

Volunteering Spotlight: Trussell Trust: Kettering community unit

Sandra Mogan, from Group Procurement, Rushden spent the day helping at Kettering community unit



About the Organisation

Our charity partners until June 2025, the Trussell Trust are a network of food banks who provide emergency food and support to those in poverty, whilst also campaigning for change to end the need for food banks in the UK. Kettering Community Unit (KCU) describes their vision as; 'everyone in our community is able to reach their full potential regardless of ability, disability or circumstances'.



How did you spend your day?

On arrival, I was greeted by Gilly and Dennis – a retired husband and wife team who work on a Thursday at KCU. I was soon set to work, unloading a van full of donations that had arrived. We had quite the production line going, and (no thanks to the weather!) soon got the job done. A lot of the stock went into storage, and the rest was used to replenish what had been given out.

We then checked the list left by volunteers from the previous day, telling us how many food crates to pack. Every crate is numbered with the corresponding paperwork and list of contents. Two crates are designed to last a family of up to four for three days, hygiene products were added too.

After a much needed coffee break, we moved on to packing the 1 and 2 person crates, and by this time I was whizzing around the room locating the items in no time! KCU also provide for the homeless community, and we made up some crates with items that could be easily opened – packets just requiring hot water or ring pulls, a cup and disposable cutlery, and handwarmers went in too.

How did you feel about the day?

I decided to volunteer in support of our Charity Partner the Trussell Trust, as, like many people, I have heard of the good work food banks do. I was however very unprepared for the extent of the hard work involved. My day was educational and I met some wonderful people along the way – it was a real eye opener for me.

When I saw the Arco boxes, as well as the hygiene products that had been collected from the roadshows, it was as though all the pieces were fitting together and I had witnessed the whole process through. I'd taken along some food collected from the office too, and it was great to see the journey it will take. I will definitely encourage my colleagues to get involved in volunteering in the future!

The Kier volunteering policy is open to all Kier employees. You can volunteer for any project or charity you wish, and donate your time to any activity. Find out more [here](#)

