



...helping local people in need

Who goes to the foodbank?



- Anyone who has an unexpected crisis in life
- It could be you or me
- During the pandemic we saw many people who never expected to need the Foodbank.
- Need a voucher from an agency

The Stats

- Numbers are increasing:
- Between 1/4/2021 and 31/3/2022, we helped 10,249 people
 - That's 3% more than 2020/2021 and 8% more than 2019/2020
- What was “very busy” is becoming “normal”
- Fairbite is helping around 90 families a week

Fairbite™ Food Shop

- Arbury Court opened in Jun 2018
- Hope Church, Chesterton partnership opened in March 2022
- Currently over 90 signed up members – referred by agencies
- Offers longer term support
- Looking to expand to other parts of the city



Changes

- Centres are open, offering tea, coffee, chat and signposting
- Still doing standard, family and top-up boxes
- Offering fresh fruit and vegetables
- The “extras” tables are back, so people can swap items
- St Paul’s have their spices and recipes.
- Fairbite is fully open, so people can choose their food
- Voucher self-referral scheme is still operating

Other Projects

- Fuel Scheme has helped around 900 people since 2020
- Working with Red Hen in Kings Hedges to run cookery classes
- Working with Grow Kids to offer children's clothing packs
- Hosting the Community Connectors
- Hosting Christians Against Poverty to help people maximise their income
- Hosting National Careers Service



www.cambridgecityfoodbank.org.uk

Info:ccfb.org.uk

<https://www.facebook.com/CambridgeCityFoodbank>



Karim Foundation
IMPROVING LIVES

SUPPORTING LOCALS IN FINANCIAL HARDSHIP

Shahida Rahman

Trustee

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Director of Communications



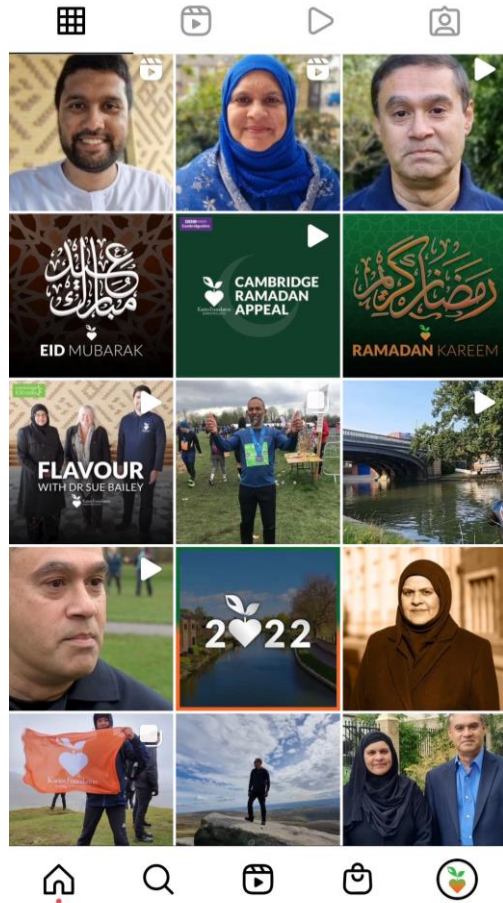
OUR MISSION, OUR VISION

We aim to relieve local poverty by providing:

- Culturally appropriate food
- Help with domestic costs
- Emergency support



SENDING CLEAR MESSAGES



Emma Smith  
@emmaproofreader

Replying to @Karim_Fdn


Super video – I now have a much better understanding of the work undertaken by the [#KarimFoundation](#). All the best with your work in 2022.

12:53 AM · Jan 20, 2022 · Twitter for Android



Tricia Sutton @sutton0206 · 05 Apr
Can you help? Cambridge may not appear an obvious city to require support, but it is one of the most unequal places in the country.

 **Karim Foundation** @K... · 02 Apr


 With household bills rising, struggling families and individuals in #Cambridge will feel the impact of the cost of living crisis.


  1  



James Lewis @JamesCam... · 04 Apr
Can you help? There's so many in need right now

 **Karim Foundation** @K... · 02 Apr

 With household bills rising, struggling families and individuals in #Cambridge will feel the impact of the cost of living crisis.

