

CHOICE,

- DUE TO HEALTH, GAVE UP WORK, WHICH IS HARDEST THING I'VE HAD TO DO, HAVING TO RELY SO WE AS A FAMILY CAN EAT.
- I LOST £400PM DUE TO MY DAUGHTER GOING TO UNIVERSITY
- BEEN MADE REDUNDANT, DUE TO COVID, STRUGGLING FINANCIALLY
- MY MONEY DOESNT STRETCH FOR MEALS EVERYDAY.
- EVERYONE GOES ABOVE AND BEYOND..
- CLOSE TO ME, WELL STOCKED, FRIENDLY PEOPLE
- TO TOP UP MY USUAL NECESSITIES, INCLUDING TOILETRIES
- ITS NEAR WORK, SO I COME IN MY BREAK.
- I DONT FEEL EMBARRASED, WARM AND FEEL WELCOME
- DOESN'T FEEL LIKE I'M COMING TO A FOOD PROVISION
- NICE TO BE ABLE TO COME AND CHAT WITH OTHER PEOPLE
- DONT HAVE TO BE ON BENEFITS HERE TO ACCESS, ME AND MY HUSBAND BOTH WORK FULLTIME, BUT WE STILL CAN'T AFFORD, WITH TWO KIDS
- I VISIT 3 PLACES A WEEK... YOU GET A BAG.. BUT YOU DONT ALWAYS GET THE STUFF YOU NEED.. I THEN TRY TO GIVE TO OTHERS, YES SOME STILL THEN GETS THROWN AWAY
- I DONT TAKE STUFF I'M NOT GOING TO USE
- ITS £2 TO ACCESS GROCERIES AND £2 FOR A MEAL.. WHICH IS FINE COS A CUP OF TEA WOULD COST YOU £2 SOMEWHERE
- IN ORDER TO ACCESS, YOU HAVE TO PHYSICALLY GET THERE.. TRANSPORT IS EXPENSIVE.. SO LOCATION IS IMPORTANT... I MIGHT SPEND £2 GETTING THERE TO FIND NO FOOD... AND THAT £2 COULD'VE GONE ON FOOD

CHOICE₂

- I TAKE A FEW ITEMS, ONE OF EVERYTHING IS OUR NORM
- WE DON'T HAVE CRITERIA, WE DON'T ASK QUESTIONS... IF THEY HAVE THAT NEED, THAT'S THEIR CHOICE.. WE'RE NOT HERE TO POLICE PEOPLE... WHO HAS THE RIGHT TO DECIDE IF YOU CAN, SHOULD, SHOULDN'T... PEOPLE WOULDN'T DO IT IF THEY DIDN'T NEED TO.. IN OUR EXPERIENCE
- AMBIENT GOODS ON OFFER, MAKE SURE THERE'S VEG BASED / SAUCE BASED SOME SORT OF PROTEIN, BAKED GOODS THAT WE COLLECT.. THEN THERE'S OUR FROZEN OPTION TOO... MILK, CHEESE LESS NOW DUE TO COST..
- ONE LADY, THERE'S NINE IN HER HOUSEHOLD.. FOR THEM ITS BECOME A NECESSITY... ANOTHER THERE'S SEVEN IN HER HOUSEHOLD
- SEVEN MONTHS AGO I HAD AN ACCIDENT, UNABLE TO WORK, NOW WITH ONLY ONE INCOME COMING IN.. FOODBANK HAS BECOME A 'LIFESAVER'
- I GOT MADE REDUNDANT DURING COVID, HAD TO GO ON BENEFITS, MONEY MASSIVELY REDUCED AND JUST COULDN'T AFFORD TO BUY THE NORMAL AMOUNT OF SHOPPING WE USED TO GET
- NOT ONLY A FOODBANK, YOU GET TO KNOW PEOPLE TOO, A LITTLE COMMUNITY WHERE PEOPLE SPEAK TO YOU
- YOUR WHOLE LIFESTYLE CHANGES, THANKS TO COVID, COVID HAS A LOT TO ANSWER FOR, PEOPLE LOST THEIR JOBS, PLACES SHOT DOWN.. STILL ARE
- YA LOAF OF BREAD'S GONE UP.. 45 → 80/90p... WARBURTONS.. I TELL YOU WHAT.. THAT'S A TREAT... USED TO BUY IT ALL THE TIME!
- A LOT OF PEOPLE COMING ARE WORKING.. BUT THEY SIMPLY CANNOT AFFORD ANY MORE TO FEED, CLOTHE, CAT LIKE THEY COULD BEFORE... THEY TELL US!

