



Seasons change but it will always be a team effort

It's been a season of change here at Mid Norfolk Foodbank as we saw the charity's founder, project director and chairman Dave Pearson step into retirement at the end of December after 12 years' dedicated service to those in hardship across the district.

Trustees Candy Rogers and Trevor Theobald are now joined on the board by new chairman Graham Edwards and new trustees Tom Stephens and Jean Shaw Smith.

Graham – who has volunteered at Dereham Foodbank for more than 10 years – said: “Dave's contribution to the charity cannot be underestimated. His hard work and commitment have been an inspiration to us all and will drive Mid Norfolk Foodbank into the future. He will be very much missed and continue to be at the heart of all we do.”

As with most charities, volunteers are the lifeblood of Mid Norfolk Foodbank and more than 50 of ours gathered earlier this year for essential training as part of our biennial governance review (*pictured above*).

The impact of our volunteers is impossible to measure – not only do they collectively give more than 8,000 hours a year in volunteering time, they also give their skills, personal experiences and compassion as they stand alongside people in hardship struggling to afford the essentials.



You may have noticed that, as with all the food banks in the Trussell network, we've undergone a brand refresh and have a smart new logo (*above*).

We hope you like the new look, which better represents us not only as providers of emergency food but also our continued working relationship with Trussell as we work together to end the need for foodbanks – and hunger – in the UK.



Dave Pearson (left) receives gifts of thanks from new Chairman Graham Edwards on behalf of everyone at Mid Norfolk Foodbank

It's time to take essential action

The three-day emergency parcels we provide continue to be a life-saver for many households.

The statistics on the right tell a story of significant hardship for many people in our community. So, our focus at this year's Dereham Day had to be about the need to update our social security system so that Universal Credit covers the cost of essentials – we call it the *Guarantee our Essentials* campaign.

From April this year a single adult receives just £92 a week to pay for the essentials. The average cost of these is actually £120 a week which leaves many people no option but to use a food bank. Together with Trussell, we are calling on the UK Government to set Universal Credit according to the price of these essentials – food, utility bills and travel costs.

If an Essentials Guarantee was set, 1.9 million fewer people would be at risk of hunger, including 580,000 children.

To find out more about the Guarantee our Essentials campaign, go to <https://www.trussell.org.uk/support-us/guarantee-our-essentials>.



Left: Swaffham Foodbank co-ordinator John Marshall and Operations Manager Suzanne Bushby thank Waitrose Manager Bryony for hosting another food drive earlier this year. Above: Trussell's Jamie Smith joins Dereham Foodbank co-ordinator Sue Davis (right) and Suzanne at Dereham Day 2025 to raise awareness of the Guarantee our Essentials campaign. And the sun shone for us again!

Please donate food & essential toiletries via our collection points – you can check our website to see what items are needed most right now: <https://midnorfolk.foodbank.org.uk/give-help/>

You can also download the BanktheFood app onto your mobile phone to receive the most up-to-date list of our food needs and drop-off points: <https://www.bankthefood.org/downloadapp/>

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