Universal Credit (UC) has increased demand for food parcels. Those who apply for UC face a delay of at least six weeks before receiving their first payment. They can apply to the Scottish Welfare Fund for a Crisis Grant to help tide them over and there has been an increase of at least 30% in those doing so. A Crisis Grant is a one-off payment calculated at 40% of what a person would normally receive from their Job Seekers Allowance. Only three crisis grants can be awarded in a 12-month period. If a client does not qualify for a crisis grant, the Scottish Welfare Fund has no way of helping that person, other than offering a referral to the Foodbank.

Pinch Points

August 2017 was our busiest month ever. The 226 food parcels distributed represented a 49% increase compared with August 2016.

On Thursday, 16th August, the day after the school term started, the Foodbank received 16 parcel requests, at least 10 of which were due to a crisis as a result of expenditure on back-to-school uniforms and supplies.

January 2017 was another pinch point, with 186 food parcels required (an increase of 66% compared with January 2016).

FOODRAISING

Food donations since 1st November 2016



We are very lucky: the Foodbank has never needed to purchase food in order to fulfil referrals. Food donated in the last year covered all food which was given out, although it was close!

Food supplies are closely monitored and fundraising is the most vital activity we carry out.

Foodraising at Tesco

Tesco foodraising has traditionally accounted for over half of our total food donations. However, this source was threatened in November 2016, when Tesco reduced their support for Trussell Trust collections. The new deal was a concern as it halved the number of days Tesco pledged to promote Trussell Trust Foodbank collections, to just three per year, with additional collection days needing to be booked on an *ad hoc* basis. Tesco also reduced their cash top-up payment to foodbanks, from 30% to 20% of the value of food collected, while Trussell Trust announced an increase in their admin fee for this promotion. The Foodbank faced a potential loss of 6,000kgs in donations under this new regime, which would have been devastating.

Fortunately, Peter successfully applied for two *ad hoc* collection days at East Lothian Tesco stores, both of which qualified for the top-up payment. Thanks to the hard work of staff and volunteers (and generous shoppers), over 7,000kgs of food was donated over these two days. Permanent donation stations have now been organised at Musselburgh and North Berwick Tesco stores, which provide a welcome and steady stream of essential items. The Tesco Community teams are enormously supportive of the foodbank and we thank them.

Foodraising at Co-op

In June we partnered with eight local Co-op stores to host a Foodbank donation trolley in their stores. Again customers came up trumps with the collections totalling almost 300kgs of extra stock.

Harvest Heroes

Churches and local groups are always our *Harvest Heroes*, and particularly this year, after our 5-a-day social media and email campaign that resulted in 31 community groups donating over 2,900kg of food for our Harvest Heroes appeal. That's the same weight as an African elephant, incidentally. Thank you, everyone.

Food raising by social media

Our “emergency appeals” via Facebook have also been effective this year: thank you to everyone who has reacted so quickly to restore our rapidly emptying shelves. Our online shopping list and “urgently needed items” image on our website also keep everyone updated with what our current needs are.

INITIATIVES

Get Fresh Bonus Bags

At the start of this year we were very excited to be the recipients of a BeGreen Dunbar grant of £8000 which allowed us to supply *Get Fresh* Bonus Bags to our clients. Since 1st May approximately 20 clients a week, with the focus on families, have received perishable daily essentials which most people take for granted but the Foodbank has been unable to offer. Fresh milk, butter, cheese and bread are supplemented with a bag of apples and a selection of seasonal vegetables provided by our partners at Roots & Fruits in Prestonpans.



Thanks to our volunteers for making space in their cars and helping to pack and deliver our *Get Fresh* Bonus Bags.

Each bag costs approximately £8.10 and this initiative should continue until March 2018. They have been so well received that we are keen to sustain this project, which is so vital for healthy eating. We are exploring potential funding sources at present.

