

Ending hunger together

Our impact report for 2025-2026



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Welcome

Welcome to our impact report for April 2025 to March 2026.

This was a significant year for our charity. For the first time since the covid-19 pandemic and subsequent cost of living crisis, we saw a decrease in the demand for our services. However, this only paints part of the picture.

Over the past couple of years we have shifted our focus and emphasis to providing as much wrap around holistic support as possible. With the aim being to tackle some of the deep-rooted drivers of hardship.

Although providing emergency food and essentials to those in crisis will always be a mainstay of our work, we know that for many this is only a sticking plaster.

We must support individuals with the underlying causes that bring them to us in the first place.

Whether that be issues with benefits, debt, housing, health, finding work, addiction or anything else, we will find a way to walk alongside them in their journey.

Our goal is to provide the tools, environment and encouragement for people to thrive.

No-one should have to rely on a foodbank to survive.

It is precisely this type of work that has led to the reduction in demand we have seen over the past year.

However, there is still plenty of work to be done.

Even with this reduction, we are still seeing over **60% more** people compared to 5 years ago.

Often people come to us at their lowest points and when things have already spiralled out of control.

Moving forward, we want to reach more people before this point, as we know that early intervention can stop that spiral from happening.

We want to spread the word that we can provide more than just food.

This report captures what we've all achieved, together, in the past year. The compassion shown and the path ahead. Thank you to **everyone** who made it possible.



Henry Hopkins
Charity Manager
Braintree Area Foodbank



Action to support a growing need

9,425

emergency food parcels were distributed to people in need in the Braintree District – a **61% rise** over five years from 2020–21, highlighting the growing scale of need and continued pressure on our foodbank

2,916

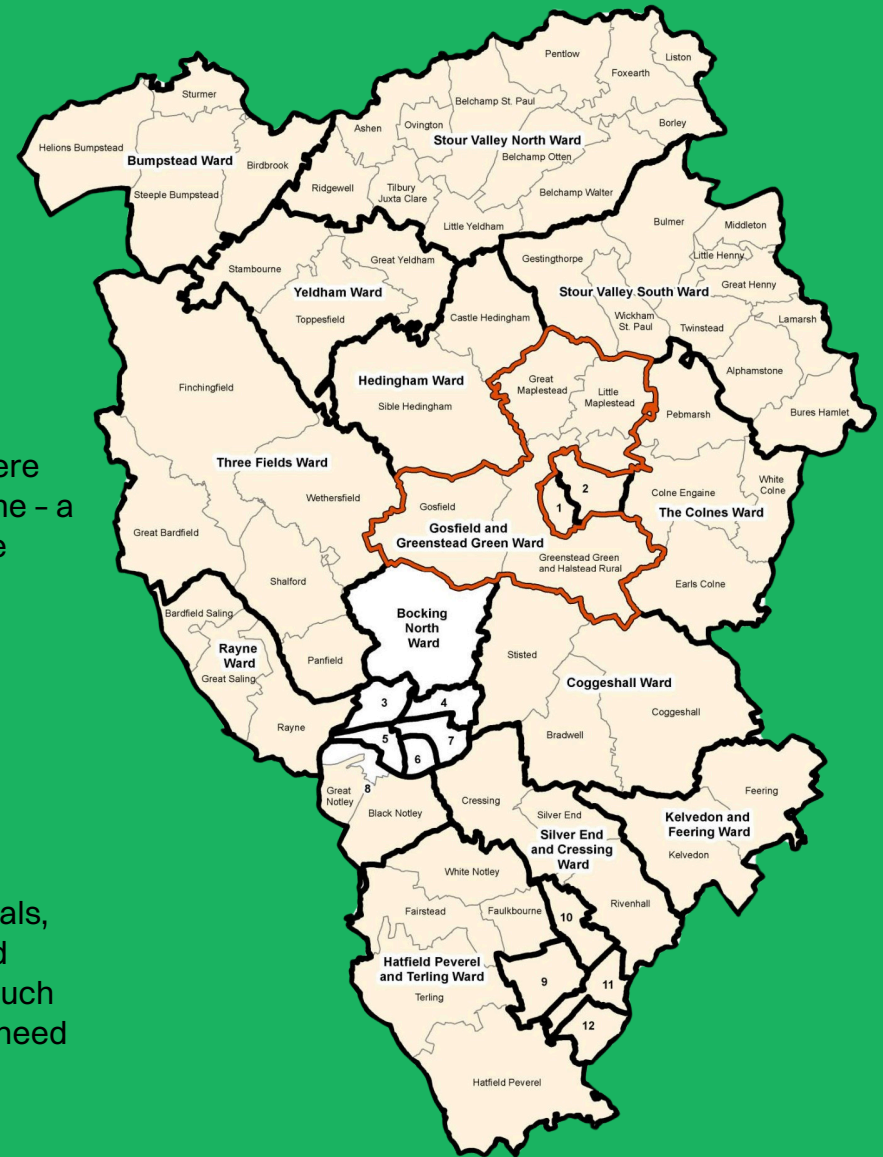
people supported throughout the year, from 1290 households, spread across the entire Braintree District – a **45% increase** over five years from 2020–21, further highlighting the growing scale of need

44%

of the people we saw this year were using the foodbank for the first time – a sad reminder that more and more individuals and families are being pushed into **hardship**

2,800+

donations were made by individuals, community groups, churches and businesses – showing just how much people **care** for those who are in need



“
Your town cares for you, we are the
face of a chain of neighbourliness
”

Our strategy

At Braintree Area Foodbank our mission is the prevention and relief of poverty in the Braintree District, through the provision of emergency food parcels and holistic wrap around support, working alongside other local charities and statutory agencies.

