



[www.sufra-nwlondon.org.uk](http://www.sufra-nwlondon.org.uk)  
Registered Charity No. 1151911

# Annual Report

## 2014-2015

*In the last year, Sufra NW London provided emergency food aid for 3,858 people and supported 10,024 people through welfare support and training.*

Give together | Eat together

## What does “Sufra” mean?

*The word “Sufra” originates from the Persian meaning “table-setting” or “that on which food is served”. It carries similar connotations in Arabic, Turkish and Urdu. Traditionally, the “Sufra” was made of a round cloth or woven palm-leaves, although more recently the term is used in cultural settings to describe long rolls of plastic or paper placed on the floor within a community building to serve large numbers of guests. The term strongly indicates hospitality and generosity towards guests through the service of food and refreshments.*

*Food Bank users are referred to us as “guests” – we consider each family that attends the food bank to be recipients of our hospitality.*





# Letter of Support

## **OFFICE OF THE LEADER OF BRENT COUNCIL**

Brent Civic Centre  
Engineers Way  
Wembley  
Middlesex  
HA9 0JF  
020 8937 2121  
[www.brent.gov.uk](http://www.brent.gov.uk)

On behalf of Brent Council, I would like to congratulate Sufra NW London for its valuable service in supporting families living in food poverty. I have been very impressed by the passion, commitment and determination of your staff and volunteers whose efforts are testimony to the charity's achievements over the past year.

Whilst I continue to be moved by the tragic stories of families struggling to afford the basic amenities of life, I am reassured that Sufra NW London provides an essential safety net for local people, ensuring that they can live with dignity and access services that allow them to reengage with mainstream opportunities.

Sufra NW London has demonstrated the power of partnerships in achieving veritable social outcomes. Working alongside statutory organisations, voluntary sector agencies, as well as faith and civic groups, you have made a lasting impact in aligning services, innovating new approaches and contributing to the council's strategy and policy in reducing poverty across the Brent.

I wish you all the best in your work, and look forward to visiting some of new services you are launching in the coming year.

Councillor Muhammed Butt  
**Leader of Brent Council**

## Legal Information

Sufra – NW London is governed by a Constitution, which was adopted on 20 April 2013. The organisation was registered with the Charity Commission on 7 May 2013. The organisation's objects are charitable and are outlined in its governing document as follows:

*“The relief of poverty and economic disadvantage among persons who are in a condition of need, hardship or distress in particular within the London boroughs of Brent, Harrow and Ealing and in such other parts of the United Kingdom, by providing such persons with goods and services which they could not otherwise afford through lack of means.”*

The Trustees are legally responsible for the organisation, and govern its strategic direction.

## Board of Trustees

Warsame Nur	Chair
Noha Nasser	Trustee (Resigned 31 March 2014)
Zahra Valji	Trustee (Resigned 7 March 2015)
Hana Fatima Valji	Trustee (Appointed 7 March 2015)
Aaseem Mulji	Trustee
Mohamed Mishal Mohamed	Trustee
Zahra Khimji	Trustee (Resigned 1 November 2014)
Khadija Gulamhusein	Trustee (Appointed 1 November 2014)
Huda Al-Hassani	Trustee

All Trustees were appointed by Partner Organisations who provide core funding for the charity. They include:

Al-Mizan Charitable Trust (2 Trustees)  
Beta Charitable Trust (2 Trustees)  
Battlers Well Foundation (1 Trustee)  
Islamic Unity Society (1 Trustee)

The Terms of Reference of the Board gives power to appoint Independent Trustees. There are currently no Independent Trustees represented on the Board.

## Management Committee

Mohammed Sadiq Mamdani	Director
Fahim Dahya	Logistics & Project Manager
Aneesa Qadir	Admin Assistant (Apprentice)
Mohammed Abboud	Logistics & Project Assistant (Apprentice)



## Patrick's Story

Every week, we meet new families in crisis. This is Patrick's story, who came to us in August 2014.



**Patrick, 26 years, slept on a park bench the night before he visited the Food Bank**

*"I suffer from paranoid schizophrenia and my mum chucked me out of the house because she could not manage my behaviour. I was left homeless with nothing but the clothes I was wearing. I was referred to Sufra's Food Bank by another charity, where I told one of the volunteers about my situation. Within an hour they arranged a B&B for me for a few nights, whilst they mediated on my behalf with the Council's Housing Department to sort out my living arrangements.*

*Within a week I was provided with accommodation. Soon after, I started volunteering at the Food Bank, helping other people in my situation. They're very friendly and having them around has given me some stability in life. I even took part in the Food Academy learning to cook, but let's just say, I need a little more practice! Recently I started working part-time, but I'm always popping into Sufra in case they need help moving some of those crazily heavy crates of sugar or re-stocking the shelves. Things are so much better now.*

*Sufra are just the best."*

# Report from the Chair

One of the most disquieting features of London is the way in which unimaginable wealth and opulence often sits comfortably beside abject poverty. Sufra NW London is based on St. Raphael's Estate, the poorest neighbourhood of Brent that is beset by low educational attainment and high unemployment. Yet within walking distance looms the world-renown Wembley Stadium and streets away from the lavish new apartments built in the shadow of the SSE Arena, a food bank distributes emergency aid to families with little to survive.



