



NEED FOR FOOD BANKS - WHAT DO WE KNOW AND WHAT NEEDS TO CHANGE



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.

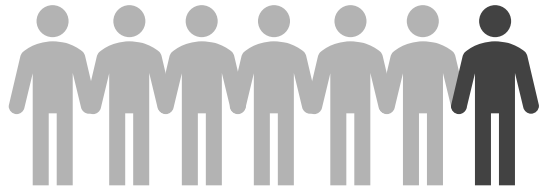


HUNGER IN THE UK COMPARES THE EXPERIENCES OF:



...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

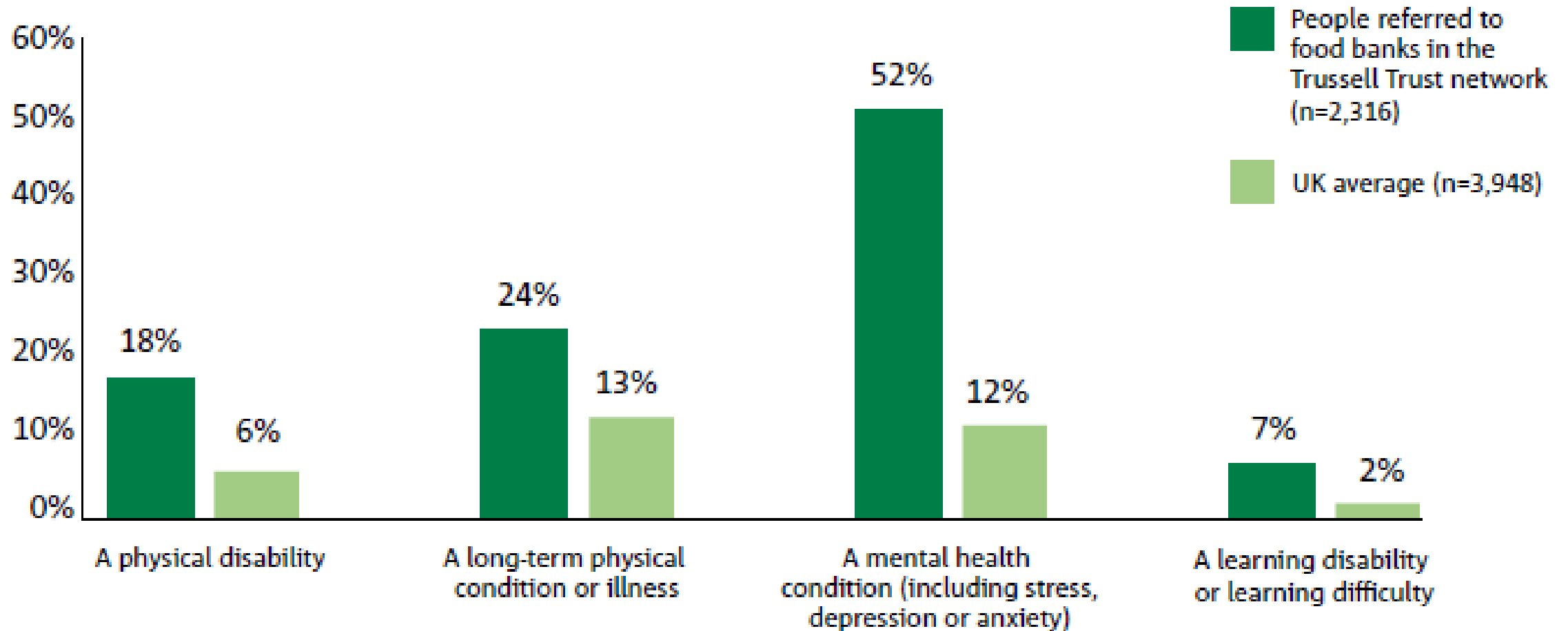


A QUARTER of the UK general population (26%) are **DISABLED**

This compares to almost **HALF** (48%) of all people who had been food insecure in the last 12 months.

And **THE MAJORITY** (69%) of people referred to food banks in the Trussell Trust network are disabled. In fact, **75%** say that they or a member of their household are disabled.

