

July 2025

Together



A prescription for change

Why a GP, a food bank and a community are working together to end hunger

 **Trussell**
Ending hunger together

What does football have to do with food banks?
Find out on page 10

Meet our new Ambassador,
Line of Duty writer Jed
Mercurio, on page 13

Welcome

40,000

volunteers

54,957

campaigners

2.9M

emergency food parcels
in 2024–2025

**Your support matters.
Together, we are many.
All working to ensure no
one needs a food bank
to survive.**

Contact us

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**Ending hunger
together**

What do Liverpool Football Club, TV scriptwriter Jed Mercurio, and you and I all have in common?

The answer: **we're all part of the Trussell community taking action to end hunger in the UK.**

It's incredible to think we're all driven by the same belief, that food banks should not need to exist in the UK.


And when we unite, it's powerful.

This issue of *Together* celebrates the diversity and impact of our incredible community...

On page 7, discover what happened when hundreds of people took our Guarantee our Essentials campaign to Westminster. And don't miss the chance to meet Trussell's newest Ambassador, on page 13.

Each one of these amazing people is helping create a more just and compassionate society. Just like you, they are making change happen.

So, thank you for being part of this community. We are thousands and counting, and our voice is getting louder. Together, we cannot be ignored.



Hannah-Mae Trow
Supporter Stewardship Manager

Kate McIntosh, Community Campaigning Lead,
Cambridge City Foodbank



Sharing power. Creating change

In a city identified as the most unequal in the UK, change is coming from some surprising corners of the community – all thanks to the local food bank.

A group of people step out from a meeting, feeling frustrated. They are all social tenants, renters and shared owners trying to sort out a housing issue in Cambridge, one of the least affordable places to live in the UK.

The meeting, with a key decision-maker, was short and predictable. It's

left everyone deflated. But then Hilary, one of the group, steps forward...

"They're going to contact us now, one by one, and get us to back off. But we can't," she says, looking each person in the eye. "We're only strong if we're united. **We're only powerful if we act together.**"

This is how change happens in communities. Through people like Hilary. And in Cambridge, it's being driven by the local food bank.

Extreme inequality

Visit Cambridge and you might be wowed by history, awed by beautiful buildings and impressed by the booming tech industry. What you might not see are the severe levels of hunger and hardship...

In the last five years, Cambridge City Foodbank has seen an 84% increase in need, compared to a 54% increase across the UK. This 45 square mile city has record numbers of people educated to graduate level, yet one in 10 households earns less than £16,518 per year. The Centre for Cities has identified Cambridge as the most unequal city in the UK.

But Cambridge City Foodbank is tackling the challenge head on. How? By putting power into the hands of people with lived experience.

"When Hilary stepped forward after that meeting and said what she did, I felt emotional," says Kate McIntosh, Cambridge City Foodbank's community campaigning lead.

"I'd been working with the group and wondering if they would stay unified. But in that moment, you saw a leader being developed... power being built. That's how we win change, locally."

Powerful impact

Identifying, supporting and empowering people like Hilary is already having an impact. In November last year, Cambridge City Council passed a motion to support Trussell's Essentials Guarantee, calling for the basic rate of Universal Credit to cover the cost

Cambridge City Foodbank in numbers...

3 churches
founded Cambridge City Foodbank in 2010

£1 

Every £1 spent on advice services unlocks £10 of unclaimed financial support

84%
increase in food parcels
between 2019 and 2025



Above: Cambridge City Foodbank's team

of essentials. It was the result of a targeted campaign by local people who'd all experienced hunger and hardship.

"Slowly, we're chipping away at the causes of food bank need," adds Kate.



When you bring people together in an organised way behind shared values, it's amazing how much power you can get.



Your support is helping many food banks like Cambridge receive the training and support to run community-led projects, like this, through our training and grant programmes. You are also helping more people access opportunities to participate in advocacy activities (like our Lobby Day on page 7) through participation funds.

Long-term support

Not only are local people driving change, but Cambridge City Foodbank is also adapting in response to needs in the city. As well as eight food bank centres, there are five Fairbite Food Clubs and cafés, where people can chat and get support from Citizens Advice on challenges such as housing, health and benefits.

Incredibly, 73% of people reported they no longer need ongoing food support after receiving advice. This advice work in food banks is partly funded by Trussell grants, you've been helping people receive this support.

"Think of an emergency food parcel as equivalent to a hospital A&E. If you've fallen off your bike, A&E can patch you up and send you on your

way," says Development Director Liam Loftus.

"But if you have a chronic condition like diabetes, you need something more than A&E. It's the same for people in severe hardship. They need something different, more long-term. We might not solve everything in one visit, but we hope to eventually help someone back on their feet."



