

Community Food Support and the Cost of Living Crisis



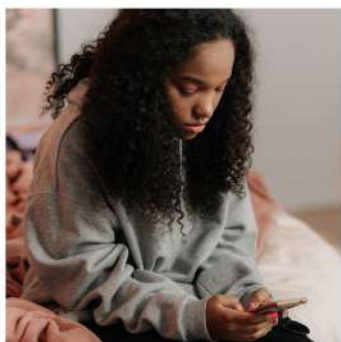
Adur & Worthing
FOOD PARTNERSHIP

The cost of living crisis, health and low income are among the key reasons our neighbours need to rely on food support. However, no two situations are exactly the same. Higher wages, better social-security and one-to-one person centred support is needed to ensure our neighbours have enough to eat.

Georgia rang Community House asking for support via an emergency food parcel for herself and her two children. She said that she has run out of money. (This was one week into the month.) Georgia had paid all her bills, but had no money left for food for the family).

Georgia's mother collected the food parcel as Georgia does not drive. Her mother has two part-time jobs, but is giving the wage from one job to her daughter to help her out. She cited the rise in energy prices and food prices as the reason that her daughter was in financial straits.

This is quite a common theme for people requesting food support.



Alex is the matriarch of a family of 7. Alex is a very proud woman and does not like to ask for help. Alex started using the foodbank during the pandemic as her family were self-employed and were not entitled to benefits or other support.

Alex suffers with ill-health and has COPD. During the start of the pandemic the family received a tax bill for the forthcoming year. This was particularly hard for their business which depended on in person events. The family have struggled through the pandemic, managing by using any savings to cover bills and with food provision via Community House's pop-up foodbank.

As the pandemic ended the business has started to pick up slowly, however Alex's family has now been affected by the cost of living crisis. Alex continues to use the foodbank a couple of times a week now.

Thankyou to those who have shared their stories in order to help others by raising awareness of these issues. All names have been changed to protect people's privacy.

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Ellen was referred to Community House via her children's primary school. Ellen's husband is too ill to work. Ellen works part-time and has 4 children.

Ellen also had an energy debt of £600. Her rent had also recently increased and she was struggling to pay everything. Her children also needed new clothes and school uniform. Initially, Community House helped with an emergency food parcel.

Community House also applied on Ellen's behalf to West Sussex Household Support Fund. The fund was able to provide £600 of food vouchers and £ 400 of clothing vouchers, therefore freeing up some income to help pay off some of the energy arrears.



Barbara is a social housing tenant, who suffers from episodes of bi-polar. She has two small boys.

Barbara. was unable to keep her part-time job due to a particularly bad bout of bi-polar this year.

Community House has provided two fuel vouchers over the past six months to Barbara and supported her with food parcels. Like many of our community members, Barbara uses her benefits to pay her bills and then runs out of money before her next benefit payment is due.

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