

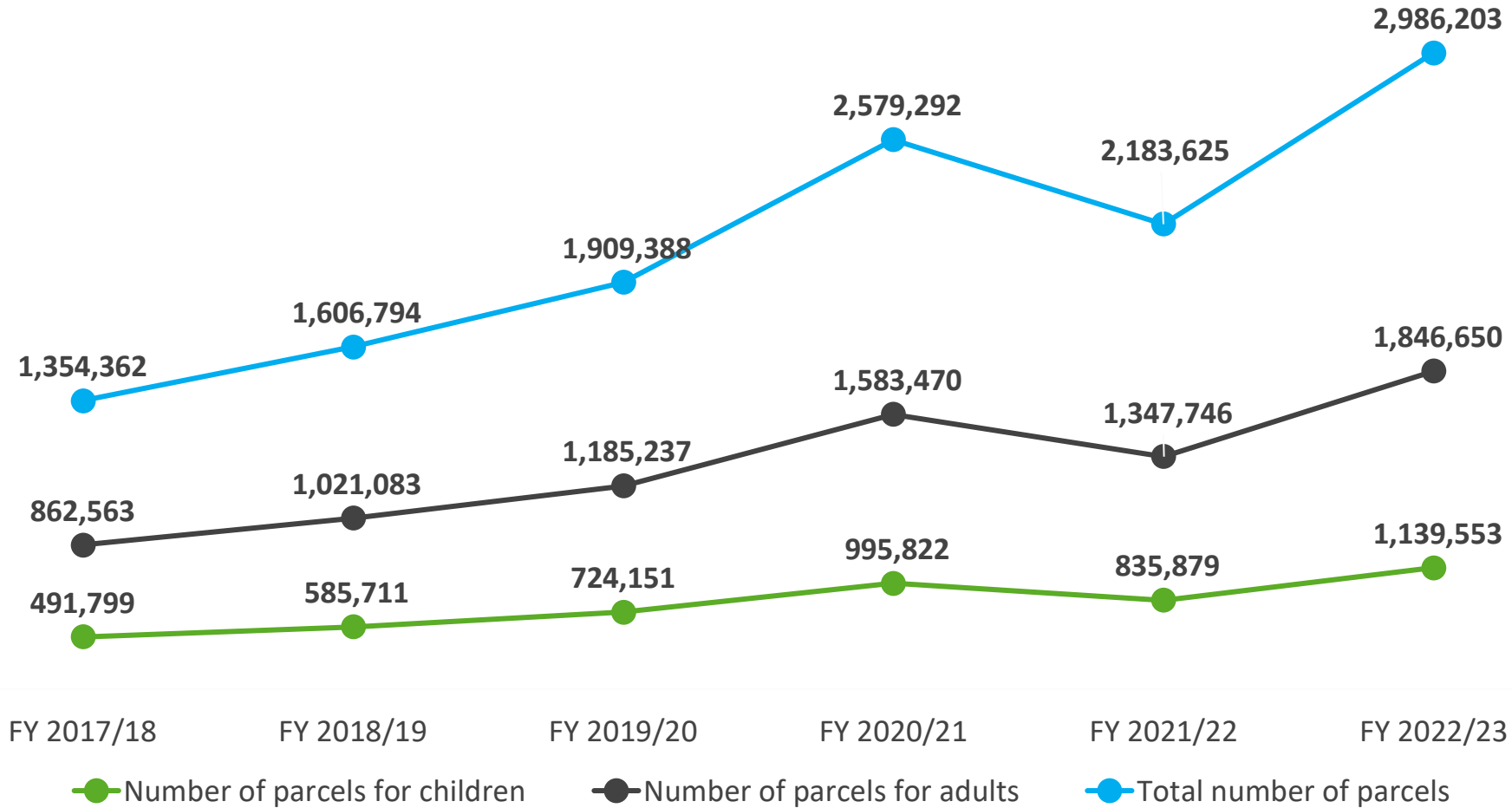


# HUNGER IN THE UK: A NATIONAL AND A LOCAL PERSPECTIVE

[www.trusselltrust.org](http://www.trusselltrust.org)



# OUR VISION – A UK WITHOUT THE NEED FOR FOOD BANKS





**HUNGER IN THE UK** is a 6-year research programme which will track and examine the scale and drivers of hunger across the UK.

It is carried out by the Trussell Trust in partnership with IPSOS.