Despite the proliferation of food banks across the UK, it is inconceivable that food poverty can be adequately addressed without responding to the many causes of deprivation. The inability to afford food is the end result of so many misfortunes: low educational attainment, poor standards of health, over-crowded housing, low paid work, social inequalities to name but a few. Indeed, the absence of strong and resilient community relationships is one of the biggest drivers of vulnerability. If we cannot turn to a friend or a family member for a helping hand, the most basic routines of life can become impossible.

Over the last year, it is no surprise that demand for the food bank has increased. The service remains at the heart of our work, and demonstrates the tremendous efforts and generosity of countless volunteers. But where our work differs from last year, is the many new services on offer at Sufra NW London, which focus on our holistic approach to tackling poverty. Alongside these offerings is our commitment to the regeneration of St. Raphael's Estate, which has been neglected for too long.

As we look forward to expanding our provision, we find ourselves recreating services that have been cut and exploring new ways of sustaining them. In this, our role and partnership with Brent Council is crucial, because neither the public nor voluntary sector can work in isolation. And no longer can the private sector remain oblivious to the needs of the communities in which it operates.

The achievements of Sufra NW London over the last year are without doubt the product of this co-operation. I would like to thank Tessa Awe and Fuad Uddin from CVS Brent who have been instrumental in building these relationships and setting in motion a new template of working in delivering local services.

It is so far unclear whether our economy is entering a new phase of growth and reparation. But so long as this does not translate into realistic opportunities for the most disadvantaged, the work of Sufra NW London, and other charities, will remain a life-line.

Warsame Nur  
Chair



# Report from the Director

There is nothing more emotional than meeting someone at the Food Bank who lives in your neighbourhood, or even on the same street, who has not eaten for days. If we are not forgiven for our ignorance, we are certainly redeemed by what we do in response to this tragedy. For so many of our volunteers, donors and supporters, Sufra NW London is a personal cause. Living in and around North-West London, the work we do is not just about the welfare of our immediate neighbours but a reflection of the kind of community we want to live in.

At the beginning of the financial year, we moved to vacant property on St. Raphael's Estate, which is now the permanent home of Sufra NW London. Despite the state of the premises, our volunteers have been resourceful in making the space work for us, and some 12 months on, I am grateful to John Sisk & Son who have begun working on a full refurbishment. The new building will include a fully-fledged training and catering kitchen, an expanded stock room and new toilet facilities.

Although the Food Bank is the main point of call for our beneficiaries, responding to the immediate crisis facing families in poverty, we are now able to offer more pathways for people who are determined to challenge personal boundaries, access education and training opportunities and improve their employment prospects. Our Food Academy and Business Enterprise Project, which launched this year, are the most high profile services, but these are just a few of the many new projects in the pipeline.

With the administrative demands facing the organisation, we were able to appoint two apprentices, Aneesa Qadir and Mohammed Abboud, thanks to a generous donation from local philanthropist, Nazmu Virani, Chief Executive of Cygnet Properties.

The charity has significantly increased its profile over the past year, developing new private, public and voluntary sector relationships. Local companies are actively offering in-kind contributions as well as sponsorship, statutory bodies highly regard our participation in public consultations, and almost all our projects are launched in partnership with local schools, groups and charities.

But the true strength of Sufra NW London is fuelled by the zeal of local people. So much of the success of the charity has relied on grassroots participation – individuals putting themselves forward to volunteer, organise food drives and fundraising events, offer specialist skills, share contacts and leverage favours, for the benefit of the community. We genuinely believe that everyone has something to offer, and invite you to share in our achievements.

I would like to express my gratitude to Fahim, Aneesa and Abboud for their incredible contribution to Sufra NW London, and the countless volunteers who are the blood and life of the charity.

Mohammed S Mamdani  
Director



# Services & Activities

## Food Bank & Kitchen

The Food Bank continues to be the focus of our core activities, opening twice a week on Wednesdays and Sundays, serving 3,858 people. During the last year, we have expanded our supply of in-kind donations to include toiletries, clothing and baby items, where available. During the festive season, we distributed over 100 Christmas presents to families with children, following a £1,000 appeal, which included a £1 for £1 match-funding pledge by Daniel's Estate Agents.



Demand for the service remains high, with an increasing number of referrals and beneficiaries compared to last year. The service is supported by regular food collections and donations from businesses; this year we collected 26 tonnes of food (not including non-food donations). This is a collasol operation and for every volunteer who works in the food bank, we rely on 4 volunteers to support our food collections.

We are committed to providing more than food aid to our guests. Apart from providing a refreshments service and safe space to talk about their problems, we are undertaking more advice work. Where a guest needs more detailed support, we arrange meetings outside of food bank hours to help with housing, employment and financial issues. Over the next year, we will expand on this work. In preparation for this, we are delivering regular training sessions for our Food Bank volunteers in these specialist areas.

