Truro Foodbank
Together with Trussell

NEWSLETTER November 2026

Celebrating Our Work, Partnerships and Community Support

It's been another incredibly busy few months at Truro Foodbank. As we move towards Christmas, we have plenty to celebrate, from an outstanding response to our Harvest Festival collections to exciting new partnerships, successful fundraising events and community projects helping us support local people in crisis.

Here's a look at what's been happening and how, together, we're making a difference.

A Wonderful Harvest!

Thanks to the generosity of local churches, schools and community groups, our Harvest appeal has been a tremendous success.

We currently have 7,808kg of food in stock and have received an incredible 3.6 tonnes of Harvest donations. We are hugely grateful to everyone who contributed.

To recognise this support, we will be sending certificates to our Harvest donors showing the weight of their donations and how many meals their generosity has helped provide.

Between 1 May and 31 October, we:

- Distributed 23,334kg of food
- Received 20,589kg of donated food
- Purchased 4,054kg of food to meet growing demand
- Supported 1,204 adults and 633 children



While demand remains high, we continue working hard to ensure everyone receives the help they need while exploring ways to support people beyond emergency food provision.

Working Together to Make a Difference

Fill the Foodbanks with Rewind Radio

Our partnership with Cornwall's Rewind Radio is now well underway.



Working alongside Rebecca Andrews-Smith from Trussell, Mandy has helped launch the Fill the Foodbanks campaign, with collection points now available across our area and supported by local social media promotion.

You can find collection boxes at:

+ Plaza Cinema
+ Malletts
+ Brooks Financial Planning
+ Bluebird Care

We're excited about the opportunity to raise awareness of food poverty and encourage more people to get involved.

Shelter Housing Advice
Shelter has now been visiting the foodbank monthly for four months, and several referrals have already been made.

Access to housing advice is an important part of the support we offer, particularly for people experiencing accommodation difficulties.

Citizens Advice
Our partnership with Citizens Advice continues to make a real difference. Bethan, our advisor, provides invaluable support to customers who may benefit from additional guidance and practical help.

Encouragingly, nobody on our current list has required more than eight vouchers within a six-month period, demonstrating the positive impact of wider support services alongside emergency food provision.

Learning from Other Foodbanks
Mandy recently spent time with the team at Newquay Foodbank, sharing ideas and learning about best practice.

One result of this visit has been the introduction of an Emergency Food Bag for anyone arriving without a voucher.

Collaboration between foodbanks is invaluable. By sharing knowledge and experience, we can continually improve the support we offer local people.

Supermarket Collections
Our Waitrose collection days in September were a fantastic success, generating 16 crates of food and £220 in donations.

We also have another collection coming up at Waitrose on 21 November.

From 26-28 November, we will be taking part in the Tesco National Winter Food Collection. If you're shopping in Truro during those dates, please come and say hello and find out how even one or two donated items can help local people facing food insecurity.

Looking ahead, Mandy has successfully secured collection dates with Waitrose, Tesco and Sainsbury's throughout next year, helping us maintain vital food supplies and raise awareness across the community.

Inspiring the Next Generation
We were delighted to welcome students from Truro School for two afternoons of work experience.

The students spent time with both our stores and distribution teams, gaining first-hand experience of how the foodbank operates and learning about the many roles carried out by staff and volunteers.

We hope their visit helped them understand both the challenges faced by some members of our community and the positive difference volunteering can make.

Stronger Partnerships, Stronger Communities

Health Service Outreach
We recently held the first clinic as part of our health outreach programme.
Although only one vaccination was administered, the clinic provided a valuable opportunity for Marie to speak with customers, understand their needs and explore how health services can be made more accessible.

We hope this initiative will continue to develop and help connect people with important healthcare support.

A Little Christmas Treat
Thanks to a generous donation from Cadbury's, we will be receiving approximately 510 chocolates to distribute to customers over the Christmas period.

Small acts of kindness can make a big difference, especially at a time of year that can be difficult for many families.



Fundraising Successes
We're incredibly grateful to everyone who has supported our fundraising efforts.

The Miners Arms Quiz Night
A huge thank you to The Miners Arms for hosting a charity quiz night in September.

Thanks to the generosity of staff, customers and supporters taking part in the quiz, raffle and auction, an amazing £530.68 was raised for Truro Foodbank.

Meles Lutra Album Launch
Local folk duo Meles Lutra launched their new album Seven Stones with a special concert at St Kea Church.

The evening celebrated Cornish stories and music while raising an incredible £448 for the foodbank.

Thank you to everyone involved in organising the event and to all those who attended and donated.