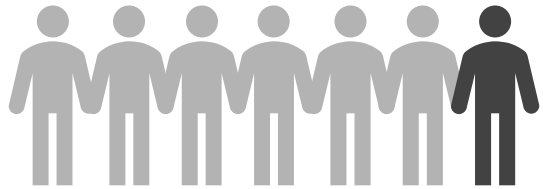
In June 2023 we published the first wave of reporting.

# HUNGER IN THE UK COMPARES THE EXPERIENCES OF:



...against the backdrop of the UK general population to understand similarities and differences between these three groups with the wider population

# WE LIVE IN ONE OF THE WEALTHIEST COUNTRIES IN THE WORLD AND YET **ONE IN SEVEN PEOPLE FACE HUNGER ACROSS THE UK**



**14%** of people across the UK faced hunger in the 12 months to mid-2022.

This translates to roughly **11.3 MILLION PEOPLE**

That's more than **DOUBLE THE POPULATION OF SCOTLAND**

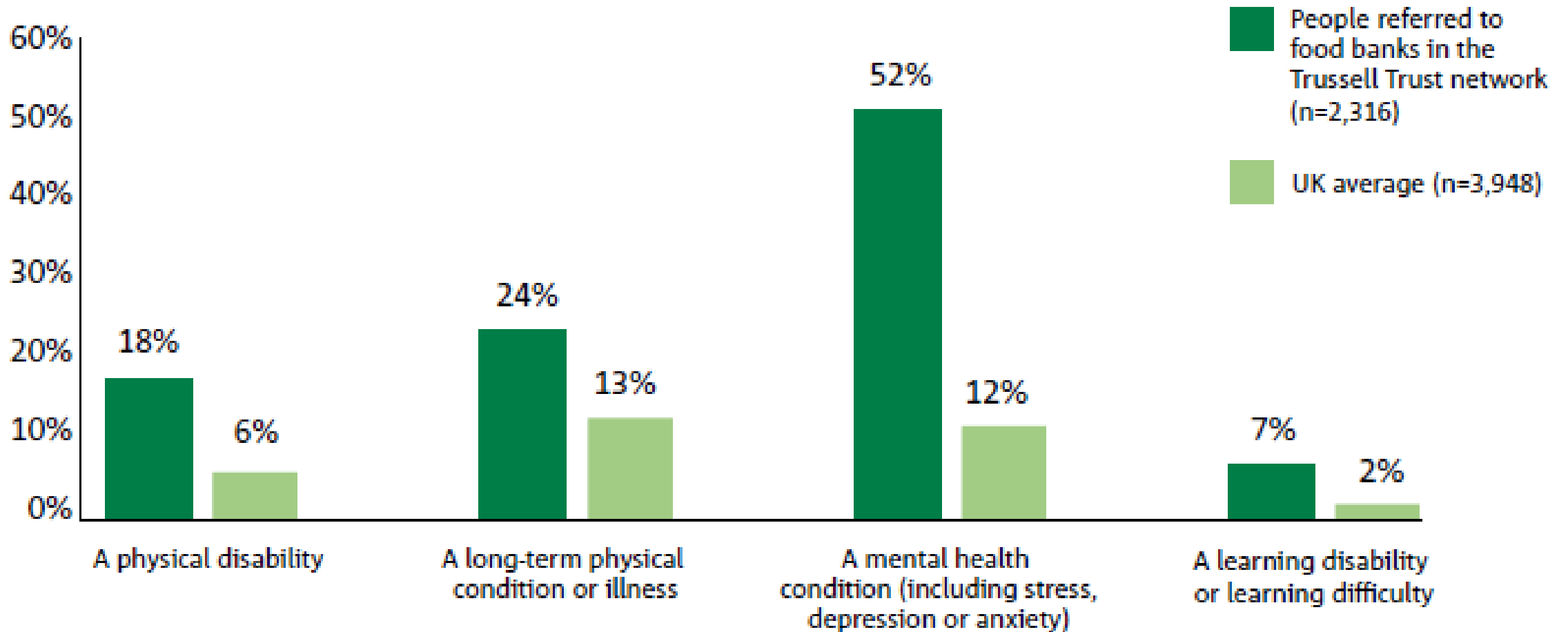
**7% OF THE UK POPULATION**  
said they had received charitable food  
support in the last 12 months, equating  
to **5.7 MILLION PEOPLE**