CHOICE,

- WHEN YOU GET TO KNOW THEM, YOU KNOW WHY THEY HAVE TO COME
- YOU HAVE A CHOICE ON WHAT YOU GET, WE DO HAVE LIMITED RESOURCES. SO PEOPLE TAKE ONE BAG ... WE HAD TO RESTRICT TO ONE AT ONE POINT COS PEOPLE WERE ABUSING, TAKING MORE BAGS
- WE CAN FREEZE SOME OF OUR DONATIONS, BUT LIMITED.
- WE'VE HAD OUR VOUCHERS FOR TRUSSEL TRUST THROUGH THE SCHOOL.. YOU EMAIL THEM, THAT WAY WHICH WORKS ... I THINK YOU CAN ALSO GET THEM VIA CITIZENS ADVICE.. OR YOUR DOCTORS
- SHOULD 'ADVERTISE' THE VOUCHERS.. YOU SHOULDN'T HAVE TO SEARCH AND FIGHT FOR WHAT YOU'RE ENTITLED TO..
- COMING ABOUT 2 YRS NOW... EACH ONE OFFERS A VARIETY OF DIFFERENT THINGS SOMETIMES ITS TINS AT ONE, ANOTHER WILL BE FRESH GOODS, ANOTHER SUPPLYING CLEANING MATERIALS
- MY MUMS HAD TRUSSEL TRUST BEFORE.. 90% OF THE STUFF IS THINGS SHE WOULDN'T GENERALLY EAT.. SO WASN'T MUCH POINT-- SHAME THOUGH
- WORKS GREAT FOR US, AS OUR DIETARY NEEDS ARE DIFFERENT, WE HAVE HALAL MEAT.. THEY HAVE ALTERNATIVES LIKE THE FRESH FRUIT AND VEGETABLES, THAT WORKS FOR US... WE CAN CHOOSE WHAT WE HAVE, WE CAN'T HAVE GRAVY'S, WE CAN'T HAVE MEATS OR GELATINES... OTHER PLACES MIGHT JUST GIVE A BAG.
- I WAS HOMELESS, GOT MY FLAT A YEAR AGO, STRUGGLING WITH FOOD PROVISIONS, I ATTEND TUESDAYS, EVEN SIGNED UP FOR THEIR COOKING CLUB!
- I THINK FOODBANKS SHOULD BE AVAILABLE FOR ANYBODY.. IF PEOPLE ARE HUNGRY.. SHOULDN'T MATTER WHERE THEY'RE COMING FROM...

TT VOUCHERS

- TT.. ON THE ODD OCCASSION YES ... BUT THERE IS A DIFFERENCE BETWEEN BEING ABLE TO PICK FOOD YOU WANT TO EAT AND BEING SHOVED OR GIVEN A BAG OF FOOD YOU KNOW DAMN WELL YOU'RE NOT GOING TO EAT... AND YOU'D PLACE THEM BACK ON THE SHELF IN A SUPERMARKET... SO UNTIL THEY CHANGE THEIR SYSTEM AND LET US PICK THE FOODS WE KNOW WE'RE DEFINATELY GOING TO EAT, INSTEAD OF TAKING STUFF WE KNOW WE DON'T WANT TO EAT.... SO I'M APPREHENSIVE OF ASKING FOR VOUCHERS FOR TRUSSEL TRUST FOR THAT REASON ALONE...
- AT FIRST, THE FIRST ONE OR TWO I PROCESSED/ISSUED.. I FOUND IT QUITE HARD.. PARTLY COS OF THE SITUATION THEY WERE IN;... I DIDN'T KNOW... I'M NOT TRAINED IN THIS.. SO YOU HAVE TO THINK 'HOW WOULD YOU LIKE TO BE TREATED IN THAT SITUATION
- YOU DON'T KNOW HOW MUCH PEOPLE WANT TO TELL YOU EITHER.. TRY AND JUDGE BY A 'HOW ARE YOU'... SOME PEOPLE JUST SHUT DOWN, SOME FEEL GLAD THAT YOU ASKED... AND THEN YOU GET TO THE 'DROPDOWN MENU'... AND OUT OF THESE TEN.. WHICH FITS?....
- PRIMARY REASON, SECONDARY REASON.. THE MORE I GET TO UNDERSTAND WHY, THE MORE I REALISE ITS NOT JUST A PROBLEM WITH INCOME.... ITS INCOME AND HEALTH... SO I'M LESS WORRIED NOW.. AT FIRST I WAS WORRIED ABOUT GETTING IT WRONG..
- I WAS WRITING ONCE, IF POSSIBLE CAN I GET PET FOOD, BUT THEY DIDN'T WANT IT TO FLAG UP THEY WEREN'T LOOKING AFTER THEIR PETS/DOG PROPERLY SO THERE IS THAT WORRY..
- SOON AS YOU PUT INFORMATION INTO A SYSTEM, YOU WORRY WHERE THIS IS GOING.. THERE'S A BOX YOU CAN TICK IF ITS SENSITIVE INFORMATION SUCH AS WOMEN'S REFUGE.. YOU DON'T NECESSARILY WANT THAT BEING SHARED

