

Your church and Trussell

**Help end UK hunger, support your local food bank,
and nurture community with humility**
– inspired by Micah 6:8



Welcome

Thank you so much for your interest in supporting Trussell.

We are an anti-poverty charity supporting a community of food banks across the UK. We refuse to stand by while so many people can't afford to eat, keep warm, and pay the bills.

We campaign locally and across the UK for a more just and compassionate society – where everybody has enough money for the essentials, and no one needs a food bank to survive.

Until that happens, we provide emergency food, and practical support and advice, for people left without enough money to live on.

Our work with churches

Churches, and the part they play in supporting food banks, have always been vital to our work.

In 2000, Paddy and Carol Henderson started the first Trussell food bank, following a call from a mother in Salisbury who was struggling to afford food for her family. Supported by their church, the Hendersons launched Salisbury Foodbank in the garden and garage of their home, providing three days' emergency food to local people who had been left without enough money to live on.

Trussell (then called The Trussell Trust) was founded based on a legacy gift left by Carol's mother, Betty Trussell. The food bank model designed by Paddy quickly gained traction and, in 2004, our first church networks were established. They linked churches with local food banks so they could further support people facing hardship, while church volunteers generously provided their time.

Over the years, our community has grown, with more than 12,000 churches now supporting over 1,400 food bank locations – alongside 40,000 volunteers, hundreds of thousands of community groups and schools, and millions of people across the UK.

As a community, we share insights and learning, to build a compelling case for change. Food banks may be a lifeline for so many people – but we know they are not the long-term solution. We believe social justice must go hand in hand with social action – calling for a future where we can all afford life's essentials, and no one needs a food bank to survive.

About this brochure

This brochure gives you a flavour of the many ways in which you and your church can support your local food bank, and take action together with us to call for social justice – in solidarity with people facing hunger and hardship.

Throughout, you'll find the practical steps that you can take today to help end hunger and hardship.

If you're facing hunger yourself, please visit trussell.org.uk/emergency-food – or call 01722 580 180



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Trussell's commitment to serving communities over the last 20 years through food banks has been unwavering. Today, Trussell is calling on churches to stand with people facing hunger and poverty.

Please join them in acting justly, loving mercy and walking humbly with God – alongside people struggling to put food on the table.

”

Bishop Mike Royal,
General Secretary,
Churches Together in England



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Free resources to help you

Download resources at trussell.org.uk/church-resources Get printed resources at trussell.org.uk/church-items Sign up for updates and news at trussell.org.uk/join

A Biblical vision for ending hunger together

He has shown you, O mortal, what is good.
And what does the LORD require of you?
To act justly and to love mercy
and to walk humbly with your God.

Micah 6:8 (NIV)

This verse inspires us at Trussell to deepen the ways we support churches to get involved with food banks and campaign for change.

Loving mercy

Loving mercy is all about how we respond to people facing financial hardship with radical kindness and compassion. Churches and individuals can do this by supporting food banks or other similar charities for as long as they are needed. This can be through donations, financial support and volunteering.

Acting justly

Acting justly involves learning about and speaking out against unjust systems, like our inadequate social security system which is pushing people to the doors of our food banks. Calling on decision-makers to make changes is part of acting justly, but it also means looking at the relationships we have and considering who holds power. We must ask: whose voices are heard and how can we live in solidarity with people who are facing financial hardship?

Walking humbly

Walking humbly with a commitment to justice in our relationships means finding ways to create community together with people facing financial hardship. Together we can ensure there are no barriers to belonging in our churches and community spaces and that the contributions made by every person are equally valued. Our faith teaches us that we are all made in the image of God: we need each other and are inter-dependent. Each of us have different skills and experience, and together we can find the wisdom and creativity we need to build more just and compassionate communities.





How can we love mercy?

Our community of food banks is stretched to breaking point as more and more people are being driven through the doors of emergency food providers, while fewer people are able to donate regularly.

We literally could not keep the lights on in our food banks without the support of churches – who generously provide venues, encourage volunteering and organise food collections.