Our strategy focuses on three key themes:

We are in 7 locations, open 6 days a week, supported by over 140 volunteers and countless individuals, churches, schools, businesses and community groups

Ending Hunger Today

Due to a challenging economic outlook, we know we'll need to continue to support many people who are going without the essentials over the coming years.



Ending hunger today means making sure we can be there for anyone who needs us, offering a warm welcome and emergency food alongside tailored support and advice, making it less likely they will need a foodbank again.

Ending Hunger Together

We know that we can't solve hunger and hardship alone. To drive real change, we need to bring even more people with us.



Ending hunger together means working with others, challenging and empowering people to play their part. This will involve collaborations across our local community, working with each other to support our clients in the best way possible.

Ending Hunger Forever

We will not stop until everybody has enough money for the essentials – and the distribution of emergency food can end for good.



Ending hunger forever means tackling the causes of foodbank need, challenging the systems and assumptions that leave people facing hunger and hardship.

Ending Hunger Today

Ending hunger today encapsulates everything we can do for someone in the moment. It demands connection, compassion, and a listening ear – rooted in the support of people in our local community.

The most well known aspect of our work in this area is the provision of emergency food and essentials. We provide at least 3 days worth of food alongside toiletries, household items and pet food.

Individuals and families access this support through being given a foodbank voucher via a referral agency. We are partnered with over 130 local agencies who can issue vouchers, these include housing associations, social workers, charities and other support networks.

The figures to the right of this page show the emergency food and essentials distributed to those in need in the year 2025-26.

“

The power of community is recognising that sometimes people struggle, that it could be any one of us, and that the rest of us are there to help and walk alongside you.

”

“

Being able to get food, different types of food, and feeling welcomed there made a big difference.

”

“

Without the foodbank me and my daughter would have gone without.

”

61,297kg

of food in the form of emergency food parcels

enough food to make

106,713

meals

23,085kg

of toiletries, essentials and extra food items

all with a total value of

£192,235



The foodbank is a place of hope and community. It provides a lifeline – offering not just emergency food but a warm welcome, connection over a cup of tea, and advice that makes it less likely people will need our help again.

A warm welcome within

More than a food parcel

Of the 9,425 parcels given out during the year, 7,876 were collected in person at one of our centres.

At our centres, clients are greeted with a warm welcome and a listening ear. Whilst preparing their food parcel, our trained volunteer signposters will chat with individuals and families about whatever challenges they are facing.

For some, this is the only time they converse with other people. It can be a vital lifeline of connection and a sense of community.

Out of these conversations, we can offer tailored support to help people with any issues they may be facing.

We also have specialist advisors at the majority of our centres, so that clients can access support quickly.

800+

hours of conversation

3,000+

cups of tea

5,000+

volunteering hours

650+

advisor hours



“

When you've got a lot going on, it can feel like you're carrying a heavy rucksack, you know. After leaving the foodbank, I really did feel like that rucksack had been lifted.

”

Megan
lived experience partner

Dignity at the doorstep

Ensuring no one is left without support

Accessing the foodbank can be harder for some. This can be for a multitude of reasons.

They could be housebound due to ill-health, either physical or mental.

Given the scale and rurality of our district, they might be living far from a centre with limited transport links, if it can even be afforded.

To combat this and make sure that no one is left without support, we provide a delivery service where needed.

That listening ear and access to specialist support doesn't go missing though! Anyone receiving a home delivery will chat with a member of our outreach team who will provide support.

Ensuring that all who access our service receive the best possible support, regardless of the entry point.



707

home deliveries (1549 parcels)

3600+

miles driven

150+

hours driving



“

Because of my health, I couldn't get down to the centres. You delivering has meant the world to me. You've literally been keeping me alive.

”

Kelly
lived experience partner

Immediate help, lasting impact

Providing financial support through hardship funds

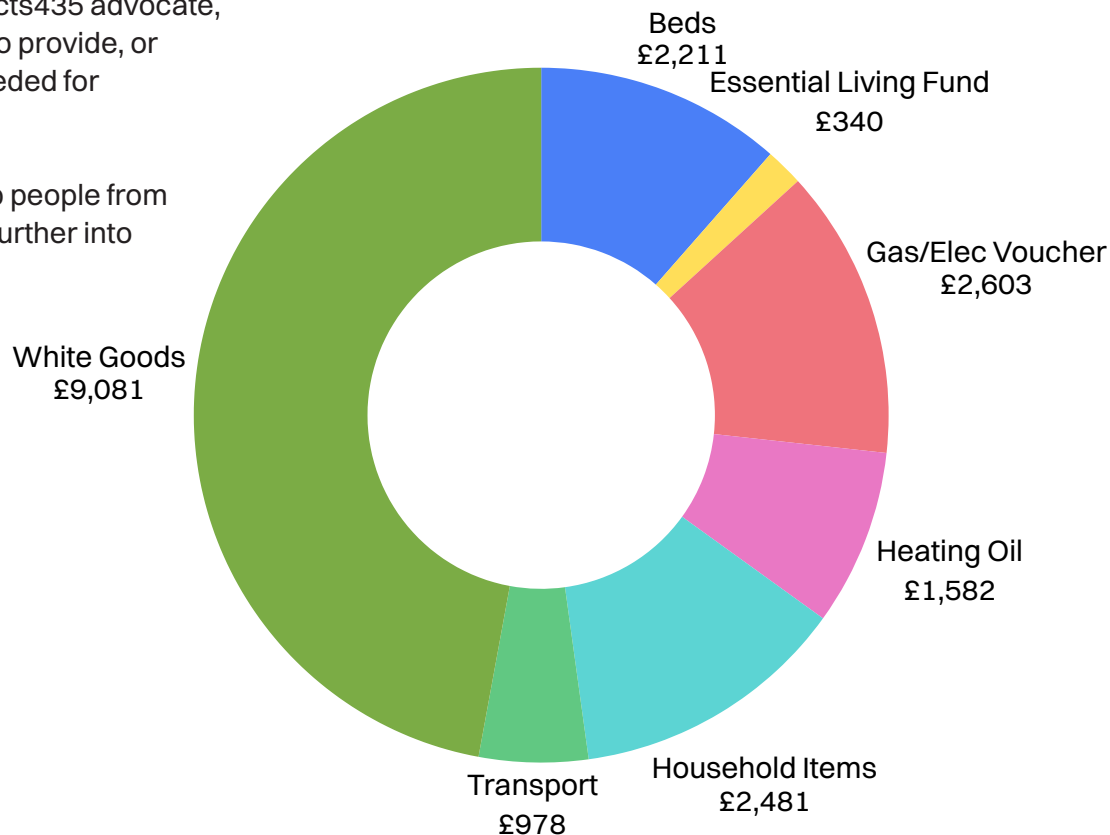
For many, turning to the foodbank happens in a moment of crisis; the boiler's broken down, the washing machine's packed up.