 1  2  4 

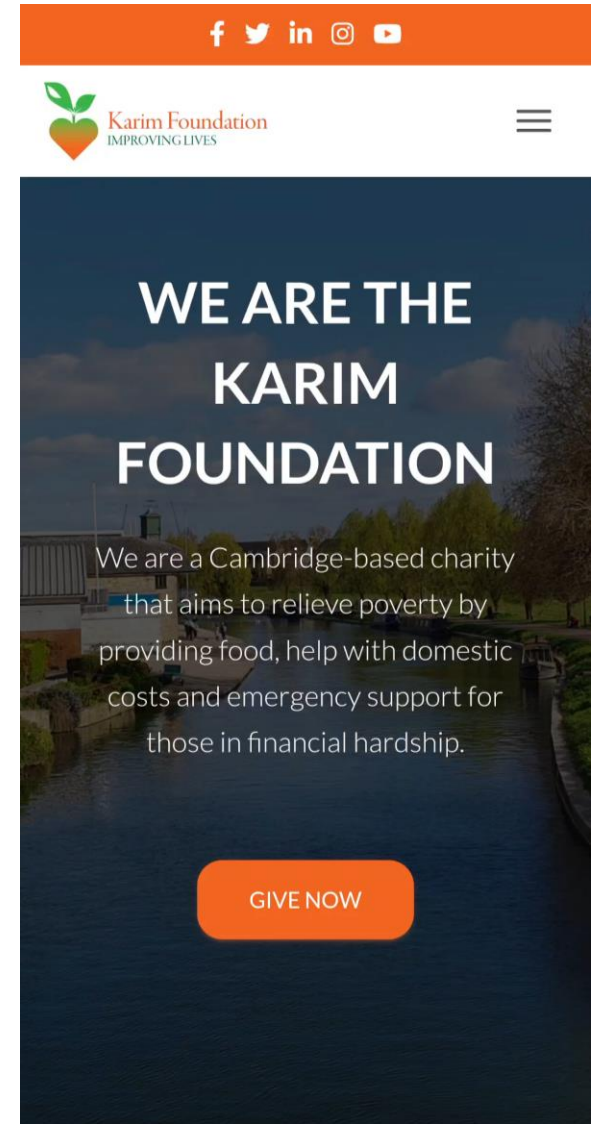


Niamh Sweeney @Niamh... · 04 Apr
I'm supporting the Karim Foundation this [#Ramadan](#)  [#Cambridge](#)

 **Karim Foundation** @K... · 02 Apr

FIND OUT MORE

- Visit karimfoundation.co.uk
- Read our news stories
- Join the mailing list
- Watch our latest videos
- Support us today!



The image shows a screenshot of the Karim Foundation website. At the top, there is an orange navigation bar with social media icons for Facebook, Twitter, LinkedIn, Instagram, and YouTube. Below this is the Karim Foundation logo, which features a stylized green and orange heart with a leaf, and the text "Karim Foundation IMPROVING LIVES". A hamburger menu icon is visible in the top right corner. The main content area has a dark blue background with a blurred image of a canal. The text "WE ARE THE KARIM FOUNDATION" is displayed in large, white, bold letters. Below this, a paragraph of text reads: "We are a Cambridge-based charity that aims to relieve poverty by providing food, help with domestic costs and emergency support for those in financial hardship." At the bottom of the page, there is an orange button with the text "GIVE NOW".



EQUALITY, DIVERSITY AND INCLUSION

FOOD JUSTICE FOR CAMBRIDGE'S MINORITY ETHNIC COMMUNITIES

AN IDENTIFIED

OF MINORITY ETHNIC COMMUNITIES FOR FOOD JUSTICE THAT WAS HIGHLIGHTED AND ESPECIALLY ACUTE BECAUSE OF THE COVID PANDEMIC.

HOW WE MET THAT NEED

- DIRECTLY AND THROUGH PARTNERSHIP WORKING.
- BY HELPING BUILD AWARENESS AND CAPACITY OF THE VOLUNTARY SECTOR.



THE WAY FORWARD

- HOW TO GET 'FOOD JUSTICE' FOR CAMBRIDGE'S MINORITY ETHNIC COMMUNITIES.
- BY ENSURING THEIR NEEDS ARE BUILT INTO STATUTORY AND VOLUNTARY SECTOR PROVISION. WHILST THE ROOT CAUSES OF FOOD AND FUEL INEQUALITY ARE TACKLED.
- EQUALITY, DIVERSITY AND INCLUSION.



Abbey Food Hub

The power of community



Lockdowns saw increased need

Both increased need and increased support available.

Original 6 days, pandemic response

Bring community together

Evolving with input from community



Volunteers



Tackling loneliness
and isolation



Brought structure
to their week



Enabled them to
meet others





New location

- 3 days, differing times
- Traffic light system
- Suggested donation

Future plans

- Social supermarket – hybrid model
- No barrier (i.e. no referral)
- Ultimately self-sustaining



THE RED HEN
PROJECT