# SOME PEOPLE ARE MORE LIKELY TO FACE HUNGER THAN OTHERS



# VARIETY OF HEALTH CONDITIONS ARE OVERREPRESENTED





# MONEY AND MENTAL HEALTH

- Problems with receiving benefits specifically related to their disability.
- Specific issues around PIP
- Work not compatible with health condition
- Struggling to keep up with credit commitments and bills
- Lack of support for mental health condition



## FOOD BANK USE AND FOOD INSECURITY ARE STRONGLY ASSOCIATED WITH RENTED HOUSING AND HOMELESSNESS



**53%**

of people experiencing food insecurity are renting, compared to around 22% (UK average)

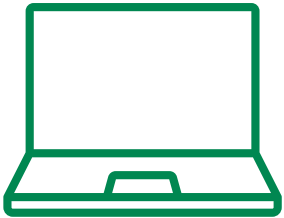
**68% - REFERRED TO TT FBS**

**22% - PRIVATE RENTED**

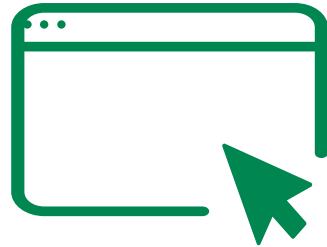
**46% - SOCIAL HOUSING**

**34% - HOMELESS /HOMELESS IN LAST 12 MONTHS**

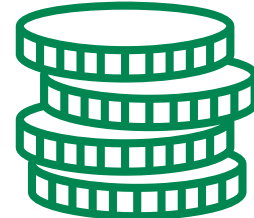
# SIX IN TEN PEOPLE IN RECEIPT OF UNIVERSAL CREDIT HAVE FACED HUNGER IN THE LAST YEAR



**LACK OF  
ACCESSIBLE  
INFORMATION**



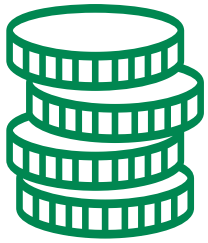
**DIFFICULTIES  
CLAIMING  
BENEFITS**



**INCOME  
LEVELS ARE  
INSUFFICIENT  
FOR MANY**



**DEDUCTIONS  
FURTHER REDUCE  
PEOPLE'S  
INCOMES**



## INCOME LEVELS FROM SOCIAL SECURITY ARE INSUFFICIENT

**70%** of people referred to a food bank in the Trussell Trust network are in receipt of Universal Credit, with **INCOME TOO LOW TO COVER THE ESSENTIALS**



*£35/wk gap  
between Universal  
Credit  
vs the cost of  
essentials for a  
single adult*



## **MOST THEN FACE UNAFFORDABLE MONTHLY REDUCTIONS**

**ALMOST HALF OF PEOPLE REFERRED TO FOOD BANKS ARE REPAYING DEBTS TO LOCAL OR UK GOVERNMENT**

# WORK IS NOT ALWAYS THE ANSWER

## WORKING HOUSEHOLDS ARE FACING HUNGER



### ONE IN FIVE

people forced to turn to food banks in the Trussell Trust network are in a working household

## INSECURE WORK



### ONE IN THREE

people in work who have had to use a food bank in the Trussell Trust network are in insecure work such as zero hours contracts or agency work

# THE EXPERIENCE OF HUNGER

Food banks are a last resort when people having exhausted all other avenues



**THE IMPACT OF  
HAVING A LACK OF  
MONEY OFTEN  
LEADS TO SEVERE  
SOCIAL ISOLATION  
AND LONELINESS,  
FORCING PEOPLE  
TO DISCONNECT**

**ONE IN FOUR** have  
contact with relatives,  
friends or neighbours less  
than once a month or never

**ONE IN SIX** have  
no access to internet



Thousands in  
Cardiff  
are going without.

