

Newsletter



Issue 02 - 09/2025

Harvest Appeal

This Harvest we're asking you to help support local people in crisis by collecting tinned and dried food for Bedford Foodbank. We are asking everyone to rally round to give items such as breakfast cereals, pasta sauces, tinned veg, tinned tomatoes, tinned meat, rice and sponge pudding, UHT milk, fruit juice and tinned custard.

Please join us by giving food so that local people in crisis don't face hunger. We really appreciate your support so we can make the greatest possible difference to people experiencing hardship in Bedford.



An example of how the partnership between Bedford Foodbank and CAB can make a positive difference to people's lives...

A gentleman approached Citizens Advice at the foodbank hub, requesting a voucher. He explained that his household were in rent arrears and had various other debts. They had been served an eviction notice for non-payment of rent, and although they had attempted to pay towards their rent arrears, the eviction was still due to go ahead.

Citizens Advice discussed the household income, and the gentleman explained that they received Universal Credit (UC) which included a Standard Allowance, and a housing element which did cover their whole rent. He explained that they had to travel regularly to look after a sick relative and had spent their money on travel costs. Sadly, the relative had now died, and they were now looking for work. However, the rent arrears accrued meant they faced the very real possibility of becoming homeless. A foodbank voucher was issued, and the client was referred to Citizens Advice Homelessness Prevention service.

They were able to contact the clients Housing Association and request a temporary hold on the eviction proceedings. The CAB team then applied for a Discretionary Housing Payment (DHP) from the Council. The DHP was agreed and cleared the clients rent arrears to less than 2 months of rent owed. The CAB team then negotiated an affordable repayment plan with the Housing Association. CAB was also able to help the client manage their other debts, which reduced the amount paid each month. During this time Bedford Foodbank continued to support the household with food parcels.

The CAB was also able to provide links to their budgeting tool, as well as to other schemes such as the community larder which operates in the client's area. Now the clients' finances have stabilized, and they no longer use Bedford Foodbank.

(Personal details have been changed to protect client confidentiality)

Figures

So far in 2025 we have given out 14,091 food parcels

In the last financial year we spent £171,433 on food, toiletries and carrier bags. Over the last 5 years the amount we spend on purchasing has increased by 42%



In FY 2024/2025

52% of households visited us for the first time

23,081 parcels were handed out

11,104 referrals were made to us

It currently costs us £13.70 to make a parcel to feed one person and £39.27 for a parcel to feed a family of six.

We are fortunate to have 143 volunteers who give up their time to help us. In July alone they provided us with 862 hours of volunteering.

Amazingly 42% of our volunteers have now been with us for over 5 years and 15% for more than 10 years.

It is a privilege to have such caring, dedicated, compassionate and flexible volunteers.

The scale of hunger in the UK

These are some of the findings from the second part of Trussell's research project looking into the scale, nature and driver's of hunger in the UK.



14.1 million people in the UK were food insecure in 2024, including 3.8 million children – with children aged 5 and under hit the hardest. This represents 16% of UK households.



One in six (16%) households across the UK experienced food insecurity. This was an increase of 2 percentage points on the same period in 2022 (14%).

This is more than the combined populations of London, Manchester and Glasgow.



6.5 million people had used at least one type of charitable food provision in the last 12 months. This equates to one in 14 (7%) households.

Despite inflation easing since 2022, there was no reduction in the level of need for charitable food provision.



The majority of people going without food aren't turning to charitable food provision.

Six in 10 (61%) households who were food insecure had not used any form of charitable food provision in the previous year, similar to 2022.

Christmas

This year we will again be running our Reverse Advent Calendar Appeal launching it at the end of September

If you would like to donate financially to Bedford foodbank. Please see our website

<https://bedford.foodbank.org.uk/give-help/> or



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

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 Bedford
Foodbank
Together with Trussell