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## Argyll and Bute Community Planning Partnership

### Mid Argyll, Kintyre and the Islands Area Community Planning Group

Wednesday 2<sup>nd</sup> November 2022



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## Partner Update – for the foodbanks of Mid Argyll, Kintyre and the Islands

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### Summary

The purpose of this report is to make partners aware of the foodbanks of the area and the diversity of work and approaches they take. It also shows how they link into broader anti-poverty work.

### Introduction:

1. There are 4 foodbanks in MAKI. These are located in Lochgilphead, Islay, Tarbert and Campbeltown, and all are members of the **Argyll and Bute Community Food Forum**. Argyll and Bute Community Food Forum was founded in 2019 and acts as an umbrella group to support the foodbanks and food projects of the area. It is facilitated by **Bute Advice Centre**.
2. The **Independent Food Aid Network (IFAN)** represents foodbanks throughout the UK, with over 550 members. Campbeltown and Kintyre Foodbank is the only member in MAKI and there are 4 other members in Argyll and Bute.
3. Foodbanks can make referrals to the [Argyll and Bute Flexible Food Fund](#). This ensures that families with a genuine need are properly assessed for support and receive professional help. Foodbanks are also good at making appropriate referrals to a wide variety of sources of support. They all have copies of “*Do You Have Money Worries*” handbook that contains a wealth of information on sources of support and self-help.
4. Foodbanks in MAKI are resourceful and some can support families not just with food, but also nappies and baby food, sanitary products, coal and pet food.
5. Foodbanks are anticipating an increase in demand following the cost of living crisis.
6. The more remote locations in MAKI may not always have easy access to a foodbank or to emergency food relief.

### What Is The Context For This Need?

7. Weekly food, clothing and household goods costs are higher in the islands and remote rural Scotland, compared to urban areas in the UK.<sup>i</sup> A third of households in remote rural areas are classed as 'extreme fuel poor', compared to only 12% in accessible rural areas and 11% in the rest of Scotland. A 2021 Scottish Government report estimates that the minimum cost of living in remote rural Scotland is between 15% and 30% higher than urban parts of the UK – mainly fuel use.

8. It is estimated that 18.9% of children in Argyll live in poverty (at 2020/21) or approximately 2325 children.
9. The Scottish Government noted, in their January 2022 consultation on ending the need for foodbanks, that their purpose is crisis response and that food parcels cannot provide full dietary, social and cultural needs and preferences. They assert that the primary driver of food insecurity and the need for foodbanks is insufficient and insecure incomes. Anecdotally, some local foodbanks suggest that the main body of their users are families where one family member has a medical diagnosis or single older people, mainly men. Others, however report a complete mix from the population.
10. The cost of living crisis presents both uncertainty and increasing need for individuals and community organisations. Front line charities are reporting increased demand and new users, while at the same time seeing reduced donations and higher costs for themselves.

### The Foodbanks or projects of Mid Argyll, Kintyre and the Islands:

#### 1. MID ARGYLL:



**1.1 MOMA (Moving On Mid Argyll)** operate in the mid Argyll area and distribute food parcels via referrals from a wide variety of partner agencies, including Social Work, Citizen's Advice Bureau, Carr Gomm, Shelter,

MECOPP, the mental health team, as well as self-referrals. They don't have premises so they are unable to offer a drop-in service and find this partnership model works well for them. They typically receive between 2 and 8 requests a week. At Christmas time, 2021, they distributed 54 parcels – entirely based on referral. They were originally founded as part of an inter-churches project on homelessness and so they also gift starter packs to individuals and families as they move into a house of their own, helping to make their house a home in the first days and weeks in their new surroundings.

- MOMA – Contact: Rev David Carruthers 01546 603269. Providing emergency food parcels and homes starter packs.

**1.2 The [ACT NOW](#) project**, funded by the Climate Challenge fund, coordinates the collection and redistribution of unsold food from the Lochgilphead and Inveraray Co-op stores through the **Coop Food Share Scheme**. Unsold fruit and vegetables are collected from the Coop each weekday morning and made available to the community at the MS (Snowdrop) Centre and Inveraray

Primary School. This is aimed at reducing greenhouse gas emissions, particularly methane, which has a warming potential of 21 times that of carbon dioxide. Climate action avoids the stigma of poverty, and ensures that households see that acceptance of surplus food is worthwhile. It is conservatively estimated that this activity is saving 3.7 tonnes of food from landfill. The MS Centre have reported that they have in the region of 100 users of the scheme per week. Contact: ACT Now Project Officer, Jamie Joyce: [jamie@act-now.org.uk](mailto:jamie@act-now.org.uk); 07943020241