TS VOUCHERS₂

- I SOMETIMES FIND MYSELF OFFERING THEM AN ANSWER .. SO I WORK BY SHOWING THEM THE SCREEN ... IN LOW INCOME ? ON BENEFITS ? WORKING AND ON BENEFITS ?
- I OCCASIONALLY FEEL UNCOMFORTABLE WITH PEOPLE TELLING ME THEIR HEALTH PROBLEMS .. THAT'S MAYBE MORE ME ... THAT'S, THEIR PROMPTED BY THE DIETARY PROMPT BOX DROPDOWN
- KNOWING STUFF ABOUT PEOPLE I DON'T KNOW .. THAT CONFIDENTIALITY BIT .. I FIND HARD .. I'D RATHER NOT KNOW
- IF SOMEONE COMES TO ME WITH , SAY , AN ISSUE WITH ALCOHOL , THEN I HAVE THAT IN MY BRAIN , I MIGHT SEE THEM REGULARLY .. AND THEN IM WORRIED I MIGHT ACCIDENTALLY REVEAL THAT TO SOMEONE ELSE .. VERY DELICATE BALANCE
- IT'S EMOTIONALLY TIRING , ITS OFTEN WHEN YOU HAVE TO KIND OF 'POLICE THINGS' I GUESS ITS THE SAME WITH YORK FOODBANK VOUCHERS
- DIGITAL BARRIER THAT CANT ACCESS TO LOOK FOR HELP , MAYBE I DON'T HAVE A WORKER 'ATTACHED' TO ME ...
- THERES A BOX .. PLEASE CAN THEY HAVE .. I FEEL LIKE THE FUSSIEST PERSON ALIVE PLEASE ONLY FRESH FOOD .. YES I FEEL LIKE MORE INFORMATION I CAN GIVE THEY CAN BE HELPED IF POSSIBLE, ... BUT I DON'T KNOW THE RESULTS COS PEOPLE DONT COME BACK .. OR TEND TO .. SO I DON'T KNOW IF THEY GOT ANY OF THE THINGS THEY ASKED FOR ... OR .. IF THEY JUST GOT 40 TINS , YOU KNOW ?
- SEND AN EMAIL , CHOOSE SUPERMARKET , UP TO 3 TIMES .. GIVEN VOUCHER CODE .. I DO THAT ALL ONLINE , I DON'T HAVE TRANSPORT , ... I SEE IT COULD BE UNDIGNIFIED AT THE TILL ... BUT ONLINE I SPEND LESS THAN POSSIBLE TEMPTATION INSTORE

DIGNITY,

- I DON'T FEEL ASHAMED AS ITS PURPOSE IS TO HELP PEOPLE STRUGGLING LIKE MYSELF
- USED TO FEEL EMBARRASSED, BUT I DON'T NOW AS I VOLUNTEER AND HELP OUT WHICH HELPS ME!
- I USED TO BE SHY AND EMBARRASSED GOING... TO HAVE MADE FRIENDS THAT I SEE AND THAT HAS HELPED ME
- BEEN TO SOME WHERE ITS NOT FRIENDLY, HERE IT IS
- I FEEL BETTER BY PROVIDING FOR MY CHILDREN
- PEOPLE RUNNING ANYWHERE HAVE TO BE NICE, AND TREAT WITH RESPECT... AS ITS HARD TO COME ALONG
- STIGMA, LABELLED... THAT WAS ME TO START WITH
- SOME PEOPLE ACCESS IN DIFFERENT AREAS.. COS THEY DONT WANT TO BE SEEN IN THEIR AREA ATTENDING
- ANGRY TO BE IN THIS POSITION
- PRETTY RUBBISH... I DO WORK IN A PRIMARY SCHOOL KITCHEN.. BUT PAY IS POOR!
- COMING ALLOWS ME TO SAY TO OTHERS.. HAVE YOU HEARD ABOUT THIS, THAT... AND RESPONSE IS OFTEN... NO I DIDN'T BUT NOW I DO!
- ANGRY, THAT ALTHOUGH I'M WORKING AND BUDGET WELL, COSTS INCREASES IMPACT AND RESTRICT MY ABILITY TO BUY, PAY, RENT BILLS AND BUY SUFFICIENT FOOD
- ANGRY, NOT WITH THE PLACE.. BUT THAT MY WAGES DONT COVER THE COST OF LIVING INCREASE AND FEEL THAT THE 'GOVERNMENT' DOESN'T HAVE A CLUE HOW SERIOUS THE SITUATION REALLY IS..

DIGNITY

- EXTREMELY INFORMAL, EXTREMELY FRIENDLY, NO ASSESSMENTS TAKING PLACE.. OR REQUIREMENT AT ANY STAGE ... I DIDN'T PICK UP ANY STIGMA WITH FOODBANKS ... PEOPLE COMING IN BY THEIR OWN ADMISSION COULD AFFORD TO GO TO M+S, BUT THOUGHT THEY WERE HELPING IN REDUCING WASTE.. AS A POSE TO ... PURELY PEOPLE IN NEED
- PERSONALLY I DONT HAVE A PROBLEM.. I HAVE A NEED.. I TRY TO FULFILL THAT NEED.. BUT FOR SOME THERES 'SOCIAL STIGMA' INVOLVED ...
- IF YOU'RE REACHING OUT, AND YOU'RE IN NEED OF HELP... THEN EVEN IF THEY CANT DO IT THEMSELVES.. INTRODUCING WHO CAN IS INVALUABLE
- AT xxx THEY ASKED FOR NAME, ADDRESS, TELEPHONE NUMBER... I DIDN'T MIND GIVING IT.. BUT SOME MIGHT FEEL... THEY ALSO ACTUALLY ASKED FOR AN EMAIL ADDRESS
- PEOPLE DONATE HERE TOO.. IN A JAR £1 DONATION HELPS..
- I COME BECAUSE OF THE LOCALITY, EASY TO GET TO, CAN ABOVE, BUT NOT IN PUBLIC VIEW -- JUST SEEM HAVING A CHAT REALLY... PICK UP A BAG.... YET THERES STILL A LOT OF PUBLIC STIGMA
- THEY ALWAYS GO ABOVE AND BEYOND, NOT JUST ABOUT FOOD.. THEY LOOK OUT FOR PEOPLE ... WE ARE STRUGGLING
- WE RELY ON THE xxx ... WE LOOK FORWARD TO COMING
- WE SEE SO MANY PEOPLE WORKING THEIR SOCKS OFF YET STILL CANT MANAGE
- ITS A GOOD COMMUNITY VIBE, ALL LOCAL PEOPLE, LOTS OF PEOPLE KNOW EACH OTHER STAFF ARE REALLY GOOD HERE
- WHAT THEY DO HERE IS ABOVE AND BEYOND, THERES NO WAY TO DESCRIBE IT.. ITS SUCH A GOOD PLACE