Following the launch of our Van Appeal last year, we are pleased to now own our own vehicle to transport food supplies from collection points, which will now reduce the cost of hiring vehicles and provide a more efficient collection service for our generous donors.

The food that is donated to the Food Bank is also shared with St. Laurence's Larder based at Christ Church in Brondesbury and the Sisters of Mercy in Ladbroke Grove. The food supplied is used to deliver a hot-meals service, providing over 9,600 meals during the last year.

## Food Academy

Our flag-ship Food Academy launched in September 2014, following a long-pilot inspired by our first Food Bank guest, 18-year-old Stephen, who found himself in food poverty because he was reliant on expensive ready-meals. The programme is delivered by a professional chef and





catering assessor, Hilal Baba-nas, whose charismatic TV-style has endeared (and on occasion, instilled fear!) in the young participants. Alongside the pilot, 74 young people have completed the course, with over one-third receiving accreditation for their learning. Anecdotally, we can also report that some young people have found jobs in the catering and hospitality industry following completion of the programme.

Towards the end of the financial year, we received a visit from the former Attorney-General, Dominic Grieve QC, who prepared a spicy chicken curry with the students, and answered some awkward political questions, whilst chopping onions. We have always seen the Food Academy as more than a cookery course, but a practical training programme to inspire young people to further training, education and employment. Several 'graduates' of the Food Academy regularly volunteer for the charity.

The project has also demonstrated the strong partnerships we have built with other local charities. The Food Academy was also replicated as an intergenerational project at the Unity Centre commissioned by Catalyst Gateway for their local residents. This approach, which encourages larger organisations to work with smaller, specialist charities, represents the innovation of the sector, building mutually-beneficial partnerships that sustain organisations during periods of economic uncertainty.

### **Business Enterprise Project**

In recognition of high levels of unemployment amongst young people aged 16-25 years, we piloted a Business Enterprise Project in partnership with Aston University, where young people from Brent who have never been to university, took part in 5-day residential at Aston Business School. Under academic tutors and post-graduate students they learned the ins and outs of setting up their own business. The project continues with the opportunity for mentoring, access to free office-space and a grant of £500 towards launching the business. We are grateful to SEGRO, who manage industrial properties in Park Royal for sponsoring the project.

### **Environmental Sustainability**

Following on from the last financial year, Bulent Kazim, who undertook an internship at Sufra NW London delivered an environmental awareness programme called "Eat, Live &



Breathe” where young people were invited to learn about food sustainability and reducing wastage. The project included a trip to Willowbrook Farm in Oxford. We were very pleased to learn that Bulent is now employed as Environmental Project Assistant by the Royal Borough of Kensington & Chelsea.

We have continued our work relating to food and environmental sustainability in partnership with Innisfree Housing Association. During the summer, we invited young people and older people to join us in harvesting vegetables at Sudbury Court Drive Allotment, followed by a cookery session using the fresh produce. Apart from learning about the provenance of food and eating healthy, participants enjoyed a meal together at the end of each session, building intergenerational relationships and challenging stereotypes associated with young and older people. We plan to expand on this work in the coming year.

### **Growing Project**



In December 2014, Sufra NW London was granted a 5-year lease on a derelict site on St. Raphael’s Estate to develop a food growing project. The new project “St. Raphael’s Edible Garden” will launch next year, although countless volunteers have helped to reduce the perpetual fly-tipping. In this we appreciate the support of young people completing their National Citizen Service, as well as employees from Santander and MyLotto24.

### **Events & Activities**

As part of our commitment to St. Raphael’s Estate, where we are based, we organised a community barbecue during the summer, which was attended by over 120 people. Through this engagement, we have built important relationships with our neighbours, which we will use as a spring-board for designing and delivering more services that promote community cohesion and regeneration.



In anticipation of the parliamentary elections in May 2015, we organised a hustings event in partnership with Mitchell Brook Primary School, St. Laurence's Larder and Brent Advice Matters (a consortium comprising the biggest charity players in Brent), to give food bank guests and local residents on St. Raphael's Estate the opportunity to quiz local candidates. Over 70 people attended the event and we are grateful to Mike Hutchinson for stepping in to chair the event and maintain order when it got rowdy!

By far our largest event was a Dinner Party & Awards Ceremony, which we organised to promote our work and express our gratitude to some of our most committed supporters. The event was funded by Families Relief, with over 170 people registering to attend. Smaller social events (normally including lots of food!) were organised throughout the year to thank our volunteers for their hard work.



### **Advocacy, Policy & Research**

The challenges of food poverty are multifaceted and its eradication requires long-term intervention, much of which is beyond our means or remit. Sufra NW London has, however, played its role in affecting policy and taking part in the public discourse on food poverty. Our staff and volunteers have actively taken part in academic research conducted by UK and European institutions, in public consultations locally and regionally, in public-speaking and publishing articles, most notably at a conference convened by the William Temple Foundation and as part of Faith-based Regeneration Network's monthly bulletin. We also contribute regularly in Brent Council's strategic conversations on all aspects of poverty reduction and community regeneration. Our influence in this regard, was recently acknowledged by the Leader of Brent Council, Muhammed Butt.