Meet the doctor working to end hunger in Cambridge

Liam Loftus spent 14 years training

to be a GP and qualified last summer. He has been involved with Cambridge City Foodbank for over two years and has been Development Director since October 2024.

So why did Liam get involved? He explains what drives him...

"As I learned more about medicine and what makes people healthy, I realised that hospitals and GP surgeries are only part of the picture. They're crucial, yes.

But many things make people healthy, including where they live and work, and of course, whether they have access to food.

As a GP, I saw people coming with conditions resulting from really complex, intertwined issues. For many, a key part was being able to afford food. So, I started volunteering with the food bank and then took on this new role.

Now I'm focused on what we can do outside the consulting room to have an impact.

Food banks are the last resort in a long line of support, so there are plenty of opportunities to intervene. Absolutely, we can have a future without food banks."

People-powered change **starts** **with a conversation**



On 18 June, Trussell held its very first lobby day at Westminster, uniting food banks and other community food organisations across the UK to share their experiences with MPs. Read on to hear how it went.

Comedian Nish Kumar joined Trussell's CEO, Emma Revie, and hundreds of supporters for our lobby day in Westminster.

Our social security system should be there for us all when we need it most. But Universal Credit doesn't provide enough to cover the cost of life's essentials – and it's pushing people to food banks.

We need an Essentials Guarantee from Government – a guarantee that the basic rate of Universal Credit covers life's essentials, and support never falls short of that.

This is what our lobby day was calling for – and your support was essential in ensuring that as many people as possible could be there in person to make their voices heard.



Before the event, we wanted to make sure that everyone who wanted to speak to their MP could attend. Recognising that

What is a lobby day?

A lobby day is a mass gathering of people who contact their MPs and arrange to meet them at Parliament on the same day about a specific issue. They are a powerful moment of solidarity and action and will help us gain the support of MPs to lobby for the Essentials Guarantee in Parliament.

We brought together hundreds of people from different backgrounds and communities to meet their MPs and talk to them directly about the growing levels of hardship in their

constituency because – Universal Credit isn't covering the cost of the essentials. People taking part on the day included food bank staff, volunteers, lived experience partners, Trussell campaigners and other community food organisations like the Independent Food Aid Network, Salvation Army, Feeding Britain and Your Local Pantry.

Many had their own experiences of hardship that they wanted to share with their MP, in the hope others don't experience the same.

“

The welcome, respect, compassion, dignity displayed today was just outstanding.

There was such a sense of purpose and commitment, with a true humility and a belief that together we are stronger, together our voices are louder, together change is possible.

”

Nicki, Rawmarsh Foodbank
Project manager

Westminster isn't easy for many to get to, your support helped us assist people with transport costs.

We also provided training, resources, and support to help food banks prepare for and attend lobby day, and on how to secure their MP meetings.

The big day

Over six hours, MPs spoke to our campaigners about the struggles within their constituencies and how they, as MPs, can help ensure that everyone can afford life's essentials through the Essentials Guarantee.



It was a powerful day, where food banks and people facing hunger came together to share the impact of policies on individuals and families across the UK. By creating opportunities like this, we help bridge the gap between policymaking and lived experience. These conversations are vital – they bring urgency to the debate, faces to the statistics and help move us one step closer to meaningful change.

549

people participated in our lobby day

240

MPs attended

Find out more about how you can support our campaigning efforts at trussell.org.uk/essentials

Football vs Hunger

“What does football have to do with food banks?”
I hear you ask...

From Premier League stars helping to pack parcels, to St Johnstone's fans being Perth and Kinross Foodbank's fifth biggest donor, football clubs across the UK have been supporting their local food banks and communities for years.

Football has always been more than just a game – it's a force for change. From taking a stand against racism, to calling out homophobia, the football community has repeatedly shown its power to shape a better society.



(Left) Lori from Perth and Kinross Foodbank and (right) Francis, St Johnstone FC Chief Exec at the launch event.

Galvanising football clubs

We've created a Football vs Hunger charter, and are inviting football clubs across the men's and women's football pyramid to sign it and call for urgent action to address hunger. Nineteen clubs across the UK have already signed the charter, including both Liverpool and Everton, St Johnstone, Bangor 1876, and Glentoran.