DIGNITY₃

- JUST BEFORE XMAS, THEY HANDED OUT VOUCHERS FOR THE KIDS, THAT WAS REALLY LOVELY, YOU DON'T GET THAT KINDA THING.. £10 VOUCHER.. THAT FOR MY CHILDREN WAS, AT THIS TIME, A GIFT... YOU KNOW YOU CAN'T GO INTO A SHOP FOR A £20 TOY.. BECAUSE YOU HAVE TO THINK ABOUT OTHER THINGS.. SO FOR THEM TO.....
- ONE LADY GIVES £10 EVERY OTHER WEEK, AS SHE SAYS I GET MUCH MORE THAN £10 WORTH, I'D RATHER GIVE YOU THE £10 COS I'D NEVER GET THAT MUCH FOR £10 AT THE SHOPS
- EVENTUALLY, AFTER WALKING PAST SEVERAL TIMES.. I TOOK SOME COOKIES ON OFFER, COS I COULDN'T AFFORD TO BUY THEM.. AND THEY WERE LOVELY ONES... SO I THOUGHT I'D GO AGAIN TO SEE IF THERE WERE ANY OTHER TREATS, THINGS THAT WE CAN'T AFFORD TO GET ANYMORE.... AND I'VE GONE FROM THERE.....
- I'VE GOT TO KNOW THE PEOPLE THAT RUN IT.. BECOME A VOLUNTEER AND HELP 3/4 TIMES A WEEK... I REALLY ENJOY IT.. MY SON SOMETIMES COMES DOWN TO HELP TOO... I'VE MET A LOT OF GOOD FRIENDS....
- FIRST DAY I CAME DOWN, I MADE A PRETENCE I WAS COMING FOR BOOKS, DIDN'T WANT TO ADMIT I NEEDED SOME FOOD...
- WHEN YOU'VE ALWAYS WORKED, AND PROVIDED FOR YOURSELF.. ITS HARD TO WF SOMETHING LIKE A FOODBANK
- I DON'T ENQUIRE OF OTHER PEOPLES CIRCUMSTANCES.. COS SOME PEOPLE ARE QUITE SHY... I'VE HAD MISFORTUNE IN MY LIFE....

REL → SS → CHANGE

STOP ATTENDING

- I WOULD LOVE TO STOP IN THE FUTURE AND BECOME SELF SUFFICIENT
- I WOULD, BUT UNFORTUNATELY THEY'RE MY LIFELINE AT THE MOMENT
- WHEN MY MONEY SITUATION GETS BETTER
- WOULD EVENTUALLY LIKE TO AFFORD THINGS AGAIN!
- IDEALLY, BUT I'VE MADE SOME GOOD FRIENDS
- IN THE FUTURE, MAYBE, BUT I ALSO THINK IT'S GOOD TO LESSEN WASTE
- YES, BUT WOULD MISS THE COMPANY
- NO! AS IT HELPS ME GREATLY AND I ENJOY COLLECTING AS IT MAKES ME FEEL I'M HELPING OTHERS IN NEED
- NO! I WOULD NOT, AS I LIKE HELPING OUT!
- NO! AS I'VE MADE FRIENDS, AND HELPED ME NOT FEEL LONELY...
SO EVEN IF I DIDN'T NEED TO GO FOR FOOD, I WOULD FOR THE COMPANY
- THIS REALLY HELPED ME THROUGH COVID, I WAS SHOPPING FOR FIVE FAMILIES, THEY COULDN'T GET OUT, LOST WORK, I COULD GIVE THEM A SHEET TO FILL IN... PASS IT OVER... I'LL DROP BACK IN TO YOU... THEY WERE BRILLIANT WITH ME... KNEW I WASN'T TAKING THE MICKEY....

SUMMARY

GENUINE SS/45 SPLIT

REL - SS - CHANGE

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- NUMBERS HAVE GONE UP... MAKE UP OF PEOPLE COMING HAS CHANGED..
 - ... SOME PEOPLE NOW HAVE TO RELY ON IT, WHICH YOU DON'T REALLY WANT
 - ... BUT THERE'S A NEED NOW.. MORE LIKE TO SUPPLEMENT YOUR WEEKLY SHOP NOW
- SOCIAL INTERACTION IS A KEY IN RELIANCE TO SELF SUPPORTING THROUGH CONNECTION!
- IT MAY BE THAT THE PEOPLE WE NO LONGER SEE HAVE BECOME MORE SELF SUFFICIENT, THATS THE IRONY COS THEY CAN'T TELL US!!
- MAYBE IT COULD BE THEY'VE GOT SO USED TO COMING.. THEY DON'T LOOK FOR OTHER WAYS TO... IT'S JUST THE WAY THEY DO IT...
- I'M RETIRED, LOW LIMITED INCOME... SO NEED TO ACCESS FOOD THAT I CAN AFFORD... BUT THERE'S 3 THINGS (OTHER THINGS) WHY ITS IMPORTANT.....
CHEAPER FOOD.... SECOND, STOPPING FOOD GOING INTO THE WASTE STREAM THAT'D END UP AT THE TIP... WHICH IS A COST TO SOCIETY... THIRD THING IS SOCIAL INTERACTION... WHICH IS VERY IMPORTANT... MIGHT BE THE ONLY PEOPLE I TALK TO.... THATS THE REALLY FUNDAMENTAL FOR ME, SOCIAL CONNECTION
- PEOPLE COME, PEOPLE GO... IF THEY STOP TURNING UP, THEN HOPEFULLY THEY'RE MANAGING SOMEHOW BY THEMSELVES... BUT THERE'S NO WAY OF FOLLOWING UP REALLY
- OUR VISION IS TO BECOME NOT NEEDED... SHOULD BE A SITUATION WHERE PEOPLE SHOULD BE ABLE TO GO TO ANY SUPERMARKET, CHOOSE WHATEVER NEEDED