# Watch This Space!

As part of our commitment to increasing the affordability of food, promoting health and training opportunities, we will be launching the following new services next year:



## *Subsidised Vegetable Box Scheme*

A food co-op encouraging low-income families to eat fresh fruit and vegetables at affordable prices.



## *Medical Screenings*

“Pop-up” clinics in council estates providing screenings for basic medical conditions, nutrition workshops and health advice.



## *Open Kitchen*

Hot meals service for individuals and families with no home cooking facilities in particular the homeless and asylum seekers.



## *Growing Project*

A public growing space on St. Raphael's Estate providing alternative physical exercise and horticultural training.



# Food Bank Statistics – A Brief Analysis

We provide guests with enough food to feed their family 3 meals a day for up to 7 days. Each food parcel is proportionate to the size of the family, and is tailor-made to reflect the cultural and faith sensitivities of guests. A statistical breakdown of guests is included overleaf.

## Key Facts:

- The food bank issued a total of 1,433 food parcels, supporting 3,858 people. This represents an increase in 62% of food parcels delivered last year. 55.7% of guests were unique users (798 food parcels, supporting 2,101 people).
- Two-thirds of guests only accessed the food bank once (66.7%) demonstrating that the service does not encourage dependency and merely provides a safety-net for people during periods of extreme crisis. Generally, fewer people accessed the food bank on multiple occasions, reducing to 3.9% for those who visiting the food bank on four occasions. However, 5.9% of guests attended the food bank more than four times, reflecting those families that have found themselves entrenched in food poverty.
- A significantly larger proportion of food parcels were issued to single-person households (49%) indicating the impact of benefit cuts and sanctions, where no other members of the family are employed or receiving government support. In fact, the increase in food bank usage comparative to last year is largely made up of single-person households.
- Almost two-fifth (39.4%) of recipients in need of emergency food aid were children under the age of 18 years.
- Over one-third of guests (35.3%) stated that the main reason for accessing the food bank was due to disruptions in the benefit payments. This represents an increase in almost one-third (29.3%) compared to last year. In contrast, 14.9% were from working families who could not afford the cost of living, despite being in employment.
- Over one-fifth of guests (20.5%) resided in Stonebridge, which is the most deprived ward of the London Borough of Brent, and where the food bank is based. More than half of recipients (51.1%) resided in the five most deprived wards of Brent.
- A larger proportion of guests identified as Black African, Caribbean or of Other Black background (57.5%). However, further analysis of all data relating to ethnicity shows that those defining as White Other, Black Other, Asian Other, Mixed Other or Any Other background makes almost one-fifth (19.5%) of beneficiaries, suggested that non-traditional minorities are most affected by poverty. This is most notable with those of Asian background where 50.6% did not classify within existing census categorisation. This is also partly due to the exceptional diversity of London Borough of Brent.

# Food Bank Statistics – Data

## Number of Beneficiaries

	2014-2015	2013-2014
Total Number of Food Parcels	1,433	883
Total Number of Recipients	3,858	3,483

	2014-2015	2013-2014
Unique Number of Households Supported	798	689
Unique Number of People Supported	2,101	2,486

## Number of Parcels Received Per Household

	2014-2015		2013-2014	
1 Food Parcel	532	66.7%	574	83.3%
2 Food Parcels	133	16.7%	66	9.6%
3 Food Parcels	55	6.9%	28	4.1%
4 Food Parcels	31	3.9%	15	2.2%
4+ Food Parcels	47	5.9%	6	0.9%





## Household Size

Number of Persons in Household	1	2	3	4	5	5+
Number of Parcels Issued	389	120	74	68	50	97
Percentage of Total Parcels Issued	48.7%	15.0%	9.3%	8.5%	6.3%	12.2%



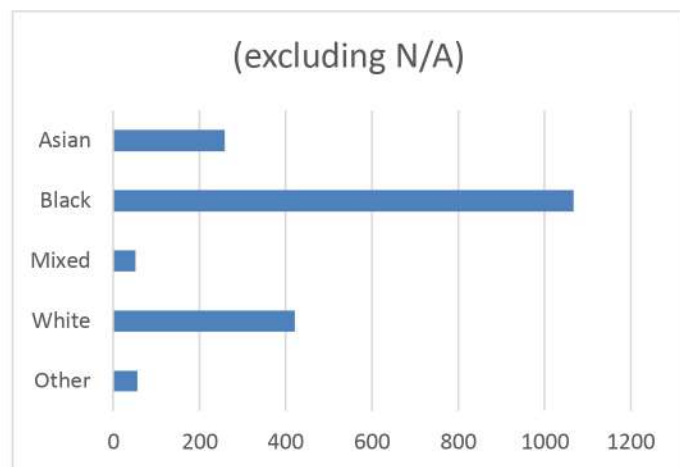
## Age of Food Recipients

Age Group	Number of Recipients	Percentage of Total Recipients
Under 5 years	200	9.5%
6-11 years	295	14.0%
12-18 years	332	15.8%
19-25 years	244	11.6%
26-35 years	132	6.3%
36-59 years	813	38.7%
60+ years	85	4.0%
Total	2,101	100%