Universal Credit  
is falling short.

the Trussell Trust  
/ JRF JOSEPH ROSSITER FOUNDATION

Take action



# HUNGER ISN'T INEVITABLE



# TOGETHER FOR CHANGE STRATEGY



Changing Communities



Changing Minds



Changing Policy

**Partnerships, participation, churches**

# WHAT NEEDS TO CHANGE?

[Hunger in the UK: Policy briefing](#) lays out our recommendations around four key areas: **social security and crisis support, disability and ill-health, work and housing**. Recommendations to the UK Government include:

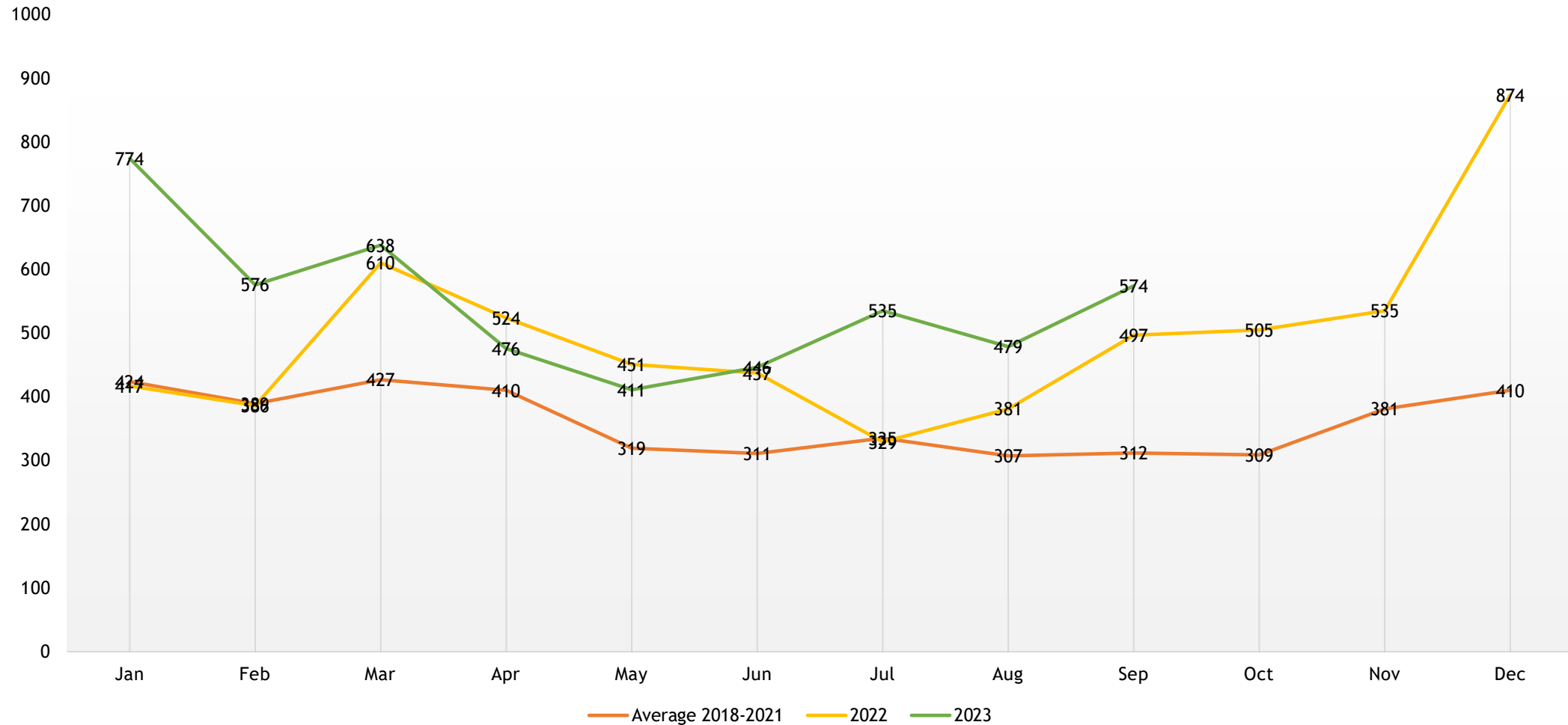
- Introduce an [Essentials Guarantee](#) to make sure that the basic rate of Universal Credit is at least enough to afford the essentials we all need.
- Take a person-centred approach to the delivery of social security across the system involving disabled people in the system design – from application, to assessments, to decision making.
- Fund flexible and personalised employment support programmes.
- Increase Local Housing Allowance to bring it in line with at least the cheapest 30% of current rents and commit to uprating it in line with changes to rents.