REL-SS . CHANGE₃

- WE CAN BE THE FIRST AIDER, PROVIDE THE STICKING PLASTER, WHICH IS CRUCIAL FOR SOMEONE WHO HASN'T FOOD AND THEY NEED IT ... MUCH LIKE A BED BANK, .. IF A CHILD HASN'T GOT A BED, THEY NEED A BED.. SOMEONE GIVE THEM A BED
- I'M SUPPORTED BY XXXX AND MENTAL HEALTH.. SO IF I'M DESPERATE I CAN GET THINGS, VOUCHERS, FROM THEM
- MAYBE MORE COMMUNITY INFORMATION, YOU KNOW, COUNCIL STUFF.. REBATES ETC, MAKE SURE PEOPLE KNOW ABOUT IT... MORE INFORMATION, LESS MISINFORMATION WHICH THERE'S A LOT OF AT THE MINUTE
- OUR COOKING CLUB WORKS, MY SLOW COOKER.. STUFF TO PUT IN IT... LAST NIGHT I DID SAAG ALOO.. SATURDAY WAS HOTPOT... SEE WHAT'S ON OFFER TODAY..
- I'M AWARE ITS NOT A LONG TERM SOLUTION SO WE SIGNPOST TO LOCAL AREA CO-ORDINATORS AS WELL AS OTHER FOODBANKS
- ITS BEEN HELPING US FOR THE LAST 2 1/2 YEARS... IMAGINE HOW MANY OTHERS HAVE BEEN RELYING ON THIS PLACE AND ELSEWHERE!
- WE DO 'CARE PACKAGES' JUST TO START PEOPLE OFF IF THEY'RE NEW TO THE CITY... GET THE BASICS, ESSENTIALS THERE, TOOTH PASTE, SHOWER GEL, TOILET ROLLS ETC

- YOU'D THINK THEY'D HAVE FOODBANK LISTS IN THE JOB CENTRE, COUNCIL OFFICES, PLACES OF SUPPORT ... PEOPLE DON'T HAVE ANY WAY OF FINDING OUT COS IT'S NOT ADVERTISED
- DEPENDS IF THE SUPPORT WORKERS FROM YORK ... AND KNOWS YORK DOESN'T IT ... IT'S A CATCH 22
- THE ARMY BRING 6 CONTAINERS, CUREY, RICE, STEWS ... THEY DO ONCE OR TWICE A MONTH AND THEY BRING IT
- I DIDN'T KNOW ABOUT 'TOO GOOD TO GO' OR 'OLIO' MYSELF.. I FOUND THEM ON FACEBOOK, ON YELLOW STICKER GROUPS, DISCOUNT GROUPS ... THEY GIVE YOU IDEAS OF HOW TO REDUCE WASTE, AND CARBON FOOTPRINT
- WE'VE GOT LOCALS THAT COME, YOU JUST GET TO KNOW THEIR LIFE STORY, BACKGROUND, THE STRUGGLES THEY'VE BEEN THROUGH ... ITS REALLY HEARTWARMING AND INDEARING TO HEAR HOW SOME PEOPLE HAVE TURNED THEIR LIVES AROUND
- THIS GUY COMES, HE'S NOW IN A SHARED HOUSE, HE'S REALLY INTO COOKING, REALLY PASSIONATE, GETS HIS INGREDIENTS .. THAT PASSIONS HELPING HIM STAY OFF DRUGS.. HE'S SOMETHING TO FOCUS HIS ENERGY ON
THE FOODBANKS BEEN A MASSIVE HELP IN HIS WAY TO LIVE BETTER

REL. SS. CHANGES

- ONCE I CAN GET BACK TO WORK... PROBABLY WON'T NEED TO USE THE FOODBANK.. BUT I'LL STILL VOLUNTEER TO HELP OUT COS WE ENJOY DOING IT.
- BENEFITS UPLIFT CAN ONLY HELP... BUT REALLY WITH EVERYTHING ELSE GOING UP... IT WON'T HELP
- I'M IN RECEIPT OF HOUSING BENEFIT, YET COS OF MY PARTNERS JOB. I STILL HAVE TO PAY FOR MY PRESCRIPTIONS, WITH ALL MY AILMENTS FROM DISABILITY, WHICH IS A HUGE ADDED COST... WHY CAN I GET SOME HELP, NOT OTHER HELP.... DENTIST CAN'T AFFORD TO GO, GP'S NO CHANCE
- IF IT WEREN'T FOR THE FOODBANK, I'D BE SO MUCH MORE IN DEBT THAN WHAT I AM NOW...
- BIG FAMILIES GO THROUGH A LOT OF FOOD, BIG FAMILIES GO THROUGH A LOT OF GAS AND ELECTRIC... BEING ON AN NHS WAITING LIST FOR 7 MONTHS FOR SURGERY... LIVING ON ONE INCOME COS OF AN ACCIDENT
- WE'VE REDUCED EVERYTHING, DON'T EVEN HAVE TV ANYMORE.. BECAUSE WE CAN'T AFFORD IT... THINGS WE USED TO DO.. DAYS OUT WITH THE KIDS... HOLIDAYS... THERE'S A LOT PEOPLE HAVE HAD TO GIVE UP JUST SO THEY CAN SURVIVE....
- THERE'S ALWAYS MORE A GOVERNMENT CAN DO, CHANNEL THE MONEY 'WE PROVIDE THEM' IN BETTER WAYS INSTEAD OF SQUANDERING MONEY