*Coop FareShare food outside the MS (Snowdrop) Centre*

## 2. TARBERT:

**2.1 The Tarbert Pantry** describes itself as a small, discreet food pantry located in



*The Tarbert Pantry*

Tarbert for the community and surrounds. They alert the community to arrivals of fresh food and to other useful information on their Facebook page, which is updated regularly. The Pantry is located in a cupboard at the rear of the Soup Group/Youth group premises and anyone can obtain food from it at any time. They also do a soup group for older and vulnerable persons in the community once a week or more and run the youth group. They have begun to notice some children admitting to missing meals and now provide something nourishing during their youth group sessions. Serving meals can be a way for organisations to directly engage with their service users. The pantry pays a fee to become a member of FareShare Glasgow and West of Scotland who provide a wide variety of quality surplus food to them. It is collected once a week on behalf of a few other food projects as well as for themselves, and swops are undertaken,

ensuring a better mix of food in the parcels on offer. 1, Kintyre Place, Tarbert (Loch Fyne); Heather Bellshaw 07391582359

### 3. KINTYRE:

3.1 [The Campbeltown and Kintyre foodbank](#) is the chief provider of food relief across the Kintyre area. It is staffed by volunteers and there is no limit to the amount of food parcels people can receive. A volunteer from the foodbank is attending the meeting and offering more detail. Kintyre Foodbank, Unit 3, Mull of Kintyre Industrial Estate, Albyn Avenue, Campbeltown PA28 6TP. [kintyrefoodbank@gmail.com](mailto:kintyrefoodbank@gmail.com) 01586 552005



*Kintyre Food bank*

3.2 In Campbeltown, the Co-op surplus is collected by **Kintyre Link Club** for distribution among their members.

### 4. ISLAY:

4.1 [Islay Food Bank](#) is an independent registered charity set up in 2019. Formerly known as “Islay and Jura Store Cupboard” they worked in partnership with the Dunlossit and Islay Community Trust. There are no criteria to fulfil and people can self-refer and receive donations anonymously to their door. People don’t need to fill out any forms and they can be assured of confidentiality.



On Islay they are distributing 2-3 food parcels a week. The majority of those are going to families with additional medical diagnoses and to some Ukrainian refugees. Confidentiality is of huge importance on the island so they have a system

where you can call a mobile phone or message a WhatsApp group and needs are assessed when contact is made. A delivery is then made direct to the person’s home. They have also occasionally undertaken coal deliveries. The foodbank is aware of issues with heating – one of the key issues on the island is that many homes are heated with oil, which is now prohibitively expensive. Contact Andrew: [minister@islaybaptistchurch.org.uk](mailto:minister@islaybaptistchurch.org.uk)

4.2 Islay have also started up a school uniform exchange which has proven extremely popular.

### 5. OTHER SOLUTIONS:

5.1 **The Argyll and Bute Child Poverty Action Group** were formed in 2019 and are a multi-agency group with representation from Argyll and Bute Council, NHS Highland, the third sector and other partners, looking at ways to make a difference to those living in poverty.



5.2 Not for profit community groups can apply to be a partner with their local Co-op [Food Share - Co-op \(coop.co.uk\)](https://www.coop.co.uk) and receive surplus fresh food when available.

5.3 Argyll and Bute Council's **Funding Alert** and the TSI's **funding newsletter** provide information for community groups on grants for the relief of poverty.

## 6. Points for Consideration

6.1 While foodbanks themselves chief goal is that they should cease to exist, they are doing an important job in providing crisis food aid. The Scottish Government and the Independent Food Aid Network advocate to a move towards an approach based on prevention first (strengthening incomes from fair work, social security and reduced cost of living) and then Emergency response based on supporting local joined up approaches to hardship that make foodbanks the last port of call, by promoting emergency financial assistance and money advice first, alongside holistic support services.

*“Where help to access food is required, this is provided in a way that maximises dignity and reduces future need”<sup>ii</sup>.*

6.2 It is noted that the ABFFF (Argyll and Bute Flexible Food Fund) is cited as a model of good practice by the Scottish Government in working towards these goals. Our foodbanks continue to link to ABFFF through the Argyll Food Forum and partners wishing to promote a move from crisis to sustainability by holistic intervention should be aware of the good work and connections already made.

### For further information please contact:

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<sup>i</sup> (Scottish Government, 2021, Poverty in rural Scotland: evidence review [4. Cost of Living - Poverty in rural Scotland: evidence review - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/publications/2021/04/4. Cost of Living - Poverty in rural Scotland: evidence review - gov.scot (www.gov.scot)))

<sup>ii</sup> [Ending the need for food banks: consultation on a draft national plan - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/publications/2021/04/Ending the need for food banks: consultation on a draft national plan - gov.scot (www.gov.scot))