



Welcome to the August 2018 edition of the Together Liverpool newsletter.

## Editorial

Last week I met 'Anna', a mother of 5 who shuffled into our foodbank distribution centre one warm sunny morning with two toddlers in tow. A few months earlier Anna had lost a child, then last week her father had died. This second round of funeral costs were going to cripple her family this summer holiday season: with the children off school, and so no longer receiving free school meals, she didn't know how she would cope. Anna left 30 minutes later a little brighter: her arms were full of bags of food for her and her children. She had in her hand a flyer for our Church community summer party and details of the local playscheme. Anna had been listened to and loved in that short encounter.

This issue's key theme is about food poverty, in it we celebrate what is already being done across the region and beyond to tackle food poverty, whilst highlighting further ways we can respond. Stories such as Anna's have been retold now many times in [research](#), across the papers and in [magazines](#), yet many do not understand how a foodbank works. In our first article St Andrews Community Network share their insight of running 12 distribution centres in the North of Liverpool. We then highlight two other food initiatives which are thinking about sustainable solutions to both food poverty and food waste. Food Power representative Annette James offers her reflections on food insecurity before we present three ways you can respond to the specific challenges brought to those in food poverty through Universal Credit.

We know there are many others doing valuable work in this area across Merseyside- we would love to hear and share your stories – do get in touch via Twitter, Facebook or by emailing [newsletter@togetherliverpool.org.uk](mailto:newsletter@togetherliverpool.org.uk)

Dr. Naomi Maynard – Together Liverpool newsletter editor

Email us with your stories

## Key Theme: Food Poverty

### So how does a foodbank work? St Andrews Community network explain



Over the last 5 years the number of foodbanks and their political 'profile' has risen across the country. Most people in the UK today will have heard of foodbanks: they will have seen the collection points at supermarkets or read articles about them in the papers. But many do not understand how they work. St Andrews Community Network, the organising body for North Liverpool Foodbank, explain here how their foodbanks operate – highlighting how they ensure food goes to those in need, tackle food waste and rely on the time and efforts of numerous volunteers. They also offer three ways readers can respond to this article.

[Read the article](#)

### Considering food pantries: a longer-term solution



**With many people in the UK experiencing chronic or reoccurring food insecurity, food pantries (sometimes called food clubs or food hubs) are one form of initiative looking to develop longer term, sustainable routes out of food poverty.**

In July, [Your Local Pantry](#) working in partnership with [Church Action on Poverty](#) produced an [impact report](#) reflecting on their 4 years' experience of running food pantries in Stockport and Greater Manchester. This report explains how pantries work and what impact they are having in local communities:

**Does it work?** A food pantry operates on a membership scheme designed to help money go further. Members pay a small amount (e.g. £2.50) for each visit to a pantry. This gives them access to choose from a range of significantly reduced items sourced through charities such as [FairShare](#). Unlike a foodbank, members do not need referrals, instead at Your Local Pantry they must live locally and satisfy some basic low-income criteria. Pantries are staffed by volunteers who may also be members.

**What impact does it have?** Pantry membership saved Your Local Pantry members up to £650 per year, however it also has other benefits including reducing social isolation, diversification of diet and reducing financial stress - which can be an important factor related to poor mental health.

**How can I respond?** Support and signpost people to pantries in your area such as [L15 Food Hub](#). Not got one local to you? Consider starting one - Your Local Pantry has recently launched as a national movement. Details of their franchise and the support structures offered for those interested in finding out more about starting a food pantry in their area are available in the report or on [their website](#).

[Read the impact report](#)

## Micah Liverpool opens a Community Market and café



**Micah Liverpool, a social justice charity set up by Liverpool Cathedral, Liverpool Metropolitan Cathedral of Christ the King and St Bride's Church to relieve Liverpool residents from social injustice and poverty, has recently opened a Community Market and accompanying community café.**

Operating every Monday from 11am-2pm (except bank Holidays) at St Michael's in the City on Upper Pitt Street, the market gives people an opportunity to buy groceries and household items at a heavily reduced and affordable price. The goods, priced from 20p-£1, come from two sources: excess supplies from the Micah Liverpool foodbank and supermarket food deemed surplus.

The market hopes to be a sustainable response to chronic, long term food poverty in Liverpool. In a recent article in the Liverpool Echo the Rector of St Brides the Revd Dr Miranda Threlfall-Holmes explained that the market is "there for people who are struggling, but feel they don't need to go to a foodbank...the idea behind the market is to bridge the gap for people who need a bit of help."

More information can be found about the market and the café on Micah Liverpool's website

[Visit the Micah Liverpool website](#)

## Food insecurity in Liverpool: the current situation and how we can

respond



Annette James, the Liverpool Representative for [Food Power](#) and a trustee for [Liverpool Food People](#) and [Micah Liverpool](#) reflects on food insecurity across Liverpool . Annette outlines the current situation, highlighting how organisations across Merseyside are working together then offers six ways we can respond to food insecurity.