- I HOPE THEY CONTINUE, BECAUSE, NUMBER ONE.. IT CUTS DOWN ON FOOD WASTE GOING TO LANDFILL... WASTE THAT'D TAKE YEARS TO COMPOST, AND DISPOSED OF... SO WE'RE HELPING OUT, IN OUR WAY, OF EATING REASONABLY GOOD QUALITY FOOD THAT IS STILL ELIGIBLE
- I THINK FOODBANKS ARE A WONDERFUL IDEA IF PEOPLE KNOW THE ORGANISERS AND PEOPLE RUNNING THEM ARE REALLY WELCOMING, AND THEY DON'T JUDGE... THAT'S THE MOST WONDERFUL THING ABOUT IT... NOBODY'S THERE TO JUDGE YOU, OR ASK QUESTIONS, COS, ALL IN ALL, PEOPLE WOULDN'T GO TO A FOODBANK UNLESS THEY NEEDED TO... SO THEY'RE A VALUABLE SERVICE AND I WANT TO SEE THEM CONTINUE.. IT HELPS FOOD WASTE ENORMOUSLY.. THIS IS THE WAY FORWARD... THE PRICE OF FOOD HAS SHOT UP DRAMATICALLY.. SO FOODBANKS ARE A MASSIVE HELP
- I HAVE USED YELLOW STICKERS, THATS WHERE I MEET OTHERS AND I'VE INVITED THEM TO COME ALONG TO THE FOODBANK
- A PLACE TO SIT AND CHAT WITH PEOPLE, I'M A PENSIONER WHO DOESN'T HAVE MUCH CONTACT NOW, COS I'M NOT ALLOWED TO WORK SO IT'S BECOME LIKE A COMPANIONSHIP THING REALLY
- IF YOU THROW MONEY AT A PROBLEM, IT SOLVES IT.. ACTUALLY QUITE OFTEN IT DOESN'T.. IT MAKES IT... ITS A BAND AID

REL. SS. CHANGE 7

- GOVERNMENT NEED TO THINK LONG AND HARD ABOUT THE COST OF THINGS PEOPLE COULD AFFORD TO LIVE BEFORE THE PANDEMIC ... ITS LIKE WE'RE BEING PUNISHED FOR THE PANDEMIC .. WHICH WASN'T OUR FAULT
- COST OF LIVING TO GO DOWN ... MONEY TO GO UP
- PEOPLES, SOCIETIES ATTITUDES NEED TO CHANGE .. THERE'S NOTHING WRONG WITH IT IF YOU NEED THE HELP
- IF YOU NEED THE SERVICE, ITS NO DIFFERENT TO GOING TO THE DOCTORS ... DO YOU FEEL ASHAMED GOING TO THE SUPERMARKET?
- GRADUALLY PEOPLE WILL SAY THIS IS JUST THE WAY WE LIVE NOW
- DONT FEEL CONFIDENT THAT ANY POLITICAL PARTY WILL HONESTLY ADDRESS THE WIDENING GAP BETWEEN RICH AND POOR
- BEFORE THE PANDEMIC, I HAD A JOB AND SECURITY
- THE WHOLE GAS, ELECTRIC THING IS A BACKSTORY TO EVERYONE IF THAT MAKES SENSE

ADVOCACY WITH SUPPORT TAKES AWAY EMOTIONAL BEHAVIOURS
PEOPLE CAN'T ALWAYS REPRESENT THEMSELVES THE WAY
THE SYSTEMS DEMAND

REL. CS. CHANGE

- TWO THINGS ON MY MIND THAT WERE FACED WITH... ^① FIRST, THIS WASN'T HAPPENING IN OUR PARENTS GENERATION WHEN I GREW UP, NOTHING EQUIVALENT TO THIS ... SO THE PEOPLE IN MY TOWN WHO WERE THE LEAST WELL OFF DIDN'T HAVE A FOODBANK TO GO TO..

SO... WHATS HAPPENED TO CAUSE WHAT WE DO NOW.....

'GLOBALISATION' ... FOOD COMING LARGE DISTANCES, BUYING IN BULK, THE WAY WE ACCESS FOOD, PREVIOUS GENERATION ACCESSED FOOD FROM THE GARDEN, ALLOTMENT

② NOW, MICROWAVE, STICK IT IN.. PING... DONT KNOW WHAT IT IS ... NO IDEA WHERE ITS COME FROM.. OR WHAT THE CARBON FOOTPRINT IS ... OR HOW MANY PEOPLE IN A FOREIGN LAND HAVE TOILED, OR NO WAGES AT ALL... TO GET THIS READY MEAL -- BUT HEY THATS OKAY COS THATS WHAT WE IN THE WEST DO! ... SO IT'S A GENERATION THATS CHANGED COMPLETELY

WE HAVE PEOPLE IN OUR SOCIETY, WHO FOR WHATEVER REASONS CANT

MAKE ENDS MEET... AND ^{ANY} SOCIETY IS JUDGED BY HOW IT LOOKS

AFTER IT'S LEAST WELL OFF, NOT HOW IT LOOKS AFTER THE BEST..

