



www.sufra-nwlondon.org.uk

Registered Charity No. 1151911

Annual Report

2017-2018

***In the last year, Sufra NW London provided
120,975 meals to families in need***

Give Together | Eat Together

What does 'Sufra' mean?

The word "Sufra" originates from the Persian word 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

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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 the 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."

Board of Trustees

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

Diarmuid O'Hegarty	Chair
Rosemary Heaney	Secretary
Nicholas Luder	Treasurer
Jessica Banfield	Trustee (Resigned 24 September 2017)
Fatima Jichi	Trustee
Aaseem Mulji	Trustee
Philip Mundy	Trustee
Usman Azam	Trustee

Management Committee

Mohammed Sadiq Mamdani	Director
Fahim Dahya	Facilities & Logistics Manager
Saba Hassan	Service Manager
Rajesh Makwana	Capacity Building Officer
Nirmean Sawi	Office Administrator
Rosamund Baptiste	Advice Worker
Tahmid Dewan	Marketing & Outreach Officer
Jim Sheeran	Community Garden Manager
Mohamed Osman	Facilities Assistant

Report from the Chair



Despite the increasingly challenging climate in which charities operate, and against a backdrop of ongoing cuts to the benefits system, Sufra NW London is a beacon of hope at the forefront of emergency food provision and community regeneration in Brent.

During the last year, the charity has embarked on an exciting period of growth and the staff team has expanded to include new specialist roles to deliver the breadth of services that characterise Sufra NW London's holistic approach to tackling poverty, homelessness and disadvantage in the community. Individually these services meet distinct needs – together they have the power to transform lives and radically alter the prospects of people who are struggling to survive in what can be a harsh world.

This year's Annual Report celebrates the invaluable contribution our large and diverse team of volunteers has made to our growth – many of whom initially approached Sufra NW London for assistance during a period of personal crisis. Their moving stories and testimonies highlight the way in which our services fit together to provide a journey of self-development for service users. From the moment they arrive, our guests are given all the support they need to address their benefit problems, improve their health and wellbeing, acquire new skills, find employment and become more engaged in our community.

As well as establishing itself as a cornerstone of community life, Sufra NW London has successfully developed significant partnerships across the private, public and voluntary sectors. Some of our services and projects have now been 'adopted' by local businesses and would not happen without their generous donations. I would like to thank John Sisk & Son, Cygnet Properties, Lamabuild and Daniels Estate Agents, amongst others, for their unwavering support during the last year.

The achievements outlined in this report, would not have been possible without the dedication, leadership and vision of our Director, Mohammed Mamdani, as well as the tireless hard work of all our staff and volunteers. The Board of Trustees looks forward to supporting the team in building on the solid foundations that have been established thus far and developing new and exciting interventions that will benefit our community in the year ahead.

Diarmuid O'Hegarty
Chair

Report from the Director



This year marked the launch of Sufra NW London's 3-Year Business Plan, which set ambitious targets for increasing the support we offer to people experiencing poverty and improving the resilience of the organisation to withstand the challenges of the future.

The internal and external audit of our services, which commenced last year, resulted in the charity receiving a Level 2 PQASSO Award and the Advice Quality Standard (AQS) Award in recognition of our robust strategic and operational systems for governance, service delivery and outcome measurement. This is an incredible achievement for a small charity like Sufra NW London and reflects our commitment to providing an accountable service that ensures that both funders and beneficiaries can have confidence in our work.

Apart from capacity building, our services and reach have continued to expand. This year marked a vast increase in the number of food parcels issued by the charity, in part due to the growing number of asylum-seekers, migrants and refugees accessing the Food Bank. Without any specialist provider in the local area, Sufra NW London launched the Refugee Resettlement Programme, which provides advocacy, mentoring and training for newly arrived refugees, alongside a welcome service for those arriving with humanitarian leave to remain from conflict zones across the world.