In recent years, we have had the ability to help with situations just like this. Through some generous grants and our role as an Acts435 advocate, we have been able to provide, or raise, the money needed for essential items.

This has helped stop people from being pushed even further into hardship.

total gains of

£19,276



The people behind the statistics

Every statistic represents a person, a family and a story

Behind every food parcel is a person. A story. A set of circumstances that have led someone to seek support at a difficult point in their life.

People often have preconceived ideas about who uses a foodbank.

The reality is far more complex.

We support people from all walks of life; families with children, single adults, working households, people unable to work due to ill-health, pensioners and many others.

No one expects to need a foodbank.

More often than not, people come to us following a significant life event or a combination of pressures that have gradually become overwhelming. A relationship breakdown, redundancy, rising household costs, poor health, benefit issues or debt can quickly push a household into crisis.

The figures below show the scale and nature of the need within our community. However, they can only tell part of the story. Behind every statistic is a person doing their best to navigate difficult circumstances and build a more secure future for themselves and their family.



50%

of visits made by single adults

67%

of which were male

79%

of homeless clients were male

38%

of clients had issues with health

35%

of clients had issues with debt

62%

struggled with the cost of living

23%

of clients in employment

44%

of clients visited for the 1st time

45%

of clients only visited once

Ending Hunger Together

Ending hunger together is knowing that no one organisation can handle everything by themselves. It calls on us, and others, to work together towards a common goal - sharing knowledge, resources and expertise in order to support those most in need to the best of our ability.

Foodbanks are often associated with the food and support they provide, but none of this happens in isolation.

Every food parcel, every conversation, every home delivery and every act of support is made possible by people across our community working together.

Volunteers give their time, donors give generously, schools and churches collect food, businesses provide support, and partner organisations bring their expertise.

Together, these individual acts of kindness form something much greater; a community response to hardship.

The following pages highlight the people, organisations and partnerships that make our work possible.

Their compassion, generosity and commitment continue to make a lasting difference to the lives of local people.

500+

stock donors

300+

financial donors

140+

volunteers

130+

referral agencies

70

churches

55

businesses

50

schools

38

community groups

18

supermarkets

7

grant funders

A chain of neighbourliness

Where does it all come from?

Without the support of our local community the foodbank simply wouldn't be able to run.

We are incredibly grateful to be supported by so many individuals, community groups, churches, businesses and schools.

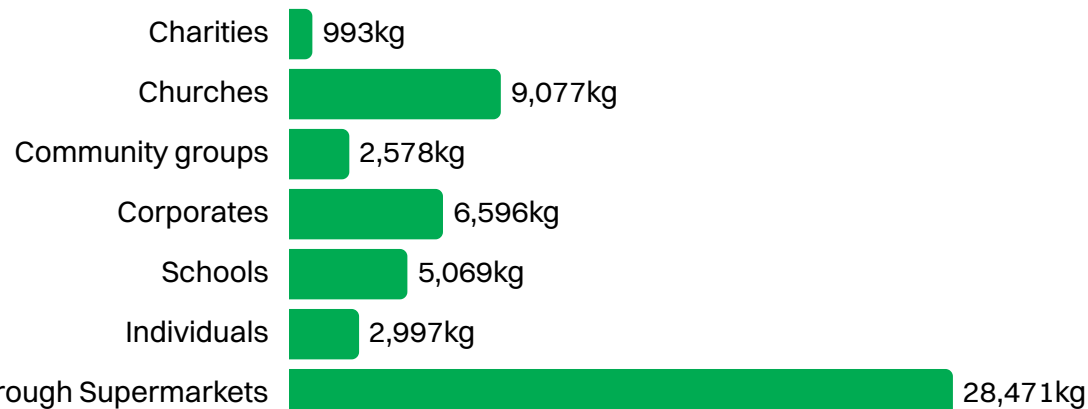
Whether it be a monetary donation or food, this kindness is translated into support for those who need it most.

This chain of neighbourliness shows just how much the people of Braintree District care for each other.

Over the past few years the cost of living crisis has affected our charity in many ways, most significantly by increased demand.

However, this also means that donors are struggling more. As a result, we have also seen our donations drop over this time.

This makes us even more grateful when people are able to support us!