## Ethnicity

### *Racial profile of unique persons*

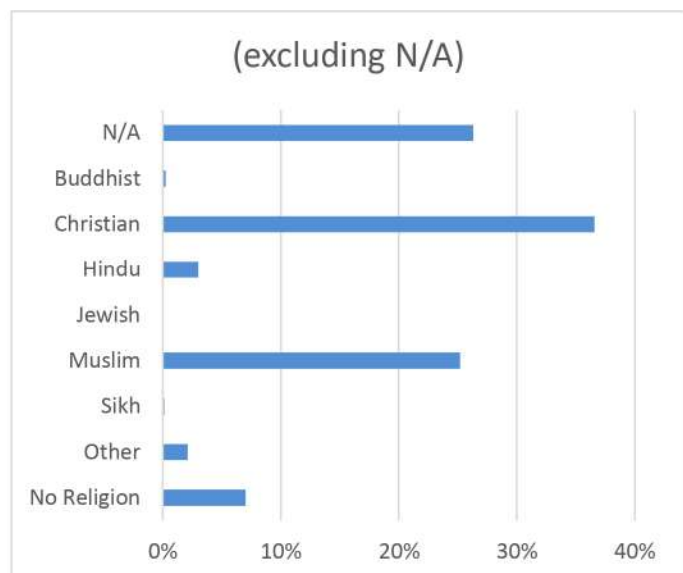
Ethnic Group	Number	Percentage
Asian	259	12.3%
Black	1,067	50.8%
Mixed	52	2.5%
White	421	20.0%
Other	56	2.7%
N/A	246	11.7%
Total	2,101	100%



## Faith

### *Religious profile of unique households*

Religion	Number	Percentage
Buddhist	2	0.3%
Christian	292	36.6%
Hindu	24	3.0%
Jewish	0	0%
Muslim	201	25.2%
Other	17	2.1%
Sikh	1	0.1%
No Religion	56	7.0%
N/A	210	26.3%
Total	798	100%