Other major developments across the year include the appointment of a professional Advice Worker to support our guests to navigate the benefits system and overcome homelessness, the setup of an urban chicken farm on St. Raphael's Edible Garden and the appointment of a Youth Committee who are leading their own projects and inspiring their peers to take a stand against poverty. These achievements were recognised in November 2017, when Sufra NW London received the Special Recognition Award at Brent Council's Pride of Brent Awards and the Community Award from the Faith and Belief Forum for our work in promoting interfaith social action.

Finally, I would like to extend my sincere gratitude to all the staff and volunteers, who seem only to increase in their ambition, dedication and love for Sufra NW London.

Mohammed S Mamdani
Director

Services & Activities

Food Bank



As the gateway to Sufra NW London, the Food Bank is the first point of call for vulnerable people experiencing food poverty and financial crisis. In the last year, we distributed 2,597 food parcels, compared to 1,764 in the previous year. But this was also accompanied by an increasing number of guests who are forced to access the Food Bank for longer periods due to 'entrenched' poverty. Whilst other organisations apply rigid criteria, our approach is to be flexible, recognising that destitution is a complex set of multiple and competing needs that require a personally tailored service. Not every case of food poverty can be resolved within our guidelines of providing a maximum number of 4 vouchers per year.

In the face of immense pain and suffering, we are very proud that the Food Bank continues to be complimented by guests and local organisations, for its welcoming and hospitable service, which is testament to the empathy and compassion of our dedicated volunteers. It is this environment that allows us to build trust with vulnerable people, understand the challenges they face and intervene, where appropriate, to help families out of poverty.

The Food Bank is of course reliant on the generosity of local companies and the general public, who keep our warehouse well stocked with food and toiletries. We are also committed to supplementing our food parcels of non-perishable food supplies with end-of-life fresh produce, donated by our partner supermarkets. With the arrival of chickens on St. Raphael's Edible Garden, we are also starting to offer fresh eggs, when available. During the last year, we estimate that we distributed nearly 100 tonnes of food, with a retail value in excess of £120,000.

So many organisations and groups have contributed by adding value to the Food Bank in different ways. The Al-Mizan Charitable Trust supplied us with maternity packs for new mothers and Back-to-School Rucksacks for children at the beginning of the academic year, the Bike Project offered us refurbished bicycles to distribute to low-income families and Norwood made regular donations of hygiene bags for food bank guests.

Whilst many people perceive the Food Bank as the end of a journey, for us it is the beginning of a new journey. The Food Bank serves as a gateway to a varied programme of activities – each one designed to respond holistically to poverty and deprivation in the community.

Community Kitchen



On Friday evenings, Sufra NW London opens its doors to local residents – including the homeless, the elderly and the disabled – to enjoy a 3 course, vegetarian meal. We serve between 40 and 80 meals every week. Unlike the Food Bank, no referral is required, and no questions are asked. For some of our guests, it is the only meal they will share in the company of others. Children who attend the Community Kitchen always have plenty to do, and young volunteers organise games

and activities to keep them entertained – providing mums and dads with some respite.

This year, we launched monthly 'Themed Nights' to celebrate the diversity of our community. The Bollywood-themed night to mark the Hindu festival of Diwali was a particular delight! We also encourage budding chefs to volunteer for one day at the Community Kitchen as part of our 'Visiting Chef Scheme' by creating their own menu and supervising our volunteers.

We are very grateful to the congregation of Mosaic Synagogue who visit the Community Kitchen on a monthly basis to break bread with our guests. Aside from their donations, their company is what our guests value, and we encourage members of the community to take the time to visit and provide friendship for our guests.

Advice Surgeries



The vast majority of Food Bank guests that present in crisis are in need of urgent advice and support to appeal benefits delays, manage debt or find housing.

Until recently staff and volunteers have provided this support, but in July

2017, we were able to employ a part-time professional Advice Worker, Ros Baptiste, to oversee this work. This has dramatically improved the efficiency of the programme, but the sheer numbers of people attending the Food Bank makes it difficult to intervene in every case.

Since almost half of food bank guests suffer disruption in benefit payments, this remains the most significant area of our advice work, with housing problems a close second in priority. However, we do not limit our support to standard advice work, and assist guests in whatever way possible, such as one-to-one coaching, CV-writing and employment support. In the last year we responded to 187 cases including welfare benefits advice, housing and employment support.

