

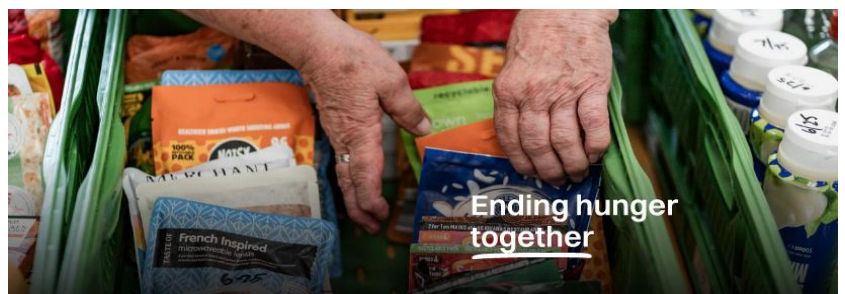
# Newsletter

January 2025

Happy New Year! As we welcome 2025, we wanted to take a moment to say thank you to all our supporters, who have helped us provide essential support to so many people in our community who are facing tough times.

Here are some highlights from 2024, and what we're planning for the year ahead.

## Another year of community resilience



2024 was a challenging year for many, with food insecurity continuing to rise across Kensington and Chelsea. We live in a borough of extremes - Kensington and Chelsea is the richest borough in England yet our ward, Notting Dale, is one of the top 20% most deprived in the country. 27% of children in our ward live in low-income households, and at 73 years, life expectancy in the ward is the lowest in the borough - a full 18 years less than people in neighbouring Holland Park ward.

Kensington & Chelsea Foodbank is an emergency service, and works on a referral basis - local services such as community centres, health centres, churches and schools refer people to us when they are in crisis and can't buy food.

Here are some of our numbers for 2024:

- We gave out 3689 parcels, which fed 6990 people, 1642 of whom were children.
- 774 people used the food bank for the first time. Visitors made on average 3 visits to the foodbank each.
- 204 different organisations referred people to us.
- We gave out 37,000 kilos of food.



**'My children can't visit for Sunday lunch anymore.'**

**'Having bipolar I keep getting fired. Support like this in incredible.'**

Recent quotes from our food bank users.

## Our wonderful volunteers

We couldn't run our food bank without our team of volunteers, who tirelessly pick up donations, sort out food, pack bags, and chat to our clients. If you would like to join them get in touch!

We are so grateful for their loyalty, dedication and hard work



# Christmas at the foodbank

We were grateful to receive donations from many local businesses, schools and churches over the Christmas period. This, along with our volunteers giving their time, meant that we could open on Christmas Eve and New Year's Eve.

Thank you to everyone for keeping the food flowing for those less fortunate.

## How to help

There are lots of ways you can support us:

**Donate food or money** to keep our shelves stocked.

**Volunteer**, whether it's once a week or once a month.

**Fundraise** to raise awareness and funds for the food bank.

**Spread the Word** - the more people know about us, the more we can do together.

## Stay connected

Follow us on social media to see what we're up to, volunteer opportunities and events:

**Facebook:**

@KensingtonChelseaFoodbank

**Instagram:**

@kensington.chelsea.foodbank

Visit our website:

[kensingtonchelsea.foodbank.org.uk](http://kensingtonchelsea.foodbank.org.uk)

# Foodbanks in the UK

Kensington & Chelsea Foodbank is one of the 1400 foodbanks in the Trussell network, which oversees two thirds of the UK's foodbanks. Overall they distributed 3.1 million emergency food parcels in 2023/24. This is the highest number of parcels that the network has ever distributed in a single year, and includes over 1 million parcels for children. These figures represent an almost doubling in the number of parcels distributed five years ago.



While inflation has finally tailed off, food prices remain high. 7 out of 10 people referred to food banks receive Universal Credit – which shows just how hard it is to make ends meet under the current system. Nearly two thirds (65%) of the support provided by food banks last year was for families with children. In the UK, the poorest families spend a quarter of their

income on food, while the wealthiest spend just 4%.



The scale of need is part of a longer-term trend which pre-dates the cost of living crisis and the Covid pandemic. While these two events have had a major impact on food bank need, they are not the main cause - they have exposed and exacerbated a longer-term crisis: that of a weakened social security system that is unable to protect people from the most severe forms of hardship.



Alongside the emergency food parcels, visitors receive on-site, free of charge advice on subjects like debt and benefits, to help them find routes out of poverty.

We want a future where food banks aren't needed. Until then, we are here to help those in need.

Kensington & Chelsea Foodbank is open on Tuesdays and Fridays, 10.30am - 1.30pm.

Kensington & Chelsea Foodbank  
240 Lancaster Road  
London, W11 4AH

020 3728 9003  
[info@kensingtonchelsea.foodbank.org.uk](mailto:info@kensingtonchelsea.foodbank.org.uk)  
[www.kensingtonchelsea.foodbank.org.uk](http://www.kensingtonchelsea.foodbank.org.uk)

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