55,781kg

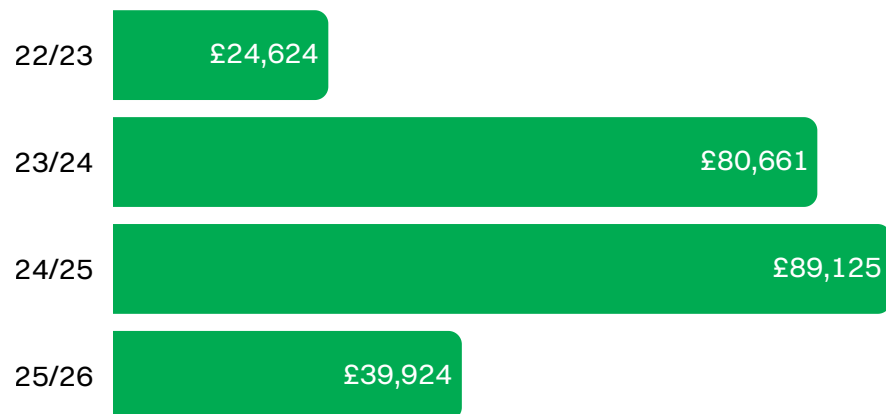
of food donated

with a total value of

£146,270



Amount spent per year buying stock



Those with a beady eye may have noticed that the figures for donated stock don't amount to what we gave out in the last year.

This is because, unfortunately, our donations don't quite meet demand.

To make up this shortfall we buy in extra food and toiletries. This is something we have had to do to varying degrees over the last few years.

Fortunately, we have good links with wholesalers and other bulk buyers. This means we are able to buy stock at a reduced price in comparison to buying it in the supermarket.

This is funded through both monetary donations and grants, for which we are incredibly grateful.

We are glad to report that we haven't had to spend anywhere near as much this year, due to increased buying power and reduced demand.

£39,924

spent on buying stock

£80,129

estimated value

**Doubling
the value of
every pound
spent**

£63,918

in financial donations

Financial donations help us respond quickly and flexibly, ensuring we can provide food, toiletries, essential items and support wherever the community needs it.

£7,777

in Tesco top-up

Donations made through Tesco collection points go even further. Through Trussell's partnership with Tesco, each kg donated generates additional funding for our foodbank.

£3,613

in gift aid

By claiming Gift Aid on eligible donations, we can turn every pound given into even greater support for local people facing hardship.

“

I felt a deep calling to find new ways to raise funds to support their vital work. Every penny truly makes a difference. Together, we can help ensure that no one goes hungry in our community.

”

Ellen

One of our #BraintreeAreaFoodbank heroes, who raised over £300 by putting on a fundraising dinner



“

We all feel the cost of living and the pressure of making Christmas special can become a huge financial burden. It felt important to support the foodbank and help those that feel these burdens the most.

”

Fran

One of our #BraintreeAreaFoodbank heroes

Your support in action

£12

helps us provide a parcel of 3 days emergency food to someone who can't afford to eat, keep warm or pay the bills.

£35

helps us provide a parcel of 3 days emergency food to a family of 4 who can't afford to eat, keep warm or pay the bills.

£20

allows us to deliver food & essentials to a housebound client who can't get out due to health conditions

£50

helps us keep our support hub, Food & More, open each day. Providing vital support services to clients in need, including homelessness, employment, mental health, addiction and more.

£67

could increase a households yearly income by up to £700 through our dedicated, in-house, Citizens Advice Advisor.



Making more possible

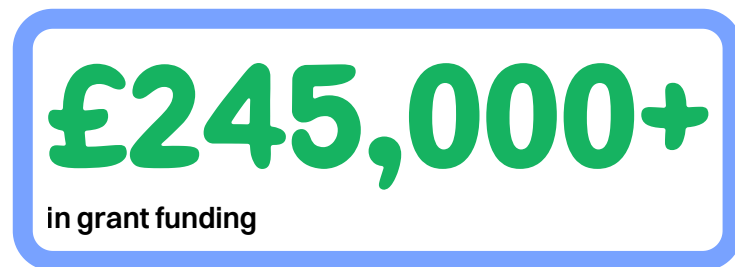
Enabling support beyond the food parcel

Through grant funding, a wide range of trusts, foundations and organisations have partnered with us to strengthen the support available to local people.

Their investment has enabled us to respond to immediate need, develop new services and provide practical help to those facing difficult circumstances.

Together, we are able to achieve more than we could alone, extending our reach and deepening our impact.

We are deeply grateful for the confidence these funders place in our work and the difference their support continues to make throughout our community.



“

Braintree Area Foodbank has consistently delivered a high quality service and exceeded our expectations.

”

Cost Of Living Team - Braintree District Council



This funding has enabled us to provide support in ways that extend far beyond the food parcel.

It has helped fund our outreach service, allowing us to engage with people facing hardship and connect them with the support they need.

It has also supported our home delivery service, ensuring that those who are unable to access our centres are not left without help.

Grant funding has also enabled our partnership with Citizens Advice, providing clients with quick access to specialist advice on issues such as benefits, debt and housing.

Alongside this, it has contributed to our hardship fund and fuel voucher scheme, helping people meet essential costs and navigate unexpected financial pressures.

It has also supported the running of Food & More, our community hub which brings together practical support, advice and opportunities for connection under one roof.

Together, these services help us respond not only to the immediate challenges people face, but also to the wider circumstances that can leave individuals and families struggling to make ends meet.

“

“Over the past year I have worked quite closely with the foodbank to support vulnerable people in the district. From a safeguarding perspective, working alongside the foodbank has proved to be extremely beneficial. Our partnership working involves effective collaboration that often leads to coordinated actions, which result in positive outcomes for the clients.”

”

Outreach Support Worker - Peabody

Food and More

Bringing support together under one roof

Food & More is our community hub, designed to bring support closer to the people who need it.

Open six days a week, the hub provides a welcoming and accessible space where individuals can connect with a wide range of services.

On Saturdays, it operates as one of our foodbank centres. Throughout the rest of the week, we make the space available free of charge to partner organisations, helping them reach people within the local community.