If you can help us, your support will make a huge difference to people in your community who are facing hardship and hunger.



What you can do

On your own:

- Pray for people in your community who are forced to use a food bank.
- Download the **BanktheFood app** (bankthefood.com), which lets you know the items most urgently needed by your local food bank.
- Follow your local food bank on social media.
- Contribute to your local food bank when you are shopping.
- Volunteer if you have time.
- Give financial support if you can.
- Commit to sharing the needs of your local food bank in your church or workplace.

As a church:

- Set up a collection point for your local food bank.
- Pray for your local food bank and for people accessing emergency food.
- Invite someone from your local food bank to speak to the church community.
- Give regularly to the food bank.
- Make your local food bank the focus of a Harvest service.
- Include news and donation requests from your local food bank on your website or in your weekly updates.



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Our food bank has five local churches who support us – with an ambassador in each, who shares stories and reports from the food bank with their congregations. As a group, these churches agreed to name us as their charity of the year!

This means that each church took responsibility to do a fundraising event for us, organising a pie and pea supper, coffee mornings, and a quiz and games night.

Five churches sharing the responsibility of us being their charity of the year means it wasn't a big pressure on one church. The churches are really close now, and I've never seen multi-denominational churches work so well together.

”

Beckie, Wyke Foodbank

Take action for
compassion now!

Visit trussell.org.uk/donate-food to find your
local food bank and explore how you can help.

How can we act justly?

The vast majority of the general public agree that it is wrong that so many people have to rely on food banks in the UK – the seventh richest country in the world.

We know that our social security system is inadequate, and – through our Guarantee our Essentials (GOE) campaign – we are calling for changes that would ensure everyone has enough money to cover life's essentials, such as food and bills. While being able to afford the absolute essentials might not sound like the fullness of life promised by Jesus, it is an achievable and practical step in the direction of justice.

We also believe that acting justly is about the way we live in communities – both within our churches and in the wider neighbourhood. In many food banks, local organisers and mobilisers are working with people facing hunger and hardship to work for change together with local councils and other statutory agencies. We would love to see churches getting involved with these local movements that challenge the drivers of poverty, and are led by people with lived experience of hardship.

Trussell supporters reading and sharing *The Hardship Times* with MPs and members of the public outside Parliament. This newspaper was produced in support of the Guarantee our Essentials campaign, calling for a social security system that ensures everyone can afford the cost of life's essentials.



What you can do

On your own:

- **Pray** for people in power to work towards a social security system that is fit-for-purpose.
- Watch our Guarantee our Essentials film at trussell.org.uk/church-GOE-film.



- Find out more about local campaigns.
- **Sign up** for updates about Trussell's GOE campaign.
- **Visit your MP's surgery** and talk to them about our social security system.

As a church:

- **Pray** for social justice in your church services and gatherings.
- **Order resources** to help your church explore the injustice of hunger: we can send you our **campaign pack**, **conversation cards**, **tablecloth packs**, *The Hardship Times* newspapers and more.
- **Show the GOE film** in your church.
- **Convene meetings** between local decision-makers and people who are struggling against poverty.
- **Invite people** working to organise or campaign against poverty to **speak in your services**.
- **Build friendships** with **local decision makers** and people in power.

Stimulating resources for justice prayer evening

"I wanted Trussell resources to help us pray for social justice at a recent Churches Together event. The tablecloth packs were great for encouraging people to write down prayers and other commitments. People watched a film and took bible studies too. For me, the key to prayer is being active, having something to stimulate me, and directing my thoughts to God. These resources are really helpful in doing that."

Jeremy, food bank chaplain and church leader



Take action for justice now!

Order free printed resources for your church, including our campaign and seasonal materials, at trussell.org.uk/church-items

How can we walk humbly?



1 in 4

people referred to food banks experience severe social isolation – being in touch with people socially once a month, or never.

We believe that every church has the potential to be a community where people facing hunger and hardship can fully belong, as equal and valued participants in the household of God.