Telephone research carried out with clients who have received the *Get Fresh* Bonus Bags asked what people would have liked **more** of in their food parcel. The top three items requested were:

- More milk
- More fresh food
- More baked beans

Starter Packs

In April 2017 we received £1,449 from the Co-op Local Community Fund. This sum will provide starter packs for clients who are moving into new accommodation and starting, literally, from scratch. Each pack contains store cupboard cooking essentials, plus toiletries, cleaning products and even a notebook and pen. East Lothian Council Criminal Justice and Homeless Teams provided advice on what to include. We expect to give out approximately 8 starter packs per month, meaning that this initiative should be funded until summer 2018.

Red Box Project

Period poverty has been in the news this year and the Foodbank has now committed to providing sanitary protection to households which need it, when we can, as part of our food parcels.

The Red Box Project, which started in Portsmouth, is an extension of this idea, and aims to support girls in education with a supply of sanitary products. Area Partnership funding is currently being sought to support the Foodbank in establishing Red Boxes in those county High Schools with a need. Each box will be supplied with sanitary protection and pants. We will work with teachers and parent/pupil councils to ensure the sustainability of this initiative over the longer term.

Cooking Competition with East Lothian Girlguiding

This year we arranged a cooking competition between Girlguiding units in the county, to produce tasty, nutritious and appetising recipes using the basic ingredients of a food parcel. The final, a MasterChef style “cook off” competition took place at the end of March and was kindly hosted by Preston Lodge Home Economics department.



The proud winners were 1st Aberlady guides, with their vegetable stir-fry and easy apple crumble. 9th Musselburgh Guides were second with their leek and potato soup and ham and pesto pasta. Third place went to 1st Belhaven Guides for their tomato and pepper pasta and biscuit crunch.

MSP Iain Gray, one of our judges, said “This is a really good coming together of two very important institutions in the East Lothian Community – Girlguiding and our now established Foodbank. The units had a good time and came up with fantastic dishes and have a more in-depth understanding of the foodbank and what it does.”

We thank Musselburgh and Dunbar Rotary groups, which sponsored prizes for the contestants.

ENABLING OTHERS TO OFFER HELP

When we hear of other local groups who need basic ingredients, we are keen to help. For instance, this year we have supported the Sanderson’s Wynd and Prestonpans holiday lunch clubs for primary school pupils. The summer lunch clubs run by the Preston/Seton and Gosford Support from the Start group ran for 3 days a week for 5 weeks over the summer holidays and provided 480 lunches and snacks, 200 breakfasts. In addition to food we also support groups by supplying toiletries and sanitary products when we can.

The Lighthouse is a Church-led community hub in Prestonpans which has operated as a Foodbank “satellite” since April this year. Clients collecting a food parcel are offered conversation, tea and, often, a bacon roll as part of the Soul Cafe there.

The Kindness Co-operative in North Berwick also enables us to reach those in North Berwick who may need help when the foodbank is closed. The team there have a stock of parcels that they can give out when needed.

STAFF AND VOLUNTEERS

The Foodbank Staff Team

Peter Dicker and Lucy Daniels have had a challenging year coping with the increasing demand for food parcels and progressing new initiatives. They make a great team. In April, Lucy's role became a combination of Project Co-ordinator and Development Manager. This has enabled her to dedicate time to the Foodbank's website and social media, set up Mailchimp newsletters, promote specific events and apply for funding for the Red Box and Jingle Bags projects.

View From a Volunteer – Rachel Wallace

“I have been volunteering for the Foodbank for almost 2 years and this year I joined the Management Committee meetings. This role has certainly completed a picture in my mind of the whole Foodbank set-up here in Tranent. I have been humbled by the huge amount of work done by Peter, Lucy, Liz and Abigail; there is a lot going on in the background that we volunteers have no idea about. I have heard about referral organisations and benefits, grant applications and funding, promotion schemes and data analysis. I’m impressed by their imaginative ideas on specific projects like the Get Fresh Bags and the Red box scheme. There is no way this Foodbank is going to sit back and let local people go hungry.