We are pleased to host a number of charities on a regular basis, including Braintree Bridge, CHESS, Phoenix Futures and Open Road.

Together, these organisations provide support relating to homelessness, addiction, recovery, wellbeing and other challenges that can impact people's lives.

Alongside this, the hub is home to a variety of one-off events, information sessions and community activities throughout the year.

By bringing organisations together under one roof, Food & More helps make support more visible, accessible and joined up.

Whether someone is seeking advice, practical assistance, employment support or simply a connection to their local community, the hub provides a welcoming place to take that next step.



“The provision of free space at Food & More has supported us to expand our service away from our office in Chelmsford and improve client care by doing so. By removing geographic barriers, we’ve been able to support more individuals who may have struggled to travel to Chelmsford, meaning rather than offering telephone/online support we can easily meet them in person in a confidential and welcoming environment.



Phoenix Futures



The heart of our foodbank

12,000 hours of compassion in action

Quite simply, our foodbank would not exist without volunteers.

Throughout the year, more than 140 volunteers gave over 12,000 hours of their time to support our work.

They welcomed clients at our centres, offered a listening ear, prepared food parcels, made deliveries, sorted donations, managed stock, gave talks to schools and churches; and carried out countless other tasks behind the scenes.

These hours represent far more than practical support. They represent thousands of acts of kindness, compassion and generosity.

Often, volunteers are the first people a client meets when they access our services.

A warm welcome, a listening ear and a friendly conversation can make a significant difference to someone facing difficult circumstances.

Our volunteers come from all walks of life and bring with them a wealth of skills, experience and dedication.

Together, they create an environment where people feel valued, respected and supported.

We are incredibly grateful to every volunteer who has chosen to give their time to help others. Their commitment continues to make a lasting difference to the lives of people across our community.

140+

volunteers

12,000+

hours of volunteering

“

As I am now in a position where I am able to provide a meal for my family, I want others to feel the same, without worrying that their children will go hungry.

”

Foodbank volunteer



Ending Hunger Forever

Ending hunger forever is our goal to provide the support, tools and environment for people to thrive. We will not stop until everybody has enough money for the essentials – and the distribution of emergency food can end for good.

Providing emergency food and essentials will always be an important part of our work. However, we know that a food parcel alone cannot solve the challenges that lead people to seek support.

Behind every foodbank referral is a story. Often, people are facing issues relating to benefits, debt, housing, employment, health or other circumstances that have left them struggling to make ends meet.

If we are to reduce the need for foodbanks in the future, we must help address these underlying causes.

That is why we are committed to providing support that goes beyond immediate crisis.

Through advice, guidance, partnerships and early intervention, we aim to help people build greater stability, resilience and hope for the future.

Ending hunger forever is an ambitious goal, but every time someone secures the income they are entitled to, resolves a housing issue, finds employment or avoids falling deeper into hardship, it is a step in the right direction.

The following pages highlight how we are working alongside individuals, families and partner organisations to create lasting change across our community.

£276,445

total financial gains

£64,779

total debt written off

19%

decrease in
repeat usage

5000+

phone conversations

Walking alongside people

Supporting people beyond the food parcel

Many people first come to the foodbank during a period of crisis. At this point, problems have often been building for some time and can feel overwhelming. While emergency food and essentials provide immediate relief, lasting change often requires a different kind of support.

Our outreach team exists to provide that support.

Whenever possible, we aim to engage with people early, particularly those accessing the foodbank for the first time. We also work closely with individuals and families who have needed foodbank support over a longer period, helping them address the challenges that may be contributing to their situation.

The starting point is always a conversation. Outreach workers take the time to understand the person's circumstances, their income, spending, debts, support networks and any help they may already be receiving. Together, they identify areas where practical support, advice or intervention could make a difference.

This may involve helping someone review their household budget, maximise their income, access benefits, reduce costs, improve their financial confidence or connect with specialist services. Where more complex issues arise, the team can make direct referrals to trusted partners and advocate on a client's behalf with housing providers, social care teams and other organisations.



“Thank you so, so much, I cannot thank you guys enough. I genuinely don't know where we would be without you. I have both my children's birthdays in November, then obviously Christmas afterwards. I just feel like a failure. I want more for them, I hate that I can't give them the world like they deserve.”

”

Sarah
lived experience partner



Often, the work goes beyond simply making a referral. Some people need encouragement to engage with support. Others need help navigating complex systems or confidence to take the next step. Every person is different, and our approach is tailored accordingly.

One of the strengths of the outreach service is the ability to work with people for as long as needed. While many services are restricted by limited capacity and timeframes, our team can continue supporting individuals over weeks, months or even years. This persistence allows trust to develop and ensures people are not left to face challenges alone.

As an independent charity, we are also able to build relationships in a different way. People know that our role is not to judge or penalise them, but to support them. This trust often opens the door to conversations and opportunities for change that might not otherwise happen.

The figures on this page tell part of the story. Behind each one is a person or family taking steps towards greater stability, resilience and hope for the future.

↓19%

Decrease in repeat usage
(based on 598 households that
visited us in both 24/25 and 25/26)

250+

direct referrals made

340+

outreach clients

5,000+

phone conversations

942

Households from 24/25 didn't
need to use us in 25/26, a

61.1%

Move on rate

“

Working alongside the foodbank outreach team has been a deeply enriching experience, both professionally and personally. This partnership has opened doors to meaningful collaboration within our local community, allowing us to support adults in ways that go far beyond traditional social care.

The foodbank outreach team has proven to be an essential link in our network of support. Their ability to respond to a wide range of needs, from providing white goods and flooring, to beds and crockery, has enabled us to help individuals settle into homes with dignity and comfort. But their impact doesn't stop at material support. They also connect people to cooking classes, community events, and wellbeing activities, creating opportunities for social inclusion and personal growth.