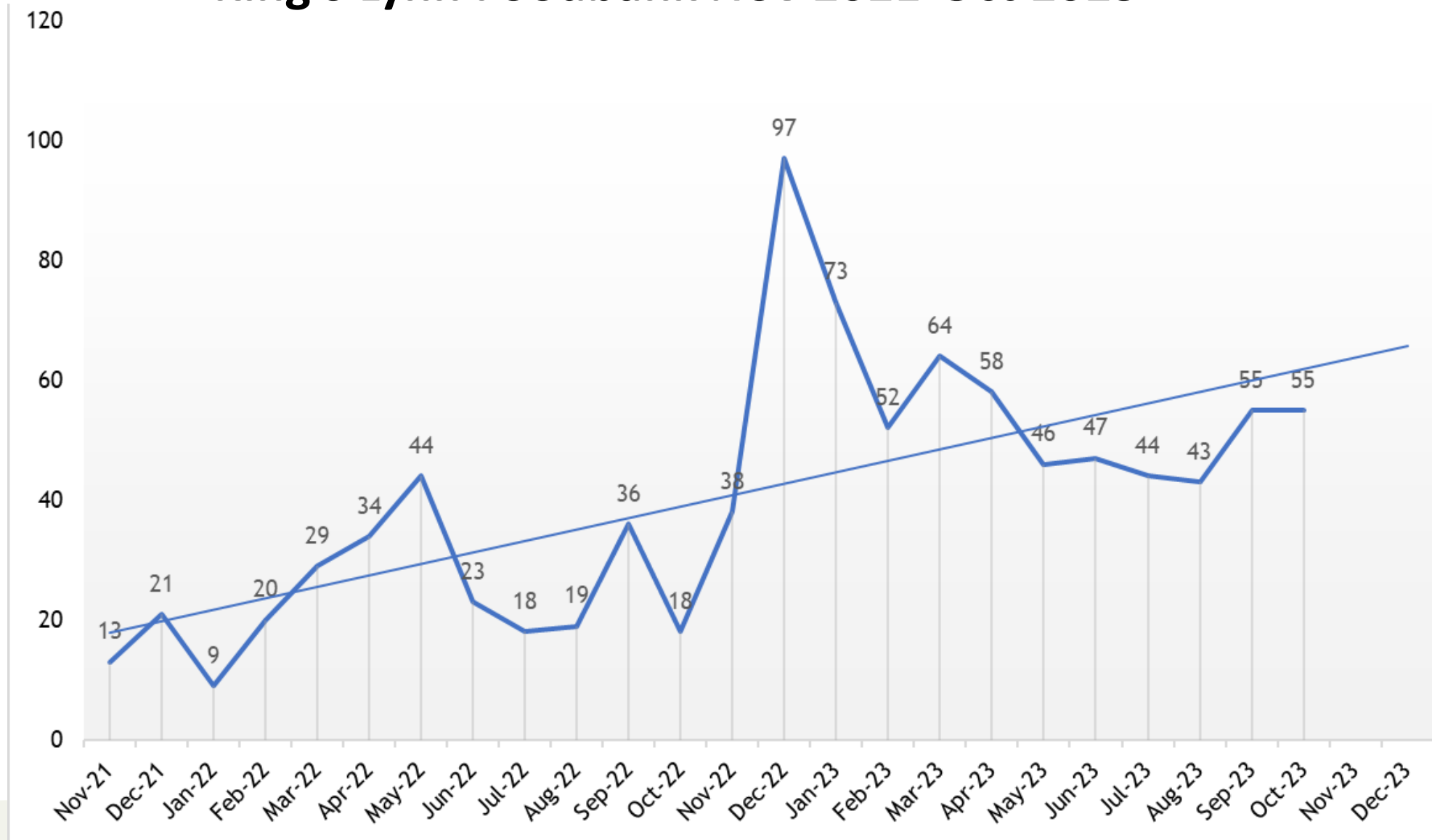
# JOIN US IN CALLING ON THE UK GOVERNMENT TO GUARANTEE OUR ESSENTIALS



# Numbers of food parcels distributed by KL Foodbank Distribution Centre during the Cost of Living Crisis as compared to previous four-year average