In so many spaces there is the idea that some people's contribution is more valuable, while other contributions are easily dismissed. Could your church be a place where everyone's voice carries equal weight?

Listening well to one another and standing in solidarity together can help form a culture of justice. It's also important that as many people as possible are involved in making decisions to help shape their church community. Churches like this can have a transformative impact (both in their own neighbourhoods and more widely) as models of what it might mean to live the prayer 'your kingdom come, on earth as it is in heaven'.

What you can do

On your own:

- Use our **Shared Journey Bible studies**: reflections on scripture written by people who have faced financial hardship.
- Find opportunities to **spend time with people in your community** that you don't already know, and may bring you a different perspective.
- See if you can **volunteer with your local food bank** or a local organisation that brings people together from different backgrounds.
- Read ***Invisible Divides*** by Natalie Williams and Paul Brown which explores removing barriers to belonging in church.

As a church:

- Together, watch our 'Cup of Tea' film (trussell.org.uk/cup-of-tea), which highlights the transformative potential of a warm welcome, a listening ear and a cuppa.
- Offer a space of hospitality (such as with the Place of Welcome network placesofwelcome.org.uk) which is open to people of all backgrounds, including people facing financial hardship.
- See if you can **support your local food bank with offering a cup of tea to everyone** who comes through their doors.
- Consider your church through the eyes of someone facing hunger and hardship. Are their barriers to people belonging?
- Use our **Shared Journey Bible studies** in your home groups or as a Lent Course.
- Encourage different people in your church to **share something of their faith journey**, and perhaps, where they have encountered God in their struggle against poverty..

How we can belong in church

"Quite often, our traditional church setting isn't as welcoming as we'd like it to be for people – for some, things can feel too formal, and simply sitting down for an hour is too much. Some people come to our meetings five minutes late; some people come and leave. But we do as much as we can to enable everyone to take part.

We have a community meal on a Sunday, but we are explicit that you don't have to come to the service beforehand if you don't want to. But more and more people are encouraged to do so, partly because they know they're welcome to come and be as they are. There's no expectation of behaviour to belong in this place."

**Rev. Jade Zerk, Minister at
Hope Baptist Church, Highbridge.**

Take action towards walking humbly now!

Have a look at our **Micah 6:8 Church Audit**, exploring how to build community with humility, at trussell.org.uk/church-resources

Order our **Bible studies** for your church at trussell.org.uk/church-items

Watch and share our films at trussell.org.uk/church-films





Journey with us throughout the year

Supporting a food bank and campaigning with us is not a one-time silver bullet that will end hunger or the need for food banks overnight.

To end hunger together, we want to work with people, communities and churches who are ready to explore what justice and walking humbly in 'right relationship' with each other and God can mean. Together, we need to be ready for the long haul – the wrestling that will bring about transformed systems, driven by people who have open hearts, minds and hands. Together we can bring heaven a little closer to earth.

It can be hard to find ways of raising issues of justice, poverty and equality in church, and encouraging friends and family to get involved with you. Thankfully, we have many engaging resources to help your church explore compassion, justice and walking humbly, linked to many of the big church calendar moments.

**Plan your year
with Trussell**

Browse our seasonal resources and church calendar at trussell.org.uk/church-resources

Order professionally printed copies of seasonal resources for your church at trussell.org.uk/church-items



Resources for Lent

During Lent, discover fresh perspectives on familiar Bible stories by following our **A Shared Journey course**. These studies are based on prayers and reflections from our partners who have a lived experience of facing financial hardship. They are a powerful journey for individuals, small groups or your whole church to explore during Lent.



Your Harvest collection table could help families in your community facing hardship

Harvest time resources

Bring together gratitude, compassion and a longing for justice at Harvest time. Use one of the three ideas, based on the time you have to prepare, in our **Harvest Trussell tables resource**.

A compassionate Christmas

Celebrate the compassion shown in your community through your food bank with a themed evening of Christmas carols. Our carol service pack comes with suggested carols, songs and readings focused on compassion, plus printed materials for your service.