What makes this collaboration truly special is the team's commitment to finding solutions. If they can't help directly, they always know where to signpost, drawing on a wide array of universal services and local charities. This kind of responsiveness fosters a sense of unity and shared purpose. It reminds us that we are part of a neighbourhood that cares, and that together, we can achieve outcomes that would be impossible in isolation.

Over the past several months, I've worked closely with the outreach team and witnessed firsthand how their support has transformed lives. Their kindness, resourcefulness, and dedication have helped me reach adults in need and enrich their lives in countless ways. Without this connection, many of the positive outcomes we've achieved simply wouldn't have been possible.

”

Social Worker (Braintree)- Adult Social Care

Advice that changes lives

Turning crisis into stability

Many of the people who access our services are dealing with challenges that extend far beyond a shortage of food. Problems with benefits, debt, housing, employment and rising living costs can quickly become overwhelming, particularly when someone is already under significant pressure.

Navigating the support available is not always straightforward. Systems can be complex, forms can be daunting and, for some people, simply knowing where to start can feel impossible. Often, by the time someone reaches the foodbank, they have spent months trying to cope alone and may have reached the point of giving up.

That is why our partnership with Citizens Advice is such an important part of the support we provide.

Through this partnership, specialist advisers attend our centres and are available to support clients with a wide range of issues. Foodbank staff and volunteers can also make direct referrals to advisers, ensuring people are connected with expert advice quickly and easily.

Having advisers embedded within our services helps remove many of the barriers that can prevent people from seeking help. Clients are able to access support in a familiar environment and often feel more comfortable engaging with an adviser when that introduction comes through a trusted foodbank relationship.

The support provided is practical, personalised and tailored to the individual's circumstances.





Following an initial conversation, advisers can continue working alongside clients, helping them complete forms, make applications, challenge decisions, negotiate with creditors, resolve housing issues and access the support they are entitled to.

For many people, the greatest challenge is not a lack of willingness, but the complexity of the systems they are trying to navigate. Whether someone is struggling to understand a benefits application, dealing with mounting debt or facing uncertainty around housing, having an experienced adviser by their side can make a significant difference.

The outcomes of this work can be life-changing. Through increased income, successful benefit claims, debt solutions and other positive outcomes, clients are often able to achieve greater financial stability and reduce the pressures that brought them to the foodbank in the first place.

Without access to this support, many people would miss out on help they are entitled to, struggle to challenge incorrect decisions or face worsening financial hardship. By working together, we can ensure that people receive not only emergency support, but also the expert advice needed to help build a more secure future.

The figures on this page demonstrate the impact of the partnership on each person or family whose circumstances have improved through access to timely, specialist advice and support.