Cornwall Social Justice Day Brings Together Voices for Change

The Cornwall Social Justice Day was held on 15 October at St Erme Community Centre, bringing together nearly 100 attendees and 18 speakers to explore some of the most pressing challenges facing communities across Cornwall.

The event focused on three interconnected issues that are among the leading reasons for referral to local foodbanks: insufficient income, insecure housing and ongoing mental health concerns. Speakers from organisations including Shelter, Citizens Advice and Cornwall Chamber of Commerce shared insights on both the challenges and potential solutions, each addressing the themes of dialogue, collaboration and action.

Opening each session, Rebecca Andrews-Smith, Trussell Area Manager for Cornwall and Devon, presented local data illustrating the scale of need across the county and setting the context for discussions throughout the day.

A particular highlight was the keynote address from Ben Gregg, Head of Programme (Welfare) at the Centre for Social Justice (CSJ), an independent cross-party think tank based in Westminster. His participation provided a valuable opportunity for the CSJ to hear directly about Cornwall's unique challenges, while attendees gained insight into the organisation's Welfare 2030 research and policy thinking.



Ben outlined three key recommendations for improving social and economic outcomes:

+ Increased national investment to support growth across all regions of the UK.
+ Strong local influence over Cornwall's Devolution Deal to ensure it reflects the county's specific needs and priorities.
+ Reform of the benefits system to better support people into work and progression within work, creating positive outcomes for both individuals and the wider economy.

Recordings and extracts from the presentations are available via Simon Fann's LinkedIn page. A full summary report of the speakers' contributions can be requested from simonf@truro.foodbank.org.uk.

Follow-up actions from the event are now being tracked, including calls for Cornwall's MPs to clarify the priorities they are advocating for within future devolution arrangements.

Our Stocks Are Running Low - Can You Help?

While Harvest donations have been fantastic, demand continues to outstrip supply.

Over the past six months, we have distributed more food than we have received through donations, meaning we have had to purchase significant quantities of food to keep our shelves stocked.

To help us meet demand this winter, we have launched a JustGiving campaign.
If you are able to donate, every contribution will help us buy food and support local people facing crisis.
Support our Buy Food Campaign

Demand remains high and the challenges facing many local families are very real. But with your continued support, we can ensure that nobody in our community has to face hunger alone.

Thank you for being part of the Truro Foodbank family. Together, we are making a real difference.

Meet Liz – Our New Customer Services Co-ordinator

We are delighted to introduce Liz, who joined us on 1 June as our new Customer Services Co-ordinator.

A little bit about Liz...

"I previously worked as a Catering Teacher for 11–16-year-olds. My personal mission in life has always been 'to keep everyone's tummies full', so moving to Truro Foodbank seemed a perfect way to continue doing just that!



When I'm not at the Foodbank:

- I'm a bell ringer at St Clement Church and attend services most Sundays.
- I enjoy cycling and spending time outdoors.
- I love cooking and baking.
- I'm also a volunteer in the coffee shop at the Royal Cornwall Hospital.
- Finally, I'm Mum to Joseph, who is 17 (nearly 18) and currently studying for his A levels, and wife to Adam, who enjoys my baking… most of the time!

I started at the Foodbank on 1 June and have really enjoyed this change of career, especially under Mandy's care and patience – thank you, Mandy!

I'm now feeling much more confident in my role, although I've quickly realised that no two days are ever the same. Some days you go home feeling really pleased that you've helped fill lots of people's 'tummies'. Other days, you go home in absolute shock and disbelief when you discover that the homeless person who was sitting with you just ten minutes earlier is only two years older than your own son.

It has been a real eye-opener and has given me a much greater understanding of just some of the need within Truro and our very local area.

Our amazing volunteers

The volunteers I work alongside are simply amazing. Their care, dedication and willingness to help both me and our customers is incredibly humbling. I now fully understand just how much we depend on them and that, without their support, the Foodbank simply could not function.

We are also actively recruiting new volunteers to help with our supermarket publicity and collection weekends.

Learning and getting involved
Since joining, I have completed my Emergency First Aid training and attended the Foodbank Forum in St Austell. I found this particularly insightful, especially as I hadn't previously met people working in other foodbanks. It was a great opportunity to start networking and learn more about how other foodbanks operate. It's fascinating to discover that, although we share the same aims, everyone has their own ways of working.

I've also had the pleasure of visiting Archbishop Benson School, Blackwater School and Threemilestone School for their Foodbank Harvest Assemblies. I really enjoyed being back in a school environment, surrounded by children again, even though these were primary schools rather than the secondary pupils I was used to teaching! It was lovely to see the enthusiasm and generosity shown by the children, and the schools very kindly donated food to the Foodbank.

