



Annual Report

April 2019 - March 2020

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More than a Food Bank

Sufra NW London addresses both the causes and consequences of extreme poverty, homelessness and social isolation, particularly within the London borough of Brent and surrounding areas.

We provide our guests with the essential food and welfare advice they need to survive, empower them to learn new skills and improve their wellbeing, and help them to find work and become financially stable.

By working together and harnessing the goodwill of our neighbours, we are building a stronger community where no one suffers alone in silence.

33% of Brent's population live in poverty, which affects **47%** of children in some parts of the borough (compared to **38%** on average across London).

2019-2020

How we helped



Over

12,300

benefited from our services

200

tonnes of food re-distributed

64

referral agencies are a part of
our growing network

These figures represent our work between 1st April
2019 and 31st March 2020.

Food Bank

Our Food Bank provides **emergency** supplies of **essential food** and **toiletries** to individuals and families experiencing acute crisis.

2.3
million

Londoners struggle to afford food and **33%** of adults have skipped meals so that their children can eat.



10,582
guests
received a
food parcel



180%
increase in
demand over
past 3 years



90%
of guests were
referred to
other essential
services

An illustration of a hand holding a bowl, with the hand and bowl rendered in shades of orange and purple. The hand is positioned as if pouring something from the bowl.

Community Kitchen

39 guests served each week

13 themed cultural nights

150 guests were served lunch on **Christmas day** and seasonal gifts for the whole family

The weekly community kitchen serves a **freshly cooked three-course vegetarian meal** to any guest who attends, regardless of their circumstances.

Over 2000 three-course meals provided



Advice Service

Our Advice Service offers **ongoing face-to-face support** on a range of issues such as benefits, housing and employment and emergency aid.

1/3

of all food bank guests received professional welfare advice



27

homeless people moved into secure housing

£14,152 in non-food
Emergency Aid distributed



£268,566

secured in additional benefit payments for guests

£37.75

The amount an asylum seeker receives weekly from the government.

Refugee Resettlement Programme

70

school uniforms purchased for Sufra guests.

46

asylum seekers, refugees and migrants helped to access benefits and register with a doctor

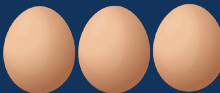


We provide a **tailored support** to **asylum seekers** and **refugees** seeking a new life in Brent – including **ESOL** classes, **life-skills workshops**, a **women's support group**, **homework clubs** and **cultural integration activities**.



St. Raphael's Edible Garden

The garden provides a **therapeutic space** to invest in the **skills, health** and **wellbeing** of **local people**. We grow **organic produce** that is used within the community kitchen and distributed through food parcels.

3, 

eggs laid by our chickens

Over

1000

guests and volunteers
since inception

38

Children received 2
AQA qualifications in
Growing & Horticulture

40

trees
planted



It takes a community

We rely on over **200 regular volunteers** to help deliver all our services.



Last year alone, volunteers dedicated over **10,000** hours of their time.

Join us!

Could you volunteer your **time** to support our cause?

Have you thought about **fundraising** for us? Or funding one of our projects?

Can you **donate food** and **toiletries**?

Why not sign up to our **Newsletter** or follow us on **Social Media** to see all the important work we are doing.

Our Response to COVID-19



Demand for food parcels increased by more than **double** in March 2020 (compared to March 2019).

We worked closely with **Brent Council**, voluntary sector organisations and the **Brent Food Aid Network** to establish a borough-wide food aid response accessible to anyone in need.

Whilst Sufra's Food Bank and Community Kitchen were physically closed to the public for the duration of the lockdown, our **emergency food aid services** were fully operational and scaled up to meet demand. Meanwhile, our **Advice Service** and **Refugee Resettlement Programme** continues to operate remotely.



Please refer to our 6 month COVID-19 impact report for more information:
<https://bit.ly/3qNl3Yo>

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