WE'VE REACTED IN A HUMAN WAY TO THAT... SHOULD THIS JUST BE PART

AND PARCEL OF HOW WE LOOK AFTER PEOPLE... INTERESTING POINT

- COMING HERE, I LOVE IT... FEW PEOPLE TO CHAT TO... A FEW GIRLS TO CHAT UP, YOU KNOW...
- YELLOW STICKERS.. THEY JUST DROP 20p OFF THE PRICE AND THINK I'M DAFT
- THANK GOODNESS I HAVE FLEECY JAMAS, NOT THE LOOK MIND
- CANT GET RID OF ~~THE~~ THE CAT... IT'S NOT HIS FAULT IS IT!
- WARBURTON!.. TELL YOU WHAT.. THATS A TREAT FROM THE FOODBANK
- I THOUGHT RETIREMENT WAS LIKE, GOING ON HOLIDAYS AND THAT....
- DID THE WASHING UP OTHER DAY... 30p... ALL I DID WAS THE POTS...
- COST ME £6 TODAY TO WASH, CLEAN, HOOVER THE HOUSE

VOLUNTEERING QUOTES

- I ENJOY GIVING BACK AS A VOLUNTEER
- I VOLUNTEER AS WELL TO GIVE A LITTLE BACK AFTER USING THE SERVICE FOR TWO YEARS
- FEELS LIKE DONE GOOD AND HELPING PEOPLE
- IT WORKS, COS ITS A LOCAL COMMUNITY BASE... ITS NOT LIKE ONE PERSON, ITS EVERYONE ... WE HAVE 15 VOLUNTEERS
- PEOPLE ASK ME TO ASK AS I VOLUNTEER RATHER THAN COMING COS THEY'RE EMBARRASSED OR THEY FEEL MORE COMFORTABLE ASKING ME... FINE..
- ONE OF MY FRIENDS.. WHOSE A VOLUNTEER INTRODUCED ME TO THE FOODBANK .. SO I STARTED TO COME IN THE LAST FOUR MONTHS
- I HELP OUT BY COLLECTING FROM THE CO-OPS AT 9PM AND HELP OUT THAT WAY, SO THATS WHAT I DO TO HELP
- ITS NOT ALL JUST TAKE, ITS NICE TO BE ABLE TO GIVE BACK, SO PLAYING A PART.. THATS HELPFUL.. I ENJOY POPPING DOWN TO HELP AND DELIVER STUFF
- OUR RETENTION OF VOLUNTEERS IS GOOD, A BIG POOL, THEY CAN GIVE AS MUCH ..OR AS ~~MUCH~~ THEY LIKE.. THATS HOW WE WORK
- VOLUNTEERING IS THE HIGHLIGHT OF MY WEEK.. NICE TEAM, BUILD UP RELATIONSHIPS.. FEELING LIKE IM DOING SOMETHING ... ITS QUITE HUMBLING..

FINAL THOUGHTS

- CIRCUMSTANCES HAVE CHANGED.. WE'RE ALL AWARE WE'RE NOW DOING SOMETHING QUITE DIFFERENT.. AND THE CONTEXT IS DIFFERENT NOW..
- THE NEW GENERATION WILL SEE THIS AS JUST THE WAY WE LIVE ... THE NORM
- WHILST WE'RE DEALING WITH THE PEOPLE, WHICH IS BEST DONE LOCALLY, CENTRAL CO-ORDINATION OF THE FOOD DISTRIBUTED.
.. THAT MAKES SENSE...
- ITS PART OF HOW WE SETUP.. ORIGINALLY JUST TO ELIMINATE FOOD SUPERMARKET WASTE.. THAT WAS OUR REMIT... SOME PEOPLE STILL COME FOR THAT REASON ALONE!
- I THOUGHT WE'D SEE MORE STUDENTS THAN WE ACTUALLY DO... BUT MAYBE ITS JUST OUR LOCATION....? (NEAR YST?)
- I WALK HOME AFTER, AND REFLECT ON WHAT HAPPENED THAT SESSION.
... WHEN YOU'VE SEEN PEOPLE HAVING A HARD TIME AND NOTHING TO DO WITH FOOD PROVISION ??
- ANOTHER, FIRST TIME SHE CAME, RECENTLY DIVORCED, NOT IN A GREAT PLACE, REALLY DIDN'T WANT TO COME... SHE'S LEARNT TO MANAGE HER FEELINGS AROUND SHAME, SELF ESTEEM .. AND MANAGES THEM WHILE SHE'S HERE ... BUT THEY'RE STILL THERE ...