In between the monthly meetings I do enjoy my mornings making up parcels, sorting food, and organising it on the shelves, also the occasional session sorting carrier bags! We get all the fun jobs?! But there is a sense of comradery in the team, all of us trying to make better the life of those in need. It’s scary how the stock seems to vanish but, similarly, it’s amazing how, thanks to the generosity of the public, the shelves fill up again just in time.”

FINANCES

Summary of Finances 1st November 2016 to 31st October 2017

	2014-2015	2015-2016	2016-2017
Funds Brought Forward	£14,296	£37,736	£47,597
Total Income	£59,489	£49,931	£42,692
Total Expenditure	£36,049	£40,010	£41,195
Funds Carried Forward	£37,736	£47,597	£49,079

Our current funds of £49,079 make for very healthy reading. These funds held at the 1st of November 2017 represent in excess of 14 months' expenditure and we sincerely thank everyone who contributed the incredible sum of £14,840 in donations. However, that generosity alone is insufficient to cover our overall expenditure.

The Trustees have worked hard to secure grants from other sources and we are grateful to Community Windpower, The Local Co-op Community Fund and East Lothian Council for their financial support. In addition, we acknowledge receipt of the balance from The Robertson Trust's contribution made last financial year.

Overall, income this year was reduced by around 17% compared to the 2015-2016 figures. However, the fourth instalment of East Lothian Council's grant, amounting to £3,750, and gift aid rebate will mitigate that decrease to around 6%.

Income from Tesco shows a reduction this year, due to the new Trussell Trust deal whereby Tesco has reduced its financial top-up of Foodbank collections from 30% to 20%.

Expenditure has increased slightly, principally due to an additional three hours of employment being allocated to the new staff position of Development Manager, together with the implementation of an Employer/Employee pension scheme.

FUTURE FUNDING AND STRATEGY

During this financial year, the Foodbank has received one source of external funding, a welcome £15,000 contribution from East Lothian Council.

The funding environment has shifted; support for providers of emergency food aid is now discouraged, while support for charities which are perceived to enable people to avoid Foodbanks is encouraged. Although it is important for us to identify new funding sources, we are critically aware that our core service must not be jeopardised – namely, the day-to-day provision of emergency food supplies.

The trustees and staff have spent significant time and effort this year exploring ideas for the future. As we start the new financial year, Community Larders and a “Food Friendly” membership scheme for local groups are two such ideas.

STRUCTURE AND GOVERNANCE

Board of Trustees

- Anne Dyer (Chair)
- Liz Kilpatrick (Secretary)
- James Raitt (Treasurer)
- Abigail Morrison
- Bill Watson
- David Raw
- Joan Ramsay

There have been no changes during this financial year

Our employees:

- Peter Dicker, Foodbank Manager
- Lucy Daniels, Development Manager and Project Co-ordinator

Our Objectives

The purpose of East Lothian Foodbank is: the prevention or relief of poverty in East Lothian by providing emergency food supplies to individuals in need and/or charities or other organisations working to prevent or relieve poverty; to provide services to people who have need of them by reason of their age, ill-health, disability, financial hardship or other disadvantage.

Our Structure, Governance and Management

East Lothian Foodbank is a Scottish Incorporated Charitable Organisation (SCIO), registered on 30th October 2012. The charity is run in accordance with our constitution. Our trustees are a mixture of those appointed on establishment of the charity and trustees appointed subsequently. Appointment and removal of trustees is in accordance with the constitution, which allows the trustee board to appoint new trustees between AGMs (and accept the resignation of others) and for trustees to be appointed by members at an AGM. Our Members are our volunteers plus anyone else who applies to be a member.

We are affiliated to the UK wide charity The Trussell Trust and have successfully carried out their Quality Assurance Review this year.

Our Values:-

We exist to serve our clients:

- acting with integrity and discretion in everything we do
- showing generosity without judgement
- responding promptly to need

This Annual Report was approved by the trustees on Tuesday 14th November 2017 and signed on their behalf by: Anne Dyer

A handwritten signature in cursive script that reads "Anne Dyer". The ink is dark and the signature is written in a fluid, connected style.