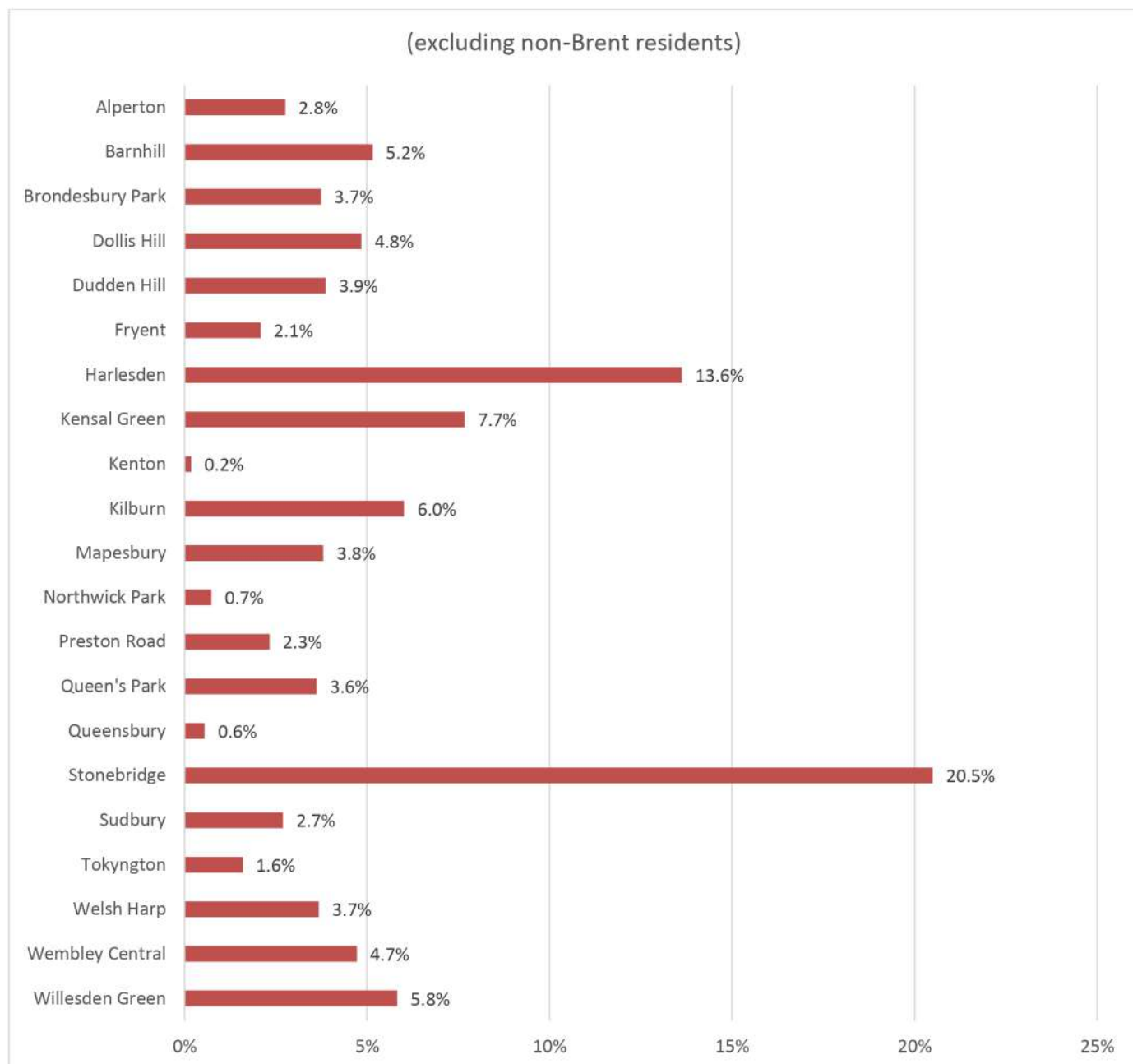


## Location

### Borough of Unique Recipients

	Number of Residents	Percentage of Residents	(excluding N/A)
Brent	1,630	77.6%	90.9%
Outside of Brent	163	7.8%	9.1%
N/A	308	14.7%	-
Total	2,101	100%	100%

### London Borough of Brent Ward



## Where did referrals come from?

80% of guests were referred by 17 Agencies, with almost one-third from Brent Council's Welfare Assistance Team:

Referral Agency	Number of Referrals	Percentage
Brent Council – Welfare Assistance Team	469	32.7%
Brent Somali Community Roots	113	7.9%
PLIAS Resettlement	70	4.9%
St. Laurence's Larder	64	4.5%
Citizens Advice Bureau	56	3.9%
Help Somalia Foundation	52	3.6%
LIFT	49	3.4%
Probation Service	41	2.9%
CRI	41	2.9%
Saafi Community	37	2.6%
Energy Solutions	34	2.4%
Alperton Children's Centre	28	2.0%
Brent Family Solutions	21	1.5%
Ealing Hospital	21	1.5%
B3/Bsafe	18	1.3%
Look Ahead – Housing & Care	17	1.2%
St.Raphael's Children's Centre	16	1.1%
Total	1,147	80.0%

Referrals were also received from: Mitchell Brook Primary School (16), Choices – Ealing Pregnancy Centre (16), Catalyst Gateway (15), Migrant & Refugee Community Forum (14), Brent Housing Partnership (14), Brent Carers Centre (13), EACH Counselling (12), Salvation Army (11), Brent Mind (10), Octavia Foundation (8), Acton Homeless Concern (6), Home-Start Westminster (5), Brent Early Help Team (4), Age UK (4), Victim Support (3), Stonebridge Primary School (3), Kilburn Children's Centre (3), Brent Well-Being Project (3), Addaction Brent (3) and a further (18) from 14 Referral Agencies.

Additionally, 55 self-referrals were assessed on-site by Sufra NW London.



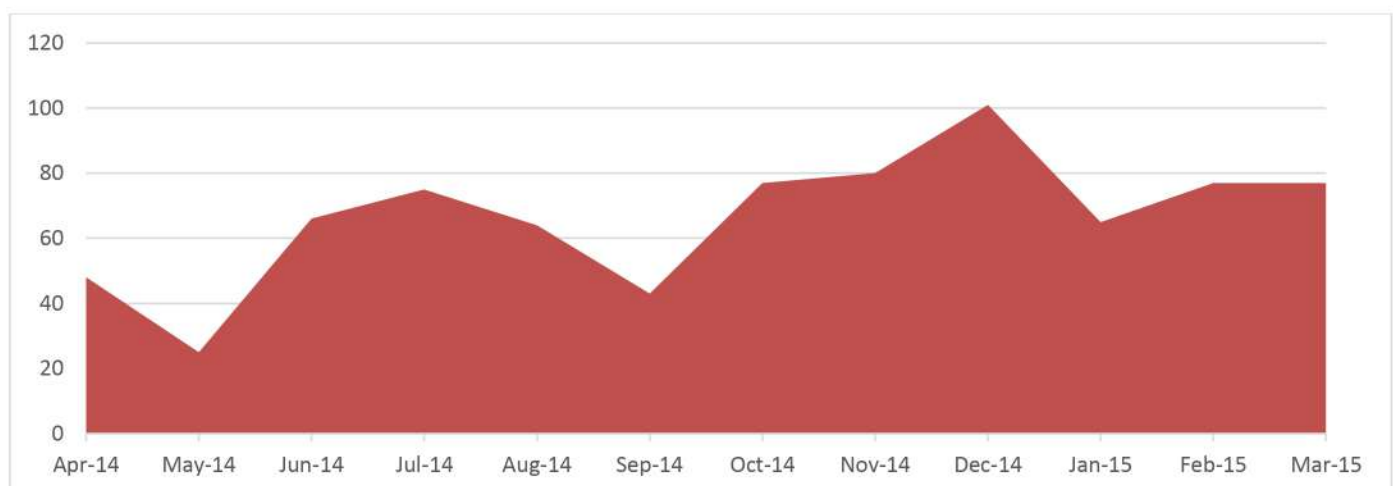
## Reasons for Attending the Food Bank & Priority Groups