I'm really looking forward to continuing my journey with Truro Foodbank, getting to know more of our customers and volunteers, and helping to keep those tummies full!"

A day in the life….Truro Foodbank Stores Coordinator

TFB distributes food to those in need under the watchful eye of Liz. But how does it get there?

I'm Nick. I run the stores at TFB. This is the first of a couple of brief articles in which I'll take you on the "journey of a can" from the point of collecting it to it appearing in Distribution. I've picked Wednesday for the article although any day would do really.



Here we go.
5.30am. Of goes my alarm.
A quick cup of coffee. Brush my teeth. Remember to get dressed. Put two crumpets in the toaster and then smear them in butter and Marmite (I'll eat them later).

6.15am. Into the stone-cold car (it's November). It's a 25 mile trip for me to Truro so the car is toasty warm by the time I get there.

7.00am. Arrive at Tregurra Park and Ride(where the TFB van is kept). Out of the warm car and into the stone cold van. Let the engine run in the vain hope it will quickly generate some heat and demist the windscreen (the air con doesn't work).

First collection. The other side of Truro. Fresh food from Truro Gleaning. This needs to be the first visit. The Gleaning store is based at a school. If I arrive when the parents do, the place is gridlocked. Unlock the huge padlock on the gate securing the compound, collect the food and stow it in the van.

Second collection. Sainsbury. Park up and collect a trolley. Take four empty crates out of the van, stash them in the trolley, make sure I've got my ID and head into the store. Through the little electric gates and to customer services. Sign in (a strictly enforced rule) and take the trolley through the self service area (this prevents the trolley locking up and setting off the alarms when I leave). Carefully stack the donations in the crates and put the crates into the trolley. Collect more crates from the van if needed. Sign out, stopping to have a chat with the various members of staff I know, out to the van and load the full crates.

Third collection. Tesco. Pretty much a re-run of the collection from Sainsbury – except! Once the full crates are loaded in the van it's into Costa to get a coffee. Then it's breakfast (remember the crumpets) while sitting in the now warm van with my coffee.

Fourth collection. Only a short hop from Tesco. Fresh food provided by the wonderful people at Cornwall Food Action who pick up nearly out of date fresh food from the supermarkets. Thank you Gitty and Adrian!

One more collection. One of our excellent volunteers from the Wednesday team travels with me in the van up to the store in Threemilestone. So, that's the initial collections of the day done. Now its off to the store to meet the rest of today's volunteers and unload the van. What happens next will be covered in the next (enthralling) episode.

Join Our Reverse Advent Calendar Appeal - see back page

As we prepare for the New Year, we're inviting our community to take part in our Reverse Advent Calendar Appeal. Rather than counting down to Christmas with chocolates, why not use the 24 days of December to build a donation that will make a real difference to local families?

The idea is simple: take a bag or box and, each day for 24 days, add one item from our suggested list of much-needed food, household or personal hygiene essentials. By January, you'll have a collection of items ready to donate at a time when our stocks are typically at their lowest and demand for support is particularly high.

Taking part can be even more enjoyable when shared with others. Consider making it a family activity, joining forces with friends, or organising a collection through your club, workplace, or community group.

Final Thoughts

What a busy and rewarding few months it has been!
So much has been achieved, and we are incredibly proud of the work taking place every day.

None of this would be possible without the dedication of our volunteers, donors, staff, local businesses, schools, churches and community partners.

From Harvest donations and supermarket collections to fundraising events and new partnerships, it is inspiring to see our community come together to support people experiencing hardship.

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2026 Reverse Advent Calendar

Please put aside 1 item each day for 24 days in December. Then donate 24 items to Truro Foodbank in January.
We really need the items below to help local people in food crisis. So please don't donate mince pies, Christmas puddings, selection boxes etc. No alcohol in ingredients please. Thank you!

1 Tinned soup	2 Shampoo	3 Tinned meat pies	4 Tinned tomatoes	5 Pasta	6 Deodorant
7 Packet of biscuits	8 Washing-up liquid	9 Tinned soup	10 Small jar of coffee	11 Jam / honey/ peanut butter	12 Breakfast cereal
13 Pack of 40 or 80 tea bags	14 Laundry liquid/powder	15 Long-life fruit juice	16 Instant mash potatoes	17 Tinned vegetables	18 Cooking sauces
19 Tinned potatoes	20 Tinned ham or chicken	21 Toilet rolls	22 Rice pudding	23 UHT long-life milk	24 Tinned fruit

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