

# Volunteering Spotlight: Trussell Trust: changing minds session

Kerry Collins, from Kier Transportation ran a changing minds event on behalf of our charity partners, The Trussell Trust



## 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. Their changing minds days are designed to highlight the difficulties faced by those in poverty, and encourage discussion around these issues, as well as providing help through the donation of hygiene packs to local food banks.



## How did you spend your day?

"The purpose of the Changing Minds session is to raise awareness about the main issues that drive people to use food banks, and to challenge the social stigma surrounding this decision.

The sessions are divided into two parts; the first consisting of a presentation that provided important information about the Trussell Trust and involved a budgeting exercise that aims to show the reality of how individuals who use food banks are living. The second part of the session had us working together to sort the hygiene products into packs that would later be donated to their local food bank."

## How did you feel about the day?

"I think the event went really well. It was great to hear the opinions of the senior management team, and watch them get stuck into the packing exercise. Overall, I think everyone enjoyed the morning and it was very successful, with a total of 144 bags packed full of hygiene products for the Southwark food bank, just in time for Christmas."

**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](#)**