*We collect data on the number of households who identify with the following statements. This is an **OPTIONAL** question, and these figures should be considered as the minimum number who fall into each category.*

Priority Group	Number	Percentage
Individuals <b>awaiting</b> payment of statutory benefits	282	35.3%
Individuals who benefits have been <b>disrupted</b> (including those sanctioned)	202	25.3%
Asylum Seekers	52	6.5%
Individuals with a history of drug/alcohol abuse	71	8.9%
Individuals/Family Members with disability or long-term illness	73	9.1%
Single parents with children under 5 years	44	5.5%
Ex-Offenders	24	3.0%
Low-income, <b>working</b> families	119	14.9%
Victims of domestic violence, abuse and/or crime	22	2.8%
Older People (aged 60+ years)	14	1.8%

*Households may fall into more than one priority group.*

## Busiest Times of Year



## Case Studies

### Tasheka, 31 years

*"I work for a local supermarket, but my hours are never consistent. Sometimes I get to work almost full-time, and sometimes I just get 6 hours. I can never plan for the future, because I don't know how much I'm going to get paid at the end of the month. If there's work, I know I'll be fine. If I don't get the hours, I end up with less than what I would get in benefits. I have two children and there is no question that I will let them go hungry. I was so embarrassed the first time I was referred to the food bank, but I just told myself that I was doing this for my kids. To my surprise everyone was so welcoming. The first time I went was at Christmas and they gave me two gifts for my children. I was so touched."*



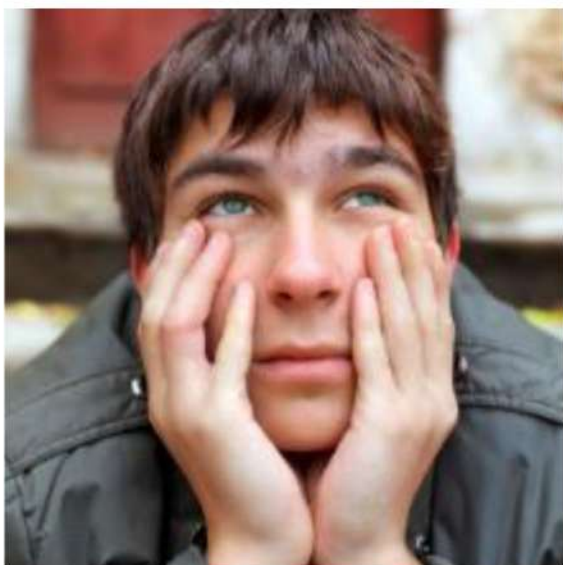
### Ahmed, 36 years

(translated from Arabic)

*"I came to this country a few months ago with my pregnant wife and 3 children from Syria. Back home I was an educated man who could afford to look after his family. During the civil war my house was flattened by a bomb. Some of my extended family were also killed by the rebels. Now I'm a refugee. When we arrived in the UK we had nothing and the Red Cross sent us to Sufra to get food. I wasn't worried about me – just my pregnant wife who was feeling very weak. Not having money is hard – but it's harder when you can't speak the language and you don't understand how things work in this country. I would never have imagined I would be asking for food in the UK."*







**Ben, 24 years old**

*"I'm a recovering alcoholic. People don't realise that being an alcoholic is like having a disease. I didn't drink because I enjoyed it – I drank because I couldn't cope. I still have memories of being abused by my uncle and sometimes I just used to drink to block it out. It's true I used to spend my benefits on drink. But I never saw it as a choice between buying food or drinking.*

*It's really hard living on benefits. By the time you've covered your electricity, phone and travel, you have little money left over food. Since starting rehab again, I've been getting help with the occasional food parcels. Sometimes I just go to the food bank to meet the volunteers and have someone to talk to.*

*Thanks to Sufra, I've been clean for 4 months now."*

**Aisha, 59 years old**

*"I've worked all my life in charities, but I was made redundant 4 years ago and I've struggled to find a job. Because I don't know how to use a computer, and didn't apply for jobs using the job centre's online system, I was sanctioned for 1 month and I received no benefits. I've been going back and forward to the job centre to make them understand, but they don't get it. Yesterday I received a letter saying that I had to enrol in the work programme and volunteer at community farm in East London. Besides the fact that I can't afford the travel to get there every day – I'm almost a pensioner. I can't dig potatoes out of the field or clean chicken coops. Sufra has been providing me with food parcels and I have no idea what I would do without them. Thank you Sufra."*







Volunteers from Santander prepare the soil to build a free herb garden on St. Raphael's Estate



Board of Directors of Wates Living (delivering Brent Council contract) pledge support for Sufra NW London



Stocking up during Ramadan – local Muslim community across NW London raise 10 tonnes of food for Sufra Food Bank



Catch of the Day! Chef preparing to fillet a salmon at Food Academy



Supermarket Collection at Sainsbury's Alperton – Andrew keeps guard over more than a tonne of donated food.