[Read the article](#)

## Universal Credit and food poverty: three ways to respond



Universal Credit is being rolled out across Merseyside in September. This brings with it many challenges, with The Trussell Trust identifying that in areas where a full roll out has occurred for a year or more [foodbank usage has increased on average by 52%](#). Here are three ways to respond:

1. Ensure your organisation or church are ready. Together Liverpool will be offering a series of Universal Credit savvy training courses in the Autumn, please email Julia Webster on [julia.webster@togetherliverpool.org.uk](mailto:julia.webster@togetherliverpool.org.uk) to indicate your interest in attending a course.
2. Read and Share Axminster foodbank manager Aynsley Jones's [powerful speech](#), shared on the End Hunger UK website, about the impact of Universal credit on her community
3. Sign [End Hunger UK's petition](#) calling on the UK government to reevaluate and improve Universal Credit, readdressing its impact on the most vulnerable in society

### How can churches respond to domestic abuse?



Recent research conducted by the University of Leicester and University of Coventry, in conjunction with Christian charity Restored, found that 1 in 4 church goers, in their sample of 400, had experienced domestic abuse. Yet many churches are not prepared in how to address this.

Mandy Marshall, a co-founder of [Restored](#), said: "One of the biggest barriers we have faced is Christians not believing that domestic abuse could happen in their church; maybe that one down the road, but not their church, or perhaps the woman sat next to them on a Sunday morning. My hope is that this research is a wake-up call to all churches to recognise that domestic abuse happens in churches, too, and that we need to respond appropriately and effectively when domestic abuse is disclosed."

Urging for an immediate response, the research, entitled '[In Churches Too!](#)' offers practical suggestions for how churches and other faith groups can respond:

- 1) Churches should give the consistent message that domestic abuse is wrong and contrary to Christian teachings.
- 2) Churches should respond to disclosures of abuse by following Restored's four-point plan, detailed in the Appendices of the report, recognising that a good initial response from the church is crucial for instilling trust and confidence.
- 3) Churches should provide confidential (within the boundaries of safeguarding policies), non-judgemental listening and prayer support for anyone who discloses that they have been abused.
- 4) Churches should increase awareness and discussion of domestic abuse within the church, through regular teaching and training.



5) All church leaders and one other church member should undertake training on domestic abuse, with the appointed person identified publicly as the church's domestic abuse 'champion'.

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from Together Liverpool**

**Visit our News page**

## Upcoming Events

### 26th September - Cash Smart Credit Savvy Course



**Would you like to help people to learn  
budgeting skills?**



Our course equips you with the skills to help you to set up a budget and learn more about your money. Our fun interactive half day session covers:

- Building a budget
- Credit & Loans
- Debt
- Savvy Spending
- Savings
- Credit Unions
- Universal Credit
- Loan Sharks

Date: Wed  
26<sup>th</sup> Sept

Time: 10 am –  
3pm

Location: tbc

To book a place speak to Julia Webster 07947210811 email [julia.webster@togetherliverpool.org.uk](mailto:julia.webster@togetherliverpool.org.uk)

Together Liverpool's Julia Webster is running a Cash Smart Credit Savvy Course on 26th September 10am-3pm.

This is a fun interactive session which equips you with the skills to help you to set up a budget and learn more about your money.

The location will be decided depending on interest from participants so to book a place, or find out more information, contact Julia on 07947210811 or email Julia using the link below.

**Email Julia Webster to book a place**

## Past Events

### Micah lecture available to listen to online



Based on the verse from Micah 6:8, “God has shown you what is good... and what does the Lord require of you? But to act justly, love mercy and walk humbly with your God;” the 2018 Micah Lecture took place on 18th June at Liverpool Cathedral. Formerly known as the Urban Lecture, the Micah Lecture takes place every year to help create a space to reflect and share experiences regarding social justice, while being inspired by others who share a commitment to making a bigger difference.

Independent community theologian, Ann Morisy, presented this year’s lecture with the topic of ‘Resilience and the Risk of Lopsided Justice’. With an audience of 85, those in attendance were invited to engage with the lecture by responding throughout and asking questions at the end. Discussion topics included:



- A moral imperative to retain a critical perspective when promoting and encouraging resilience.
- Resilience involves reframing our circumstance and building solidarity with others to help us maintain a hopeful frame of mind.
- Resilience meaning battling with our circumstances.
- Learning from early Methodism and early Salvationism.
- Embracing a faith commitment having a positive impact on our agency.
- The challenge of entitlement.