FINAL THOUGHTS

- I HEARD THEY MIGHT BE TRYING TO SET UP A CENTRAL WAREHOUSE, IT NEEDS ORGANISATION ... GO TO HULL, SEE THE GOODWIN COMMUNITY SET UP...
- I THINK IT'S IMPORTANT THAT WE DON'T BREAK ANYTHING THAT WORKS NICELY, OR IMPOSE SOMETHING THAT ACTUALLY STOPS YOU COMING IN ... THE WELCOME YOU GET, THE CHOICE YOU GET, THE FAMILIARITY YOU GET WHEN YOU COME IN, GET WHAT YOU NEED TO, WHEN YOU NEED TO .. BUT YOU HAVE THAT CHOICE ... ITS REALLY IMPORTANT
- LOOK AT THE POCKETS OF INSUFFICIENCY AND SEE WHAT COULD WORK FOR THAT AREA, YOU NEED THOSE INDIVIDUAL COMMUNITY PEOPLE TO DRIVE THAT COMMUNITY.. MAYBE THEY'RE OUT THERE .. WAITING TO BE ASKED ... WHO KNOWS ?
- HERE'S SOMETHING YOU NEED RIGHT NOW.. WHAT WE'RE TRYING TO MAKE SURE IS THAT WE EVOLVE WHATS NEEDED TO SUPPORT BEYOND FOOD .. WE NEED, REALLY NEED MORE SUPPORT ON FINANCIAL ADVICE, BUDGETING, COOKING SKILLS .. 'SUPPORT BEYOND FOOD' IS A MASSIVE ELEMENT... SO WHILST THEY'RE HERE.. WE CAN PROVIDE AND HOPEFULLY EMPOWER PEOPLE TO BE AWARE.. AND DO THINGS DIFFERENTLY, BUT WITHOUT THAT TOP LEVEL OF SYSTEMS CHANGE... WHEN WOULD IT END.... DON'T KNOW!

CASH DISCUSSION,

- USING A FOODBANK DOESNT MAKE ME FEEL GREAT AS IVE NEVER HAD SO LITTLE MONEY TO PAY FOR THINGS
- FOR ME TO STOP USING FOODBANKS, PRICES OF FOOD NEEDS TO DROP, GAS AND ELECTRIC TO DROP.. I JUST CANT AFFORD TO LIVE AT THE MINUTE
- PRICES ARE OUT OF CONTROL, RENT, FUEL, TRANSPORT...
- NEED INCREASE IN FINANCES OR REDUCED COST OF LIVING COSTS
- AS A SOCIETY, I THINK THERE COULD BE MORE DONE TO HELP PEOPLE... CASH!
- BEEN STRUGGLES WITH MY BILLS.. BEEN HARD.. BUT EVEN HARDER THAN I WANTED IT TO BE..
- I HAVE TO LIVE OFF YELLOW STICKERS TO SURVIVE
- NEVER KNOWN IT EVER BE LIKE THIS IN MY LIFE.. NEVER, EVER THOUGHT I'D HAVE TO COME HERE.. OR PUT THE HEATING OFF.. NEVER USED TO GO ROUND SWITCHING LIGHTS OR SOCKETS OFF.. NOW YOU HAVE TO THINK.. BEFORE YOU DO ANYTHING YOU HAVE TO THINK WHAT THE COST MIGHT BE!
- FOR A FAMILY LIKE US, A WEEKLY SHOP USED TO BE £140/150 PW.. NOW AN EASY £230/240 PW.. I PROBABLY SAVE A GOOD £60 PW USING THIS PLACE.. WHICH HELPS COVER OTHER BILLS WERE STRUGGLING WITH... OUR LOW INCOME REALLY KICKS VS...
- COS I'M PREPAYMENT.. USED TO PUT £20 ON EACH A WEEK, THAT'S LAST NOW I CAN PUT ANYTHING FROM £50 TO £70 ON EACH PER WEEK
- GAS AND ELECTRIC GOING UP.. IT'S A LIVING NIGHTMARE... AND I'VE FOUND BRITISH PENSIONERS ARE THE WORST, POORLY PAID PENSION IN THE WHOLE OF EUROPE... AND THAT'S NOT FAIR....

CASH DISCUSSION

- DUE TO HEALTH, FORCED TO GIVE UP WORK WHICH IS THE HARDEST THING I'VE HAD TO DO ... HAVING TO RELY ON OTHERS WITH NO MONEY ... WE AS A FAMILY NEED TO EAT...
- I LOST £400⁰⁰ DUE TO MY DAUGHTER GOING TO UNIVERSITY ... WHERE DO I MAKE SAVINGS LIKE THAT.
- SIMPLY, STRUGGLING TO PAY BILLS
- CAN'T AFFORD THE COST OF LIVING
- I DON'T NEED A VOUCHER ... I NEED CASH!
- I CAN AFFORD TO HEAT THE HOUSE, BUT NOT TO EAT AS WELL
- STRUGGLING TO FEED MYSELF
- MY MONEY DOESN'T STRETCH THAT FAR...
- EMBARRASSED ... NOT BEING ABLE TO PROVIDE FOR MY FAMILY
- WITH FAMILY COMMITMENTS, LOOKING AFTER SOMEONE WITH ALZHEIMERS ... ITS SO DIFFICULT TO FIND BETTER PAID WORK
- I LEAVE A DONATION WHERE I CAN ... BUT THATS NOT OFTEN, GIVEN MY LOW INCOME
- I CAN'T EARN MORE WHILE MY CHILDS AT SCHOOL AGE, I ALREADY STRUGGLE WITH CARE COSTS.
- I GET A FOOD TOP UP TILL MY NEXT PAY CHQ COMES IN, AND THATS NOT LIKELY TO CHANGE