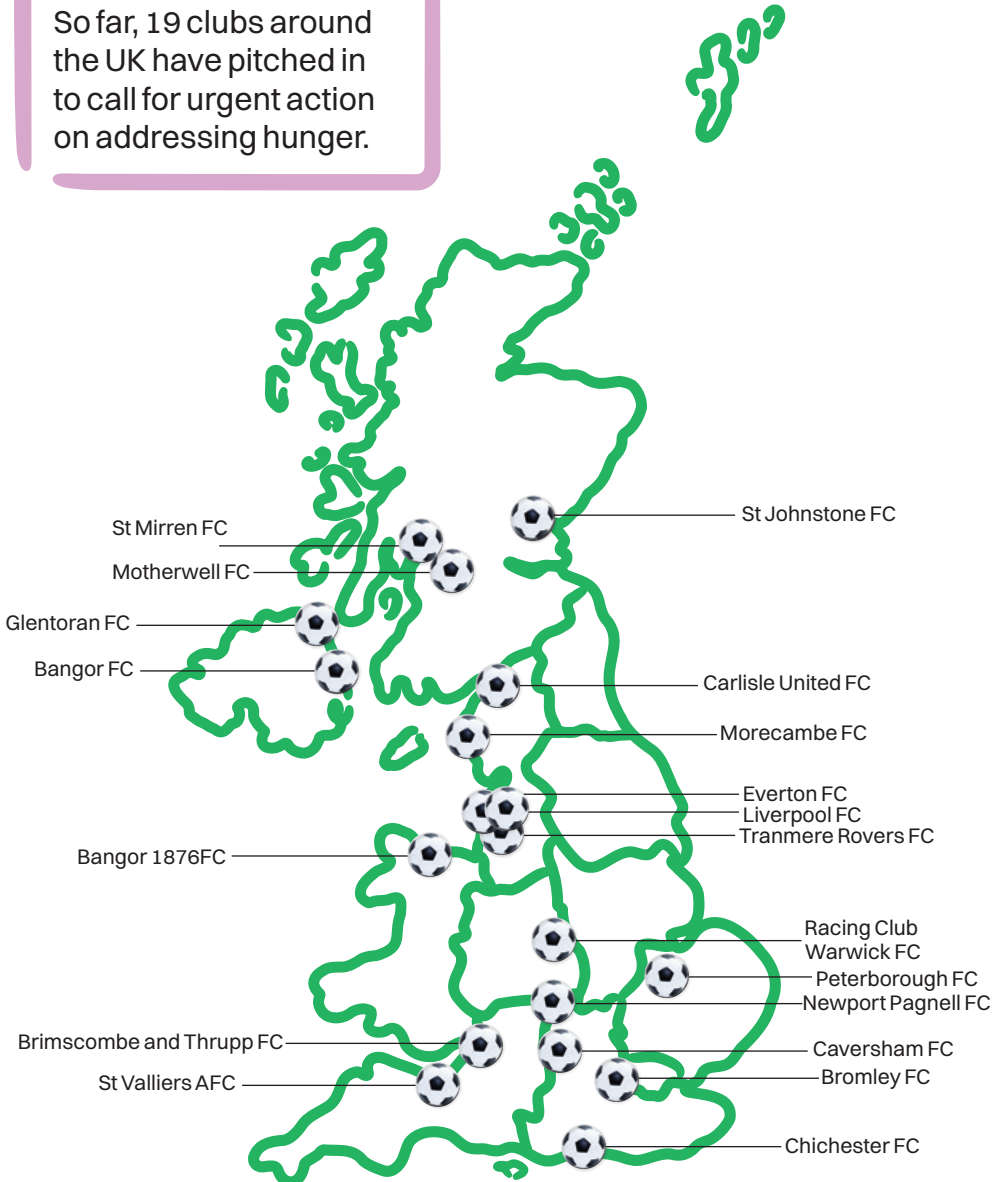
Forbes Duff, Head of Community Engagement, LFC Foundation, says: “Liverpool Football Club has supported food banks in Merseyside for many years, and we are proud to be a part of Football vs Hunger.”

“In 2025, we believe that it is unacceptable for anyone to experience hunger. That's why we will do all we can to help Trussell in the mission to end the need for food banks in the UK.”

“No matter your club colours, we urge all football fans to back this vital campaign and help make a future possible where nobody needs a food bank.”

Football teams signed up to the Football Vs. Hunger charter

So far, 19 clubs around the UK have pitched in to call for urgent action on addressing hunger.



Mobilising players and influencers

In June, we released an open letter calling for an end to poverty chanting at matches, and a commitment to ending hunger in the UK. The letter was signed by players, managers and celebrity football fans, like Vernon Kay, Robbie Fowler, Peter Schmeichel, and our ambassador featured in this issue – Jed Mercurio.

With many people commenting on the unexpected collaboration between football and food banks, Bryan's Gunn, a hugely popular football content creator, has shared an inspiring campaigning video to support us and rally people together to sign for Trussell FC on his [X \(Twitter\)](#) and [Bluesky](#) channels.



