



Our Food Bank Policy is Changing on 5th June

What's changing?

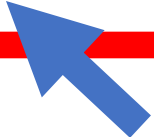
On your first referral to Sufra, you can access 6 **emergency** parcels.
Max. one per week.



If you still need **support after 6 parcels**, you will need to speak to a **Brent Hubs advisor** for a **Further Assessment appointment**.
This is to provide signposting to appropriate services, guidance on financial matters and support with benefits, housing employment and more.



After the Further Assessment appointment, the advisor can allocate parcels if needed.
From there, you can receive one parcel per month.



NOT WEEKLY

Why?

- To ensure we can support as many people as possible.
- Any parcels you have been allocated before then can be accessed as normal.

What other support is available?

Access our network of Community Kitchens for free delicious and nutritious food  bit.ly/SufraCK

Head to our Advice Drop-in sessions at The Living Room.  bit.ly/SufraDropIn

Brent Hubs info:
7 sites across the borough:
www.brenthubs.com
0208 937 6792
(Phones open Mon – Fri, 11-3)

Come along to our Community Kitchens!

During Refugee Week (19th-25th June) we will be hosting specially themed Community Kitchens, drop by to see what elaborate menu Chef Jas will cook up!

Monday & Tuesday

18.00 - 20.00

Bridge Park Leisure Centre

Harrow Road, NW10 0RG

Thursday

13.00 – 15.00

Laurence's Larder

Christchurch Ave, Willesden Ln, NW6 7BJ

Friday

18.00 – 20.00

Granville Kitchen

140 Carlton Vale, NW6 5HE



St Raphael's Garden Market open on Saturdays!

Our Garden Market runs every Saturday, between 12.00 – 14.00. Pick your own fresh, seasonal fruit/veg & pay as you feel!

*St Raphael's Edible Garden
162 Pitfield Way, NW10 0PW*

Visitors of the market can also learn new skills, by making their own herbal teas, elderflower cordials and spice blends – as instructed by our Garden Manager Billie



Food bank reminder

You can collect your food parcel from:

Sufra on Tuesdays and Thursdays
11.00 -15.00 (160 Pitfield Way, NW10 0PW)

OR

PCC on Tuesdays 11.30 – 16.00
(Marley Walk, NW2 4PU)

Once you've received 6 food parcels, you will need to call Brent Hubs at 0208 937 6792 between 11am-3pm Mon-Fri for more support.

Please note, we cannot guarantee specific items in your food parcels as we often rely on donations.



June 2023

Foodbank Newsletter

We are hiring!

- *Finance Manager (28 hours/week)*
- *Community Engagement Manager (40 hours a week)*

For more info please head to

bit.ly/SufraVacancy

Community Wellbeing Project

The Community Wellbeing Project has now reached 200 members and membership registration is officially closed. However, you can still come to our daytime Community Café for free drinks and discounted snacks, or our evening Community Kitchens for free freshly-cooked meals.

- Open on Mondays and Tuesdays (shop & café @ 12-6pm, kitchen @ 6-8pm)
- Bridge Park Leisure Centre, Harrow Road, NW10 0RG
- More info here: bit.ly/cwpsufra

Watch our video on the project by scanning here:



Brent Right To Food Universal Free School Meals Discussion

From September, Brent will roll out a Universal Free School Meals for all primary school pupils.

The [Brent Right to Food](#) campaign will be hosting a discussion on Universal Free School Meals and how to shape Right to Food strategy for Brent Borough. Sufra's director, Rajesh Makwana BEM will be taking part in the roundtable discussion.

Date: *Saturday 8th of July*
Time: *1-4pm*

Location: *Main Hall, Newman Catholic College, Harlesden Road, London, NW10 3RN*

Migrant Democracy Project stall at Sufra

Migrant Democracy Project is a non-profit organisation campaigning for the democratic participation of migrants in the UK.

They will be hosting a stall outside of food bank on **Thursday 22nd June** and speaking to guests about voter registration, new photo ID requirements, and residence-based voting rights

Sufra's Annual Report

We have finally released our Annual Report covering the period 2021-2022. To learn about all of support we provided over this period, go to:

bit.ly/sufra-annual-report-2021-2022

Or scan here:



Migrant Book Club

Migrant Democracy Project and the3million are launching a book club for migrants and allies to meet, share and learn together in a safe and inclusive space.

The first book they'll be reading is *Against Borders* by Gracie Mae Bradley (the organisers may be able to provide a free copy of the book).

Date: *Thursday 22nd June*
Time: *6.30pm*
Location: *Casa Do Brasil, 64-66 Willesden Lane*

Windrush Pioneers in Brent Celebrating 75th Anniversary

2023 marks the 75th anniversaries of the arrival of the Empire Windrush to London from the Caribbean and Brent will be celebrating with a street party.

Date: *Saturday 24th June 2023*
Time: *12-4.30pm*
Location: *Along Craven Park Road, NW10*

Community Access Scheme: cheap tickets to Kew Gardens or London Zoo

Kew offer £1.00 tickets to Kew Gardens for anyone on Universal Credit or Pension Credit (*tickets can be purchased online or upon entry*).

ZSL London Zoo tickets can be purchased from £3 per person if you are receiving UC, Working Tax Credit, Child Tax Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance (*discounted tickets to be purchased upon entry only, from 11am*).

All you have to do is provide proof of your benefits upon arrival.



June 2023

Foodbank Newsletter



Food Bank Policy

If you are experiencing a financial crisis, you can be referred to Sufra NW London for an Emergency Food Parcel.

You can get a referral from one of 160 Referral Agencies, or from the Brent Hubs Team on 0208 937 6792 or 0208 937 1234

More info here: bit.ly/sufraRA

With a referral, you can collect up to 6 emergency food parcels in a year.

If after receiving 6 parcels, you are still in financial difficulty, please call Brent Hubs on 0208 937 6792 or 0208 937 1234. They may be able to issue further parcels. These will be counted as non-emergency.

إذا كنت تعاني من أزمة مالية، يمكنك الحصول علي توزيعات الغذائية من سفرة.

يمكنك الحصول على قسيمة من واحدة من مائة منظمة في برنت أو من فريق برنت هبز.

يمكنك استلام 6 طرود في السنة

إذا كنت تواجه صعوبات مالية وتعتقد أنك بحاجة إلى المزيد، يرجى الاتصال بمركز برنت هبز على
.02089371234 /
0208 937 6792