Coinciding with Ros' appointment, we successfully acquired the Advice Quality Standard, which provides external accreditation of our advice work. Sufra NW London is one of very few charities to successfully achieve accreditation without any corrective actions.

Our Advice Work is also supported by a Samaritan Fund, which offers discretionary micro-grants to guests in absolute poverty. This includes support for travel, emergency hostel accommodation and school uniform. In the last year, we distributed £13,893 to 89 individuals via the Samaritan Fund.

This year, we also published Brent's first sign-posting directory which lists over 60 different specialist services for individuals and families in need. Each entry is fully researched and audited, and available in print and online. We plan to update the publication annually.

Food Academy



Food Academy is one of oldest projects that provides accredited training in cooking skills and healthy eating for children and young people. Inspired by an 18-year-old care-leaver, the Food Academy ensures young people can cook fresh meals from scratch on a budget.

Last year, we ran 4 courses, attended by 28 young people, with almost three-quarters receiving accreditation. Some of the young 'graduates' continue in their engagement with Sufra NW London by volunteering at the Community Kitchen, using their new skills to prepare meals for the elderly

and vulnerable. This year, we have also secured long-term funding for the Food Academy, which will allow us to deliver training for 240 children over the next 3 years.

Food Academy Plus

Based on the success of the last 2 rounds of Food Academy Plus—our employability programme in catering for unemployed adults—we launched a new round of the course this year. The course covers a wide range of employability skills including CV-writing, customer service skills and goal-setting alongside professional catering skills. This year, the programme was delivered in partnership with Unlocking Potential and Project Stride.

The project ended with a practical assessment that involved setting up a pop-up restaurant at Sufra NW London, attended by 40 guests – including a surprise visit from a local celebrity, George the Poet, who presented participants with their end-of-course certificates.

Food Academy Plus is an intensive and transformative programme for 20 adults. Within 2 months, 7 graduates had found work in the hospitality industry. As part of our commitment to providing employment to current and future graduates of Food Academy Plus, we will shortly launch our own food businesses: Oh Crêpe, a pancake stall at Wembley Park Food Market; and Sufra Community Catering that will offer affordable lunch menus for local businesses and charities.

St. Raphael's Edible Garden

Visitors to Sufra NW London continue to be stunned by our food growing project, St. Raphael's Edible Garden, that provides a green oasis amidst a council estate. Capital works on site have continued and a full crop was harvested this year.

Nearly 700 people volunteered on the garden in the past year, and 29 people have completed courses in horticulture, some of whom have received accreditation. This year, we also welcomed 20 chickens, who provide a regular supply of eggs for the Food Bank and Community Kitchen and much entertainment for staff, volunteers and residents. Sami's Chicken Club, named after the inspiration behind



the urban farm, will launch in the coming year.

Alongside a full programme of learning activities on site, we also deliver creative artisanal workshops, field trips for local schools and a therapeutic space for the mentally unwell and disabled. The garden also generates essential income for the charity, by offering employee volunteering groups the opportunity to hold team-building days on site.

Refugee Resettlement Programme



In the absence of a specialist service for migrants, refugees and asylum seekers in Brent, many find themselves destitute, and an increasing number are referred to the Food Bank. Following Brent Council's pledge to resettle 50 Syrian refugees, we launched our Refugee Resettlement Programme in July 2018 to support these families, as well as the wider community of refugees. At a consultation event held earlier in the year, we uncovered shocking stories of chaos and suffering: refugee children that were not in school 9 months after their arrival in the UK, multigenerational families living in severely overcrowded flats (9 people in a one-bedroom flat) and financial exploitation by unscrupulous landlords.

The Refugee Resettlement Programme offers a wide range of services including a Welcome Service for newly arrived migrants and families, ESOL classes with a crèche facility, a children's homework club and a drop-in providing advice and advocacy. We have also developed a series of workshops

called 'Time to Settle' that provide essential skills in home management, navigating services and accessing opportunities in the community. To support the integration of families, we organised a special excursion to Central London for 40 refugees that included a tour of key sites and monuments. Providing long-term economic stability is a key feature of the programme, and we are very grateful to Lamabuild, one of our corporate sponsors, for providing work placements and employment to some of our refugee families.