Above: Will (the man behind Bryan's Gunn) visiting Southwark Foodbank

It's not just football clubs who can play their part – it's fans too. So, whether you're a grassroots player, an armchair fan, or you sit in the rain on the terraces week in, week out, you can play your part. The clubs who have signed the charter are also encouraging fans to sign up to Trussell FC. This team of football fans are united in the belief that everyone should be able to afford the essentials, and no one should need a food bank to survive.

Whether you play, watch, or support football, there are many ways to be part of this movement:

- Invite your friends and family to sign for Trussell FC at [**trussell.org.uk/trussellFC**](https://trussell.org.uk/trussellFC)
- Share on social with your friends and family

- Do you have contacts at a club? Perhaps you know a sports journalist who could help boost the campaign?



We'd love to connect!
Let us know by emailing
[**football@trussell.org.uk**](mailto:football@trussell.org.uk)

TV writer joins the campaign against UK hunger

Acclaimed British TV writer, Jed Mercurio OBE, best known for his gripping BBC police series *Line of Duty*, has become a Trussell Ambassador.



The mastermind behind *Line of Duty*'s police corruption and explosive interrogations is now turning his attention to a different kind of investigation – why millions of people in the UK face hunger.

Jed Mercurio has become the latest Ambassador to join Trussell's ranks. He's among a host of celebrities who recently signed an open letter calling on politicians to act on hunger and hardship in the UK.

"If I had the opportunity to address the government," says Jed, "I would ask a very simple question: **Are you proud of the fact that this is a country in which so many people have to rely on food banks?**"



“

Food banks still feel like a relatively new phenomenon... They are a reflection of economic circumstance, but also economic policies in the UK. Trussell does hugely important work to support people facing hunger and hardship, and I'm absolutely honoured to be supporting that campaign.

”

What's Jed been doing so far?

- June 2021: Judged our children's poetry competition
- November 2024: Spoke out about hunger among UK veterans
- January 2024: Called for an Essentials Guarantee in an open letter
- March 2025: Joined calls for a rethink on social security cuts.



Scriptwriter Jed is best known for programmes like *Bodyguard*, but after growing up in Lancashire and the West Midlands, he went to medical school and joined the Royal Air Force with the aim of specialising in aviation medicine. Jed was working as a hospital doctor when he answered an advert for a writer on a BBC medical drama.

Today, Jed, a son of Italian immigrant parents, is known for dramatising gritty issues of public concern. His new role as Trussell Ambassador strengthens the growing movement of people calling for an end to UK hunger.

“Hunger is something we can all have a voice in fighting,” he adds. “I’m proud to support Trussell, but I’d be prouder to live in a country that didn’t need food banks.”



Leave a gift. Change a future.

Writing a Will is one of the most powerful ways to support the people and causes you care about.

“

It's comforting to know my gift will help families long after I'm gone.

”

Betty, who's pledged a gift in her Will

We've partnered with Farewill to offer you a simple, secure and completely free way to write your Will online – in as little as 20 minutes.

Supporters like Betty, and volunteers in food banks across the UK, are helping to build hunger-free communities for generations to come.

Write your Will for free

farewill.com/together-with-trussell

Farewill is an independent Will writing service. There is no obligation to include a gift to Trussell. Fairwill is available to supporters aged 18+ living in the UK.

To learn more, visit: trussell.org.uk/gifts-in-wills

1. I'd like to make a one-off gift

My amount £

☐ I enclose a cheque/postal order or CAF voucher (payable to Trussell)

-OR- please debit my: Visa ☐ Mastercard ☐

Card number:

Start date: Expiry date: Name on card:

/ /

-OR- scan
to donate:



WJULYMA625

2. Please complete your details

Title: First name: Last name:

Address:

Postcode:

Email: Mobile number:

3. Gift aid

Boost your donation by 25p for every £1 you donate. In order to Gift Aid your donation you must tick the box below.

☐ I want to Gift Aid my donation, and any donations I make in the future or have made in the past four years, to Trussell.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date: ☐ I am not eligible to Gift Aid.

We require your address to enable a claim to be made.

4. Let's keep in touch

We will continue to contact you by post with information about our work, fundraising activities and ways to get involved. If you are happy to receive this information by email or phone, please provide your details:

Email:

Phone:

To change your communication preferences at any time, please call us on **01722 580 178** (between 9am and 5pm) or email supportercare@trussell.org.uk. You can also find out more about how we collect and use your personal information by reading our Privacy Policy at trussell.org.uk/privacy

5. Gift in wills

☐ I would like more information about leaving a gift in my Will to Trussell

☐ I am already leaving a gift in my Will to Trussell

Please return to: Freepost Trussell

Visit trussell.org.uk/donate

Or call **01722 580 178** (Mon to Fri, 9am to 5pm)

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Cut along this line