VARIETY OF HEALTH CONDITIONS ARE OVERREPRESENTED



MONEY AND MENTAL HEALTH: THE PROBLEM

- When asked whether they were keeping up with their credit commitments and bills, the majority (68%) of people with mental health conditions said that they struggled to keep up with their bills, compared to 38% of people who did not have such a condition.
- On average, people with a mental health condition have 1.9 different arrears on bills or debts – compared to 1 for people who do not have a mental health condition.
- There is a further disparity between low mental wellbeing scores and the length of time people have been struggling to keep up with their bills. Amongst people who had been struggling for up to three months 28% had a low wellbeing score, compared to 45% of people who said that they had been struggling for years.

**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

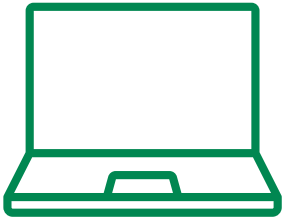
THE EXPERIENCE OF HUNGER

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

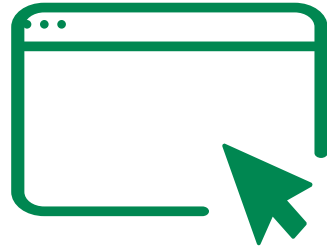


**HUNGER IN THE UK ISN'T ABOUT A LACK OF FOOD
IT'S ABOUT A LACK OF INCOME.**

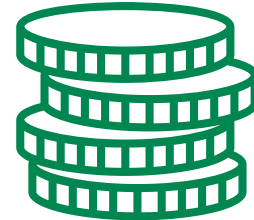
SIX IN TEN PEOPLE IN RECEIPT OF UNIVERSAL CREDIT HAVE FACED HUNGER IN THE LAST YEAR



**LACK OF
ACCESSIBLE
INFORMATION**



**DIFFICULTIES
CLAIMING
BENEFITS –
ESPECIALLY
FOR PIP**



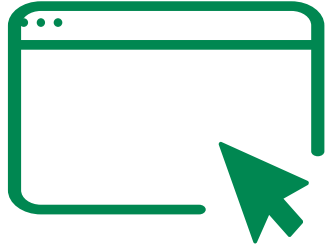
**INCOME
LEVELS ARE
INSUFFICIENT
FOR MANY**



**DEDUCTIONS
FURTHER REDUCE
PEOPLE'S
INCOMES**

INSUFFICIENT SUPPORT FROM BENEFITS AND HEALTH SYSTEM

- The majority (62%) of people from disabled households referred to food banks in the Trussell Trust network are not receiving any benefits specifically related to their disability.
- More than four in ten of the people (43%) who raised an issue associated with benefits or tax credits with a Help through Hardship adviser between April and October 2022 had an issue specifically about PIP.
- The majority (65%) of people referred to food banks in the Trussell Trust network with a reported mental health condition had not received any support relating to their mental health in the three months before receiving support from a food bank.



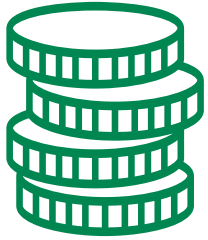
PEOPLE FACE DIFFICULTIES ACCESSING BENEFITS QUICKLY OR CONSISTENTLY

“I just have to wait. It’s a long-drawn-out process and I’m just really, really struggling with food and everything because of this.”

Female, 35-44, England



DISABILITY BENEFITS PROVED PARTICULARLY CHALLENGING



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

DIFFICULTY ACCESSING JOBS

MOST PEOPLE would like to work but face difficulty accessing jobs, especially disabled people, carers, and parents who can't find affordable childcare

“ It’s very hard out here, especially when you have a disability and you’re dying to get back to work but you can’t and you’re struggling.”

Male, age 45-54, unemployed, physical disability, England

Thousands in
Cardiff
are going without.

Universal Credit
is falling short.

the russell trust
/ JRF JOSEPH ROSSITER FOUNDATION

Take action



HUNGER ISN'T INEVITABLE



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.

ADDITIONAL ACTION NEEDED

- Put tackling financial hardship at the heart of an individual's healthcare – this should include embedding whole-person care across local health systems.
- Integrated Care Systems to become embedded in the wider local support system, including working to make better use of local data to identify patients in financial hardship and develop future plans for action.
- The Government should commit to long-term investment towards social infrastructure across the UK. This would build the infrastructure we vitally need to be able to connect with each other and build strong and meaningful relationships with our communities.

QUESTIONS FOR YOU

- How can we use our knowledge and insight to advocate for joined-up place based responses?
- Need for food banks is a health crisis – so how can we pool resources to tackle the root cause?
- What opportunities exist in health settings and public health?



THANK YOU

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