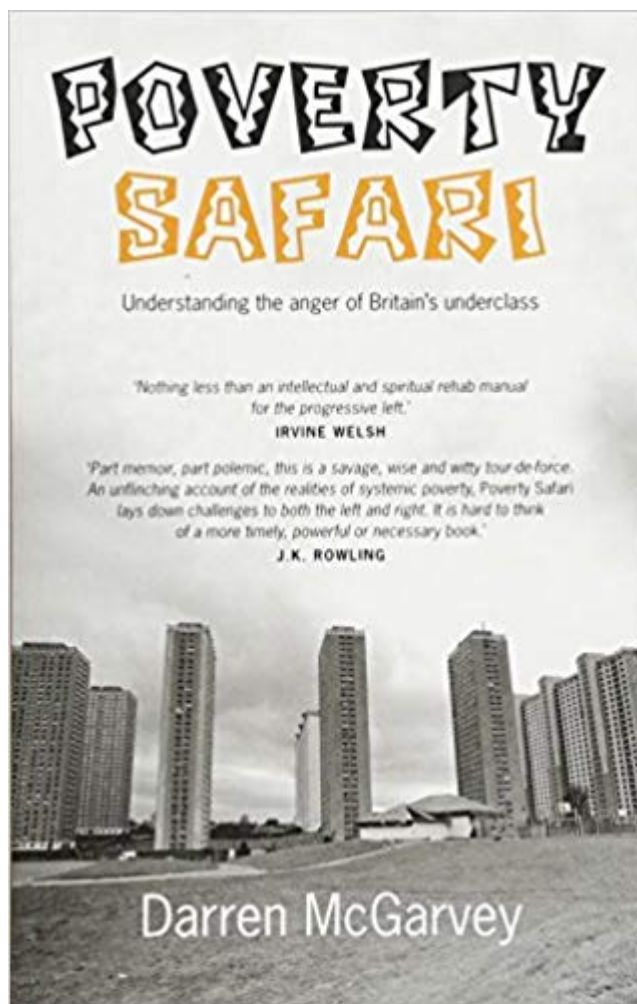
The lecture is available to listen to on the Liverpool Cathedral Soundcloud.

[Listen to the Micah Lecture on Soundcloud](#)

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## Useful Resources and Services

**Poverty Safari by writer, rapper and community activist Darren McGarvey**



**Earlier this summer Darren McGarvey's book *Poverty Safari*, a hybrid book which is part autobiography, part social and political criticism about poverty in Britain, won the Orwell Prize.**

It is a demanding read that both offers a vivid inside account of how the pressures of deprivation create a spiral in which physical illness, mental illness, addiction and violence thrive, but also asks questions of the system that has produced and maintains cycles of poverty.

Together Liverpool trustee Hilary Russell recommends this book: "This is not a 'misery memoir' though the author's personal experience would have provided plenty of scope. It is also a trenchant political (small 'p') critique. McGarry demonstrates clearly that poverty is more than material deprivation; it encompasses exclusion and violence, stress and estrangement. He asks questions - of himself as well as his readers - about autonomy and responsibility. His subtitle is *Understanding the Anger of Britain's Underclass*. He challenges his own left-wing tribe generally and, in particular, those of us involved in the poverty and regeneration 'industries'. How do we fight poverty without simply imposing our own solutions, trying to manage the lives of those in poverty and perpetuating their alienation? It is a chastening read that gives much food for thought."

The book can be purchased [online](#) and from large book shops.

Purchase the book online

## Two new peacemaking youth resources



The [Joint Public Issues](#) team has launched two new youth resources centred on peacemaking for youth groups, Sunday schools and adults who enjoy interactive sessions exploring faith, politics and social justice.

1. [Peacemaking: A Christian Vocation](#) is a set of 4 interactive Bible studies to enable discussion about peacemaking and Christianity
2. [#EndHostility Youth Resource](#) is a single session to explain what is meant by 'the hostile environment' in the UK and considers how Christians can make a more welcoming environment for everyone

Learn more about our work in the community

Visit our website

Do Ten Things

# #DoTenThings

## Ten ways to respond to today's newsletter:

1. Consider volunteering at [St Andrews Community Network](#) , [Micah Liverpool](#) or another food poverty initiative across the region
2. Commit to regularly donating food or money to [your local foodbank](#)
3. Pray for those running foodbanks: for continuing donations and that the government to recognise increased Foodbank use as a problem
4. Share the [Your Local Pantry Impact Report](#) with someone who may be interested in starting a food pantry in your area
5. Sign [End Hunger Uk's petition](#) calling on the UK Government to rethink Universal Credit
6. Spend time with organisations who work with those experiencing food insecurity– listen to their experiences and context, then seek their advice about how best you can respond
7. Direct a colleague or organisation concerned about Universal Credit to [Together Liverpool's Universal Credit savvy training course](#)
8. Support the leaders of your church to develop a domestic abuse action plan, encourage them to regularly raise awareness about domestic abuse through teaching and training
9. Visit Micah Liverpool's Monday [Community Market and cafe](#). Can't go yourself? Tell a friend or neighbour about it.

10. Listen to the 2018 Micah lecture on '[Resilience and the risk of lopsided justice](#)'

Let us know how you are getting on via social media using:  
[#DoTenThings](#)

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If you need to know more about advice services in your area please contact Julia Webster at Just Finance Network:  
[julia.webster@togetherliverpool.org.uk](mailto:julia.webster@togetherliverpool.org.uk)

Can't wait until the next newsletter? Follow us on **Twitter @TogethLiv**, like our **Facebook** page and visit our **website** for more information



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