Events & Activities



Our busy programme of services would not be complete without all the special events and fundraisers hosted at Sufra NW London.

This year, they included: an Interfaith Food Waste Iftar (the fast-breaking meal in the Muslim month of Ramadan) to raise awareness of the millions of tonnes of food that ends up in landfill sites; a visit to the House of Commons with MyLotto24 where hundreds of seedlings were distributed to politicians; a smoothie workshop in the grounds of SJ Football Academy; and a bustling 12-hour cooking challenge with volunteers from Human Appeal who made over 600 individual meals for residents in supported housing. And much more...

Care Navigation

We have continued our partnership with Living Well, Brent Mencap and NHS Brent, in delivering Whole Systems Integrated Care, which involves employing Care Navigators to assist in reducing bottlenecks at GP surgeries and A&E hospital departments. Care Navigators play a central role in taking referrals from GPs and providing one-to-one support for those with long-term medical conditions to access community services and overcome barriers to improved health and wellbeing.

Last year, the team of 6 Care Navigators received 564 referrals and organised 1,701 support sessions for individuals in varied circumstances. This included accessing regular exercise classes, improving diet and even avoiding eviction in one of the most tragic cases.

Advocacy, Influencing Policy & Research



While most of our advocacy work focuses on grassroots interventions, this year we participated in two local studies initiated by Brent Council: a review of the management of the voluntary sector and an investigation into the causes and symptoms of food poverty. The latter was the first official account of the work of food banks and food-related welfare services in Brent and enabled us to make recommendations that will inform both local and national policy on food insecurity. The film, which accompanied the report, profiled Sufra NW London as an example of good practice.

More broadly, the charity takes part in TV and radio interviews, delivers school assemblies and welcomes individuals and groups to the Food Bank to see our work first hand. We consider this work essential to build awareness and understanding of our work, so that local people, as well as

new generations, are civically engaged and ready to support local initiatives where they can make a tangible difference to the lives of the poor.

The welfare reform agenda continues to unroll its vengeance for those at the margins of society. The introduction of Universal Credit, which is scheduled for the coming year in Brent, will present a wholesale transformation in how benefits are distributed to vulnerable people and low-income families. In areas of the UK that have already introduced Universal Credit, food bank use has increased by 50% and we are currently drawing up contingency strategies on how to respond adequately and meet the demands of the coming year.

Youth Committee

In recognition of the huge number of young people under the age of 19 years who support the delivery of our services, in September 2017 we set up the Youth Committee to oversee some of our activities such as the children's play area in Community Kitchen and the Homework Club for refugee children. The Youth Committee, with its somewhat dictatorial management, has made impressive strides, including raising more than £9,000 to launch a project called 'Big Man Ting' that will see over 100 young people writing lyrics, performing music and filming their own videos to showcase the reality of poverty and deprivation in the community.

Staffing & Volunteers

With increasing pressure on our services and lots of new projects, our staff and volunteer team has expanded to reflect this new reality.

This year, we welcomed Rajesh Makwana, one of our Food Bank volunteers, who joined as Capacity Building Officer, replacing Paul Manley, who left in July 2017 to continue his graduate studies. We have also introduced several new roles including Jim Sheeran (Community Garden Manager), Ros Baptiste (Advice Worker), Nirmean Sawi (Office Administrator), and Tahmid Dewan (Marketing & Outreach Officer). Over the course of the year, we have also had the short-term support of Berrun Gur (Development Officer) and Jonathan Taylor (Youth Development Officer).

But our work would be impossible without our team of dedicated and generous volunteers who are so passionate about serving the local community. We now have over 100 regular volunteers, and it is proving impossible to know them all by name! We have also received the support of over 1,200 sessional volunteers assisting with food collections and at ad-hoc events.

We are especially grateful to our young volunteers, who brighten up the office with their stories and occasional tantrums.