Further resources and support

We are constantly growing and adapting our range of resources to support you and your church.

What's available?

You can view and download resources for free on our website, or send off for professionally printed copies where they are available. Our resources include:

- service plans
- sermon notes
- films
- resources for young people
- packs to augment board games to have a social justice focus.

How else can we support you?

Come together with like-minded Christians and members of the Trussell team to explore justice, compassion and nurturing community with humility and consider the next steps for you and your church.

We hold informal online gatherings and peer learning sessions throughout the year, usually ahead of major calendar moments like Harvest, Christmas and Lent. Join us to share ideas, hear what other churches and food banks have offered their communities, and be encouraged!



Take your next steps in solidarity with people facing hunger and hardship

Browse our vision and resources at trussell.org.uk/church-resources

Sign up for online gatherings and peer support at trussell.org.uk/church-events

Eager to do more? Why not **sign up as a Church Ambassador**, and help your local food bank connect with church life even more? To find out more, visit trussell.org.uk/ambassadors

1. Please complete your details, then select what you'd like to receive from us

Title: First name*: Last name*:

Address:

Postcode:

Email: *Required fields

Which one of these best describes you? ☐ A member of a congregation who wants to do more to help people explore poverty and social justice ☐ Based in a food bank (volunteer / trustee, etc) ☐ Leader of a congregation

Would you be happy to receive general Trussell information and updates through the post? ☐ Yes ☐ No

2. Consent to receive church updates

We'd love to send you updates on our work with churches – such as seasonal resources, events and Lent reflections. We need your explicit consent to send our church updates, as this information is about your Christian beliefs.

- ☐ Yes – I am happy for Trussell to use my details to send me communications and resources relevant to the Christian faith.
- ☐ No – I don't want Trussell to send me communications relevant to the Christian faith.

3. Sign up for Trussell emails

By signing up to receive emails, you will receive updates on the impact of your support, our latest news, fundraising activities, and how you can help create positive change in the UK.

- ☐ Yes – I would like to receive email updates
- Please note that you'll need to opt in to Trussell emails in order to receive church update emails.

4. Request free sample resources

Would you like to receive a free sample of our professionally printed resources for churches? Our partner Dash will send them on our behalf.

- ☐ Yes, please send a sample to my postal address

5. Online seasonal planning events

Would you like to receive emails about online events, to help you plan church services and meetings around seasonal festivals (e.g. Lent, Harvest, Christmas)?

- ☐ Yes, I consent to online event notifications via the Trussell Enthuse platform

Which seasonal planning events are you interested in?

- ☐ Lent ☐ Harvest ☐ Christmas

Please tear off this page, pop it in an envelope, and address it to **Freepost Trussell** (no stamp required)

You can update your preferences at any time by emailing supportercare@trussell.org.uk or calling 01722 580 178. To find out more about how we collect and use your personal information, please read our Privacy Policy.

Data Protection Trussell will use the personal information that you provide in accordance with the UK GDPR and the Data Protection Act (2018). Trussell is registered as a data controller with the UK Information Commissioner's Office under registration number Z279027X. Your details will be kept safe and secure, only used by us, or those who work for us, and will not be sold or rented to third parties for marketing purposes. We may use information and data you provide for profiling, research or screening purposes in order to help us understand our supporters so we can save resources and deliver the best possible service.

Trussell is the operating name of The Trussell Trust, a registered charity in England & Wales (1110522) and Scotland (SC044246). Registered Limited Company in England & Wales (5434524).

Quick links

Download free church resources at trussell.org.uk/church-resources

Order free printed materials at trussell.org.uk/church-items

Watch and share our videos at trussell.org.uk/church-films

For information on our Church Ambassador programme, visit trussell.org.uk/ambassadors

You can also sign up for news and updates at trussell.org.uk/join

Contact us at churches@trussell.org.uk

trussell.org.uk/churches

    [trusselluk](https://trussell.org.uk)