School children visit Sufra NW London with food donations



Baqer Abboud wins Young Volunteer of the Year from Brent Housing Partnership





Gutted! John Sisk & Son start work refurbishing our building and installing training and catering kitchen



Building communities – Summer BBQ on St. Raphael's Estate



Avoiding the questions: political candidates prepare to answer questions on food poverty from food bank guests.



Harvesting vegetables at our intergenerational Summer Academy



Children from Mitchell Brook Primary School make Christmas decorations for food bank



Mohammed Mamdani, Director of Sufra NW London wins Halifax Award for charity's achievements over the last year.



Some people will do any to get their hands on a Sufra Food Collection Bin!



## Meet Some of Our (Young) Volunteers

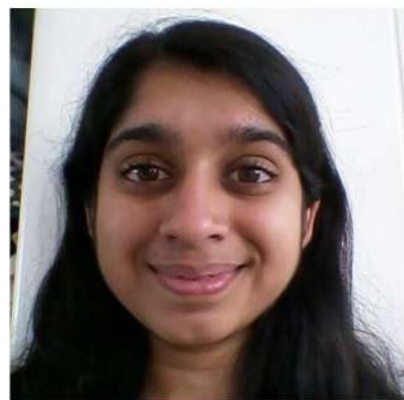


**Andrew, 17 years**

*"I first found out about the charity through NCS. From then I've been volunteering every week or so. Sufra is the first charity I have volunteered for, and I'm glad I still am. What made me stay was the people... they're really nice people, you can easily get along with them and you can really tell they care about what they do."*

**Amber, 17 years**

*"I volunteered for Sufra for a few days during the summer and really enjoyed the experience, so I decided to take on a permanent role in the food bank. Helping people in dire situations makes me feel like I am giving back to the community and making a real difference."*



**Zayne, 26 years**

*"Although all of us volunteers have a common cause to want to help those in need, it's more than that. Being part of Sufra is being part of an ensemble; we work together but we also enjoy life outside work and I've been lucky to build strong friendships with people from all sorts of backgrounds."*

**Fatima, 25 years**





*"I've been helping Sufra for over a year, mainly with food collections at supermarkets. Even though we often get ignored by busy shoppers, I really enjoy it because you get to meet a range of people and witness their warmth and generosity. Sufra has made giving back easy."*





## Core Funders

We are grateful to our core funders who have supported the development and operational costs of the charity:

	<p><b>Al-Mizan Charitable Trust (£10,000)</b></p> <p>Al-Mizan Charitable Trust (AMCT) is a grant-funder that supports vulnerable families living in poverty across the UK. We provide small grants and interest-free loans of up to £500 that help disadvantaged families in severe financial difficulty purchase essential household items such as beds and cookers, access vocational training and meet day-to-day living costs. For more information, visit <a href="http://www.almizantrust.org.uk">www.almizantrust.org.uk</a>.</p>
 <p>Beta Charitable Trust</p>	<p><b>Beta Charitable Trust (£10,000)</b></p> <p>Beta Charitable Trust (BCT) works in some of the most destitute and deprived areas of the world to provide basic human rights to the poorest of individuals on the premise that clean water, sanitation, food, medical care and education are the fundamental rights of every human being. For more information, visit <a href="http://www.betacharitabletrust.org">www.betacharitabletrust.org</a>.</p>
	<p><b>Battlers Well Foundation (The Salaam Centre) (£5,000)</b></p> <p>The Battlers Well Foundation (BWF) is a community centre located in North Harrow that holds weekly activities and events to encourage spiritual, intellectual and physical development of community members, in partnership with local faith communities. The charity is currently building a flag-ship centre called the Salaam Centre. For more information visit <a href="http://www.thesalaamcentre.com">www.thesalaamcentre.com</a>.</p>
	<p><b>Islamic Unity Society (£5,000)</b></p> <p>The Islamic Unity Society (IUS) is an independent charity run by young volunteers nationwide that works to promote social and cultural cohesion within a multi-cultural Britain through a year-round programme of events in London and Manchester. For more information, visit <a href="http://www.ius.org.uk">www.ius.org.uk</a>.</p>

*Sufra NW London welcomes new organisations and companies to join our core funding partnership in supporting the delivery of the charity's services.*



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**For further information:**

Address: 160 Pitfield Way, Stonebridge, London, NW10 0PW

Telephone: 020 3441 1335

Email: [admin@sufra-nwlondon.org.uk](mailto:admin@sufra-nwlondon.org.uk)

Website: [www.sufra-nwlondon.org.uk](http://www.sufra-nwlondon.org.uk)