

Come along to our Community Kitchens

Monday & Tuesday

18.00 - 20.00

Bridge Park Leisure Centre

Harrow Road, NW10 0RG

(café with drinks/snacks

open 12-6pm)

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. Please note, Garden volunteering days are now on Wednesdays and Saturdays.



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.

£1 meals for kids!

During the 6-week summer holiday 2023, kids can eat meals or for £1 at the following places:

Asda – Kids eat for £1 All Day, Every Day at Asda cafés, with no adult spend required.

Ikea – Kids get a meal from 95p daily from 11am

Volunteer at Sufra

We are always looking for new volunteers at Sufra. Our current roles include:

- Food Bank Host/Packer (*Sufra & PCC*)
- Community Shop/Café Assistant (*Bridge Park*)
- Garden Volunteer (*St. Raph's Garden*)
- Signposting Volunteer (*Multiple locations, 2x a month*)

Fill in the interest form by going to:
bit.ly/sufravolunteerform

Complete a survey, win a voucher!

One of our food providers, FareShare, are gathering feedback from individuals accessing food aid from organisations like Sufra.

By taking part, you have the chance to win one of 10 gift vouchers worth £15. The questionnaire is for adults aged 18 and over, who have accessed food services at least three times. It is anonymous.

The survey will run until **Thursday 31 August.**

Fill in the survey by going to:
<https://bit.ly/fareshare-survey>



Or scanning above ↑



June 2023

Foodbank Newsletter

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

The Rwanda asylum plan has been deemed unlawful

The UK governments plan to send asylum seekers has been ruled as unlawful by the Court of Appeal. While legal proceedings continue, flights still cannot take off for Rwanda.

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.

Signposting Sessions

Sufra's next signposting sessions will be held at the Laurence's Larder Community Kitchen on the 6th and at the PCC food bank hub on the 18th – guests can access referrals to specialist organisations and receive support from advisors.

Location:

Laurence's Larder,
Christchurch Avenue,
NW6 7BJ

Date/Time:

Thursday 6 July,
12-3pm

Location:

Pakistan Community Centre,
Marley Walk, Harlesden,
NW2 4PU

Date/Time:

Tuesday 18 July
11am-2pm

Advice Drop-ins at Willesden Green Library

From the 11th July, Sufra's Advice Team will be delivering the advice service from Willesden Green Library, across the street from Sufra's food bank hub at the Pakistan Community Centre (PCC). This is addition to the usual Advice Drop-in at The Living Room.

Location: 95 High Rd, Willesden, London NW10 2SF

Date/Time: Every Tuesday from 10.30am-5pm
(*closed for lunch between 1-2pm*)

Disability Cost of Living Payment

You may be entitled to a Disability Cost of Living Payment of £150 if you're receiving any disability benefits (e.g Attendance Allowance, Disability Living Allowance, Personal Independence Payment etc.)

You must have received a payment of one of these benefits for 1 April 2023 to be eligible.

If you have not received the £150, you can report a missing Disability Cost of Living Payment from 5 July 2023.

More info here:

<https://www.gov.uk/guidance/cost-of-living-payment>

Uniform Drive

Sufra will be collecting pre-loved school uniform throughout the month of July and will be distributing them to families in Brent in August.

Blazers, shirts, trousers, ties and jumpers are all available for collection. If you have any uniform to donate, please do so at Sufra's Food Bank anytime **Mon-Fri 10am-5pm** before **Monday 7 August**.

If your children are in need of new uniform, stay tuned for specific collection dates!



June 2023

Foodbank Newsletter

Our Food Bank Policy has Changed



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)



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 على 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