£276,445

total financial gains

£64,779

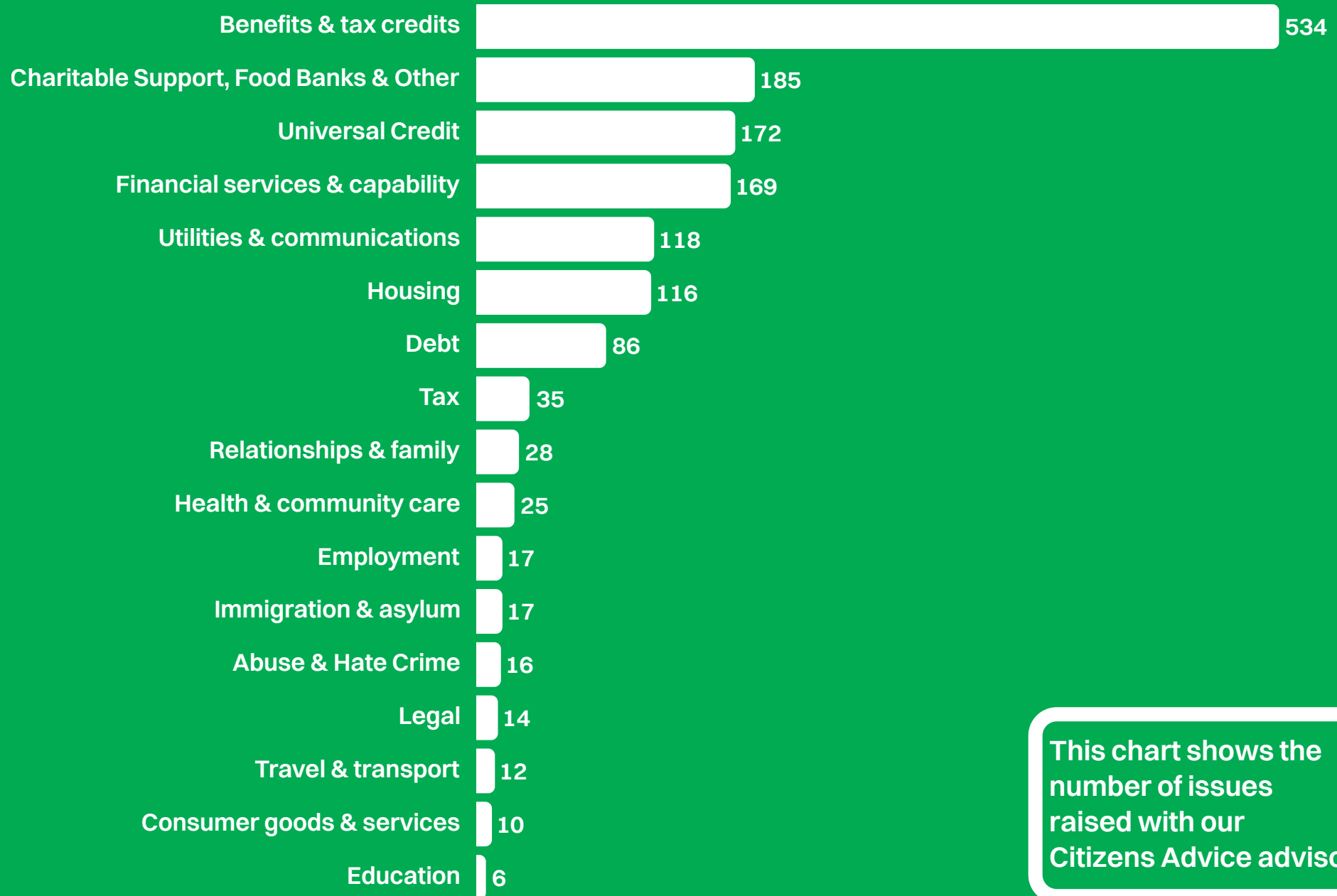
total debt written off

1,500+

different issues faced

389

people accessed
our in-house
citizens advisor



Voices that matter

Learning from those with first-hand experience of hardship

The people best placed to help us understand hardship are those who have experienced it themselves.

Every day, we hear stories from individuals and families facing difficult circumstances. These experiences provide valuable insight into the challenges people encounter, the barriers they face when seeking support and the changes that could make a meaningful difference.

Over the past year, we have begun speaking more intentionally with people who have used our services, creating opportunities for them to share their experiences and perspectives.

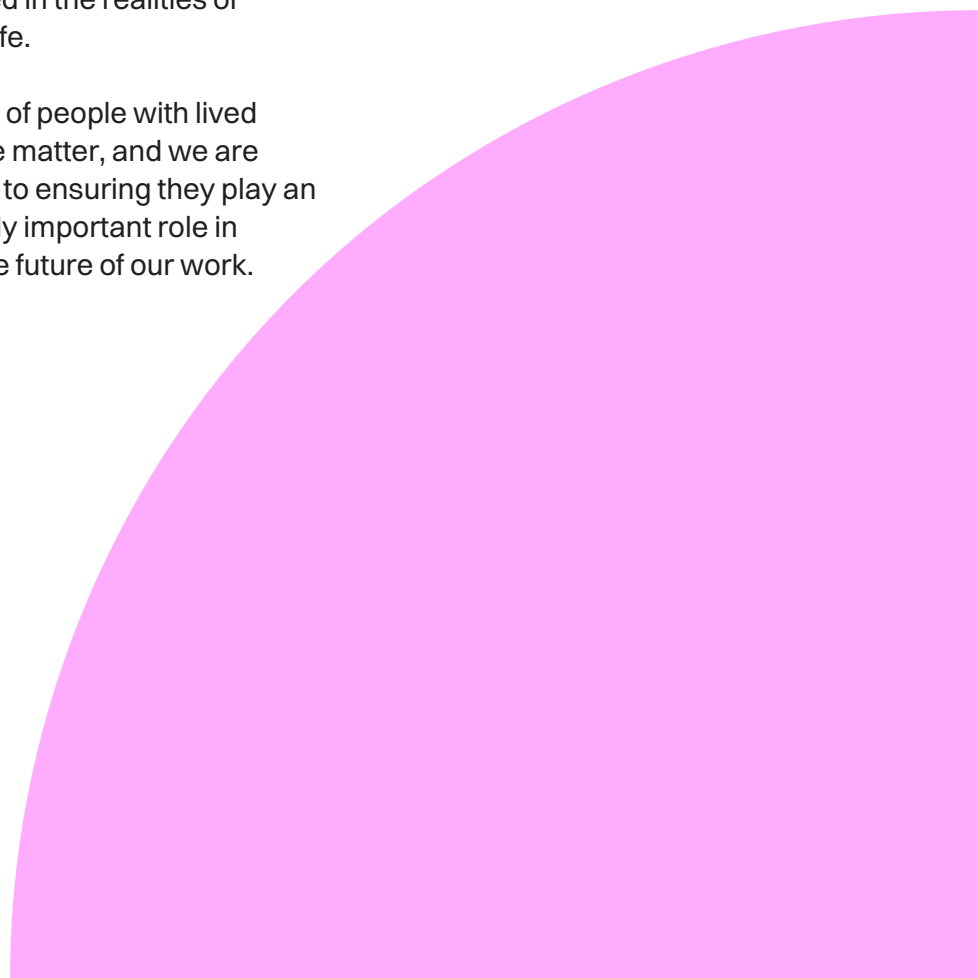
We have approached this work carefully, recognising that these conversations can be deeply personal and that participation should always be voluntary.

The insights we have gathered have already helped strengthen our understanding of the realities people face. They have reminded us that behind every statistic is a person, and that effective support must be shaped by the experiences of those who use it.

This is an area of work that we hope to develop further in the years ahead. We want to create more opportunities for people with lived experience of hardship to contribute their ideas, share their perspectives and help inform the decisions we make as an organisation.

By listening to those who have first-hand experience of the challenges we are seeking to address, we can build services that are more responsive, more effective and more rooted in the realities of everyday life.

The voices of people with lived experience matter, and we are committed to ensuring they play an increasingly important role in shaping the future of our work.



Guarantee our essentials

Everyone should be able to afford the basics

One of the clearest lessons from our work is that many people who need a foodbank are not failing to budget, make poor decisions or live beyond their means. Instead, they simply do not have enough income to cover the essentials.

This is particularly evident among single adults, who make up the largest group of people accessing our services.

Many are reliant on Universal Credit and, despite making difficult choices every day, continue to face impossible pressures on their finances.

Research from the Joseph Rowntree Foundation and Trussell highlights that the basic rate of Universal Credit falls short of the amount needed to afford life's essentials, such as food, household bills, travel and other everyday costs.

