



# In the Spotlight

## Giving

You may recognise the expression 'it is better to give than receive', however did you know that this is backed up by research?

People who are kind and compassionate see clear benefits to their wellbeing. Kindness can help reduce stress and improve our emotional wellbeing. We all have so much going on in our lives – including strains and stresses – not to mention the current coronavirus pandemic. This can see giving pushed to one side. It can be easy to signal kindness by posting online and following a trend, but harder to make an individual commitment to generosity in actions. If we take time to be kind and generous to other people, we can not only reap emotional dividends but make a real difference to people, especially those who are vulnerable or struggling. (Mental Health Foundation)

Click on the link below to watch a short clip giving insight into the situation many people have been unexpectedly finding themselves in and actions others have taken:

<https://www.itv.com/news/2020-12-22/covid-110-increase-in-food-bank-use-reveals-plight-of-pandemic-in-run-up-to-christmas>

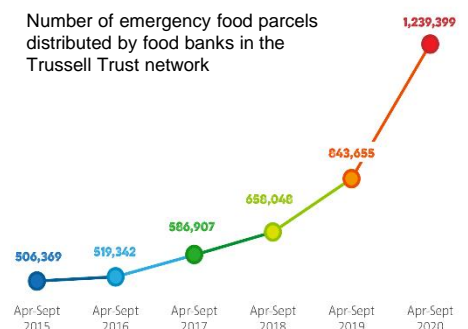
A rise in the use of foodbanks has been widely reported in the media during the corona pandemic.



Food banks are run by groups of volunteers, churches, mosques etc. and charities, and they collect data on their own work. There are just over 2,000 food banks in the UK. 1,200 are run by the Trussell Trust, while 822 are represented by [IFAN](#), the Independent Food Aid Network.

[The Trussell Trust](#) is a national charity providing food parcels to people who meet certain requirements, referred to it by professionals. A report released in September '20, revealed how the coronavirus has affected food bank use, with unprecedented increases in need for emergency food parcels. The trust's records also showed that families with children are being hit the hardest during the crisis.

Number of emergency food parcels distributed by food banks in the Trussell Trust network



- During the start of the pandemic around half of people who used a food bank had never needed one before.
- Over 90% of the food distributed is donated by the public



What is the local picture?

The [One Can Trust](#) has operated a foodbank based in High Wycombe since 2011, serving the town and South Bucks – up to Princes Risborough and out to Beaconsfield.

In the months following lockdown, One Can were supporting around 2000 people per month, including over 1000 children.



- In May, the One Can Trust gave out over **900** food parcels to those in need
- In June, they provided 848 parcels, and supported **1030** adults & 692 children
- In July, One Can distributed 781 parcels, and supported 953 adults & **804** children.
- In August, One Can provided 730 parcels, and supported **864** adults & 703 children.

How was a small local charity able to meet this need?

As the Covid-19 pandemic started to impact the community, the One Can '[Street Heroes](#)' campaign was born. Individuals in the community set up a donation box on their front lawn and doorsteps and asked their neighbours for donation of food. 90% of the food One Can supply to their clients is generated through Street Heroes.

What can **YOU** do?



Why not find out more about your local foodbank and how you can support them during this Lockdown? You may even want to set up a One Can 'Street Hero' donation box in your own front garden!

Or if you are happy to drop off food donations, use the links below for your local food bank collection point locations. Here, you will also find lists showing the food items that are most needed right now.



<https://onecantrust.org.uk/donate/donate-food/>



<https://chiltern.foodbank.org.uk/give-help/donate-food/>



<https://aylesbury.foodbank.org.uk/give-help/donate-food/>



<https://slough.foodbank.org.uk/give-help-2/donate-food/>