# Number of energy vouchers issued each month by King's Lynn Foodbank Nov 2021-Oct 2023



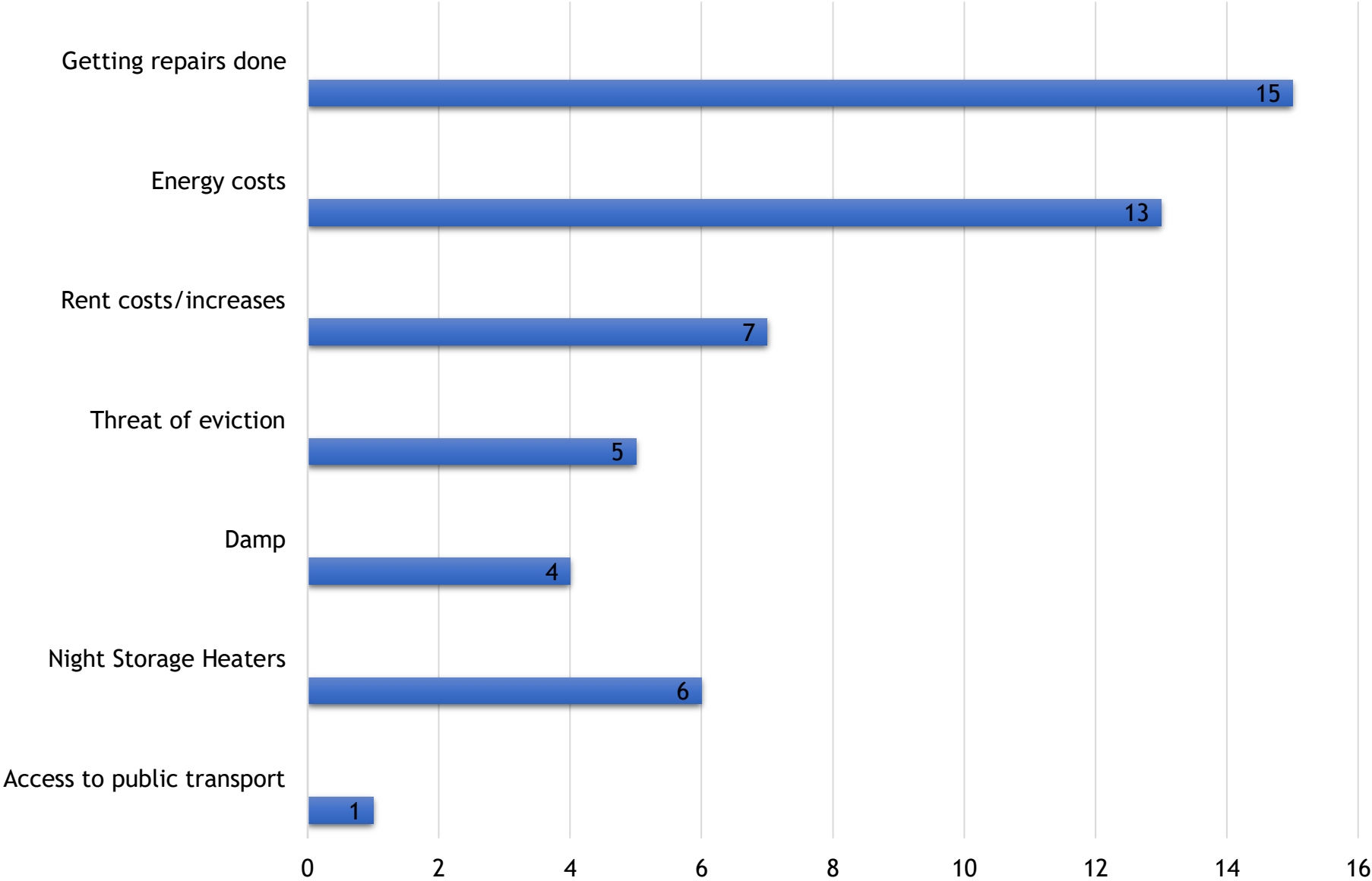
# REASONS FOR REFERRAL APRIL – OCTOBER 2023

- Rising cost of essentials
- Ongoing impact of physical or mental health
- Priority debt
- Benefit delay
- Unexpected expense





# What are the biggest issues you face to do with housing?



# STRATEGY

- Improving our engagement with referral agencies
- Building connections and partnerships with local services and organisations
- Raising awareness about poverty, shifting opinions so that we can influence positive change in our community
- Using the data we gather to advocate for effective anti-poverty solutions and hold policymakers to account and drive decisions that end the need for foodbanks



# NEXT STEPS

- Partnership working
- Norfolk Anti-Poverty Alliance
- Take part in the Essentials Guarantee campaign



**THANK YOU**

**RESEARCH@TRUSSELLTRUST.ORG**