Their analysis suggests that a single adult needs at least £120 per week to afford these essentials, yet the basic rate of Universal Credit remains significantly below this level.

The result is that many people are forced to make impossible choices.

We regularly hear from people who are skipping meals, going without heating, limiting travel or falling behind on bills simply to make their income stretch further.

These are not occasional setbacks; for many, they have become a normal part of daily life.

The Guarantee Our Essentials campaign, led by Trussell and the Joseph Rowntree Foundation, calls for the basic rate of Universal Credit to be linked to the actual cost of essentials and protected from deductions that push people further into hardship.



Essential	Single Adult (£ per week)
Food and non-alcoholic drinks	£42
Electricity and gas	£24
Water	£7
Clothes	£7
Communications, including phones, internet and postage	£8
Travel	£21
Sundries - for example toiletries, haircuts, cleaning materials, bank charges	£13
Total	£120

The principle is simple: everyone should be able to afford the basics needed to live with dignity.

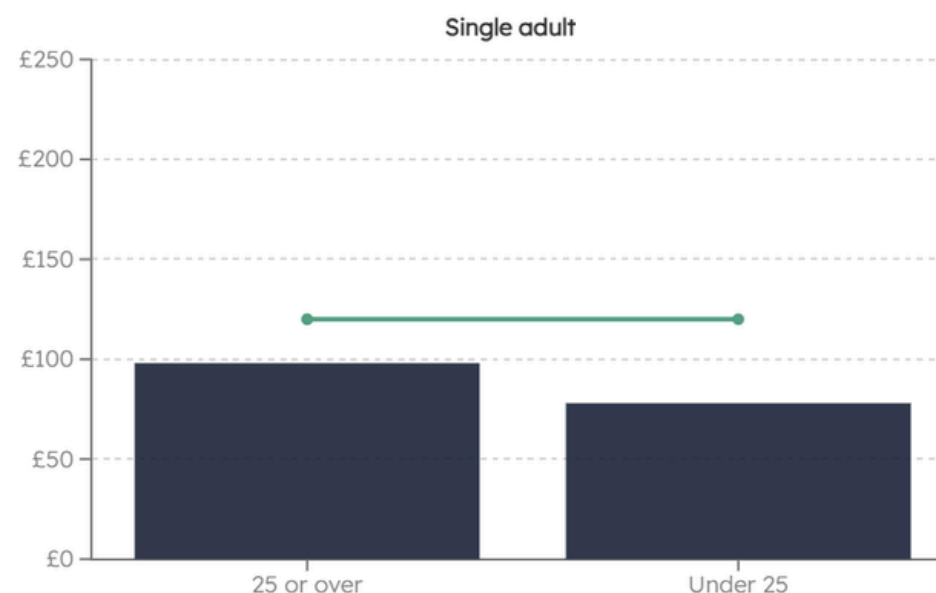
At Braintree Area Foodbank, we see the impact of inadequate incomes every day.

While emergency food and practical support remain vital, we believe that no one should need a foodbank because the social security system does not provide enough to cover life's essentials.

Ensuring people have enough income to meet their basic needs would not solve every challenge, but it would prevent many individuals and families from being pushed into crisis in the first place.

The table and graph on this page show the weekly cost of basic essentials in comparison to the weekly universal credit standard allowance.

■ Cost of basic essentials ■ Universal Credit standard allowance



Thank you

At the heart of every food parcel distributed, every conversation held, every income secured, every problem solved and every story shared, is **people**.

People who give their time, their energy and their compassion.

People who believe in dignity, community and a future where no one is forced to rely on a foodbank to survive.

Throughout this report, we have reflected on a year of significant achievement. We have seen demand begin to reduce, supported thousands of people through crisis, strengthened partnerships, expanded opportunities for support and continued to address the underlying causes of hardship.

Yet behind every figure in this report is a person. A parent worried about feeding their children. An individual struggling with ill-health or isolation. Someone facing uncertainty about their income, housing or future. It is their resilience, determination and courage that inspire our work every day.

We are incredibly grateful to everyone who has played a part in making this work possible.

To our volunteers, thank you. Your kindness, commitment and willingness to serve others are at the heart of everything we do.

To our staff, trustees and partner organisations, thank you for your dedication, expertise and belief that lasting change is possible.

To the individuals, churches, schools, community groups and businesses who have donated food, funds and time, thank you for standing alongside your neighbours when they need it most.

To our funders and supporters, thank you for investing not only in immediate relief, but in long-term solutions that help people move beyond crisis.

And to everyone who has trusted us with their story, shared their experiences or allowed us to walk alongside them through difficult times, thank you. Your voices continue to shape and strengthen our work.

This year has shown what is possible when a community comes together. Not only to respond to hardship, but to address its causes. Not only to provide support for today, but to build hope for tomorrow.

While there is still much work to be done, we look to the future with optimism. Together, we will continue working towards a community where everyone has enough to live on, where support is available when it is needed, and where fewer people are forced to turn to a foodbank in the first place.

Together, we are turning compassion into action, hardship into hope and neighbourliness into lasting change.



Henry Hopkins
Charity Manager
Braintree Area Foodbank

Get involved

Here are just some of the ways in which you can support our work.



Raise funds

For fundraising resources, ideas and events, please visit braintreearea.foodbank.org.uk/support-us/fundraise



Volunteer

Could you spare some time to support people facing hardship? Visit braintreearea.foodbank.org.uk/support-us/volunteer



Donate food

Find our list of most needed items, and how to donate at braintreearea.foodbank.org.uk/support-us/donate-food



Donate money

Your support is crucial. To make a financial donation, please visit braintreearea.foodbank.org.uk/support-us/donate

