



Welcome to this week's One Can Hero update



Harvest Festival

With the imminent planned cuts to Universal Credit and changes to the furlough scheme this autumn, we sadly expect the number of people we are supporting to rise. We are therefore very grateful to everyone who has so far come forwards and offered to host a Harvest collection for us.

There is still time to get involved! Please call the office on 01494 512277 or email us at office@onecantrust.org.uk for further details. If you would like a member of the One Can Trust team to attend your event or should you need help transporting donations, please let us know.

- If you would like to share an electronic version of our Harvest poster, please [click here](#).
- If you work in a school or part of a group and would like a virtual tour of the warehouse, please [click here](#).

Thank you

Community

Recently, the One Can Trust team attended the Russell Brand event 'Community'. In a beautiful setting by the River Thames near Henley, proceeds from both events (Saturday and Sunday) were donated to the One Can Trust. Every attendee was asked to bring a food donation and we were overwhelmed with the generosity of so many people.

The evenings included some Indian music (Radhika Das), kirtan chanting and breathing, meditation and comedy all delivered by Russell himself.

Thank you to everyone who attended and supported these events but mainly thank you to Russell for his time and supporting us in this way. Our truly wonderful ambassador!





#KeeptheLifeline Campaign

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Russell Brand has shared his thoughts about the government's planned cuts to Universal Credit. Do you agree? Have your say and sign the petition below if you are against the proposed cuts.



Hi, I'm Russell Brand, ambassador of the One Can Trust food bank in High Wycombe. As you may know, the government is due to cut the £20 uplift to Universal Credit very soon. This will push many individuals and families, who depend on this support, into further poverty and debt. Please join me in supporting the #keepthelifeline campaign by emailing your MP, signing petitions, sharing posts, whatever you can do. Let's stand together, support those who need us and get our voices heard. Thank you.

[Click Here to Sign Universal Credit Petition](#)

The [Joseph Rowntree Foundation](#) has written a template letter that you can use to write to your local MP if you agree that the cut should not take place. Please add your voice to the campaign!

Macmillan Cancer Support is backing the Joseph Rowntree campaign and their template email can be accessed by [clicking here](#). Turn2us, a national charity providing practical help to those who are struggling financially, have also written an email template that can be accessed by [clicking here](#).

Food Parcel Facts

- In the week to 17th September 2021, we supported 357 people, 160 of which were children (45%). The previous week we supported 297 people and 40% were children.
- In the week to 17th September 2021, parcels were delivered to 169 homes.
- In March 2020, pre-COVID, the average number of people we were supporting was 225 per week.
- We are currently still supporting 59% more people compared with pre-COVID times. In other terms, we are supporting 1.6 times more people than we were.

Wants and Needs

If you are collecting food as a Street Hero or donating in one of our supermarket drop off cages, please be reassured that we use all items donated, even those in the 'red cross' column (with the exception of alcohol or homemade food). However, it helps us enormously if you could focus on the 'green tick' items that we are in short supply of. [Click here](#) for a word version of the list below.



- Fresh fruit and veg
- Tinned ham, corned beef
- Tinned mixed veg
- Tinned tomatoes
- Tinned fish
- Tinned halal meat
- Pasta
- Rice (500g)
- Biscuits
- Healthy cereals
- UHT milk
- Cooking sauces
- Baked beans
- Deodorants
- Toilet roll
- Nappies (sizes 4 - 7 only)
- Baby formula milk stages 1 and 2
- Washing up liquid



- Peas and sweetcorn
- Tea
- Homemade food
- Alcohol

Please continue to collect fresh fruit and vegetables if you are able to quickly turn around donations and bring them to One Can. **Please DO NOT leave fresh fruit and vegetables in supermarket donation cages.**

Street Hero Story

Last week, we were visited by Myra who was soon to be turning 6 years old.

Myra had visited India and was surprised to see all the children that were begging for food. Up until then, she did not realise that so many children and people were hungry on a daily basis. She decided, on her return, that she wanted to do something to help.

Myra told me that she had been fundraising for One Can Trust and for people that do not have any food. Myra and her older cousin, Muskan, aged 14, spent some time making homemade lemonade, cupcakes and fruit salad and sold them from a stall just outside her house.

She raised £185 and then went shopping to buy food from our 'Wants and Needs' list.

Here she is with her table full of donations. Well done Myra and Muskan!



We decided that she should receive a very special One Can Trust certificate for her efforts and support. Thanks Myra from all of us at One Can.

If you have some images you are happy to share or if you would like some flyers or posters printed, please get in touch, kim.starkey@onecantrust.org.uk

For those with an Apple phone, please [click here](#) to download the App
For those with an Android phone, please [click here](#) to download the App



Thank you for taking the time to read this One Can Hero update and for all your incredible support.

Best wishes

Kim Starkey

Administrative Assistant, One Can Trust



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