



Start Up Support

For those in financial difficulties, due to circumstance or health issues, getting back on your feet can feel like an uphill struggle. With around half of all people who attend our Foodbanks returning repeatedly, it became clear people were finding it increasingly difficult to access the help they needed to address their long-term causes of difficulty.

For many, having someone to talk to is as important as practical help and emergency food. At each Foodbank we have trained volunteers who spend time listening to and talking with people. The impact of someone taking the time to listen without judgement and with empathy can make a huge difference.

We seek to empower people and signpost them to other services to provide tailored help, where appropriate. We work in partnership with a number of local organisations to do this. An advisor from Citizens Advice Bureau attends each Foodbank and provides support and advice to our clients, as required.

Our Start Up Support service provides the time, place and space for people to explore how to improve their situation through access to a range of services including money advice, fuel poverty advice, addiction issues and social isolation.

We run a number of initiatives and collaborate with other local organisations to provide as much support to those experiencing hardship in our local community as possible. For example we invite clients to an annual Christmas meal and we work in collaboration with other third sector organisations to provide clients with cookery classes.