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 tailored to reflect the cultural and faith sensitivities of guests. A statistical breakdown of guests is included overleaf.

Key Facts (Financial Year 2017-2018):

- The food bank issued a total of 2,597 food parcels, compared to 1,764 in the previous year, representing an increase of 47%. Part of this sudden increase reflects our increasing work with asylum seekers, migrants and refugees who are not always eligible for public funds.
- Single person households supported by the Food Bank still make up the largest proportion of our guests (38%), but this figure is much lower than last year (54.8%), because the number of larger families with 5 or more members has dramatically increased (27.6%) compared to the previous year (10.6%). Once again this is indicative of the large number of refugee families supported by the charity. Generally, single person households and large families are most disadvantaged by the welfare benefits system.
- The number of unique beneficiaries of the Food Bank was 2,113 compared to 2,474 in the previous year. Just over half of guests only attended the Food Bank once during the year (50.2%) which is lower than the previous year (69.1%). Across all indicators, the number of guests returning to the Food Bank has increased, in particular those who attend more than 4 times per year (16.1%) compared to the previous year (5.9%).
- The number of children under the age of 18 who received emergency food aid during the year has increased to 40.8% from 37.5% in the previous year.
- Over one-third (37%) of guests stated that the main reason for accessing the Food Bank was due to disruptions in the benefit payments, slightly lower than the previous year (42.4%) but higher than the year before (32.5%).
- Although we limit the official number of vouchers per household to 4 per year, we are now forced to make exceptions on a regular basis because of 'entrenched' poverty, where there is no easy or obvious route out. This has increased the equivalent number of meals provided by the Food Bank from 56,685 to 120,975, despite almost no change in the number of unique households supported compared to the previous year.

Food Bank Statistics – Data

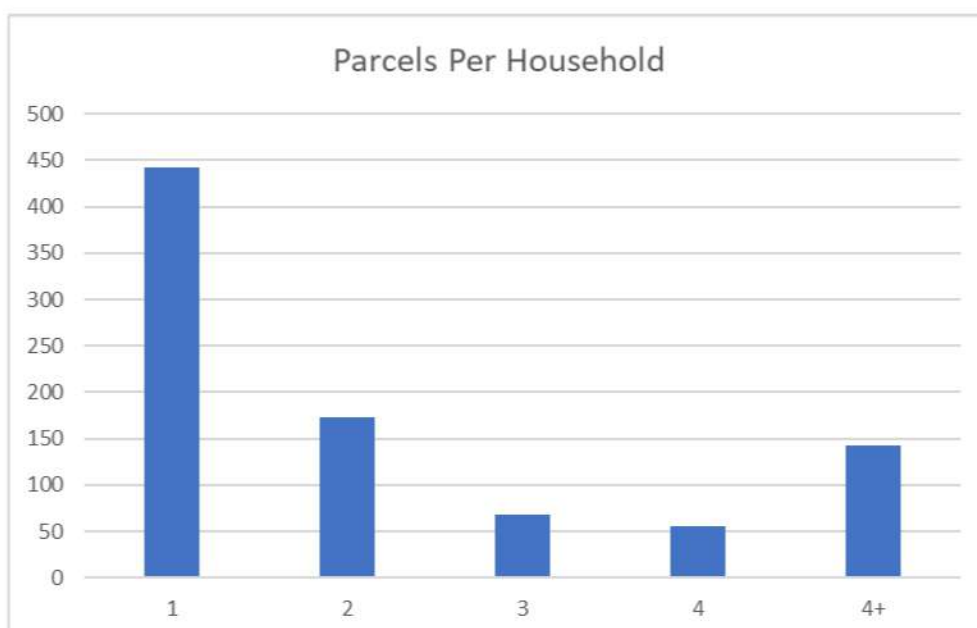
Number of Beneficiaries

	2017-2018	2016-2017
Total Number of Food Parcels	2,602	1,764
Total Number of Recipients	8,136	3,779

	2017-2018	2016-2017
Unique Number of Households Supported	856	990
Unique Number of People Supported	2,041	2,474

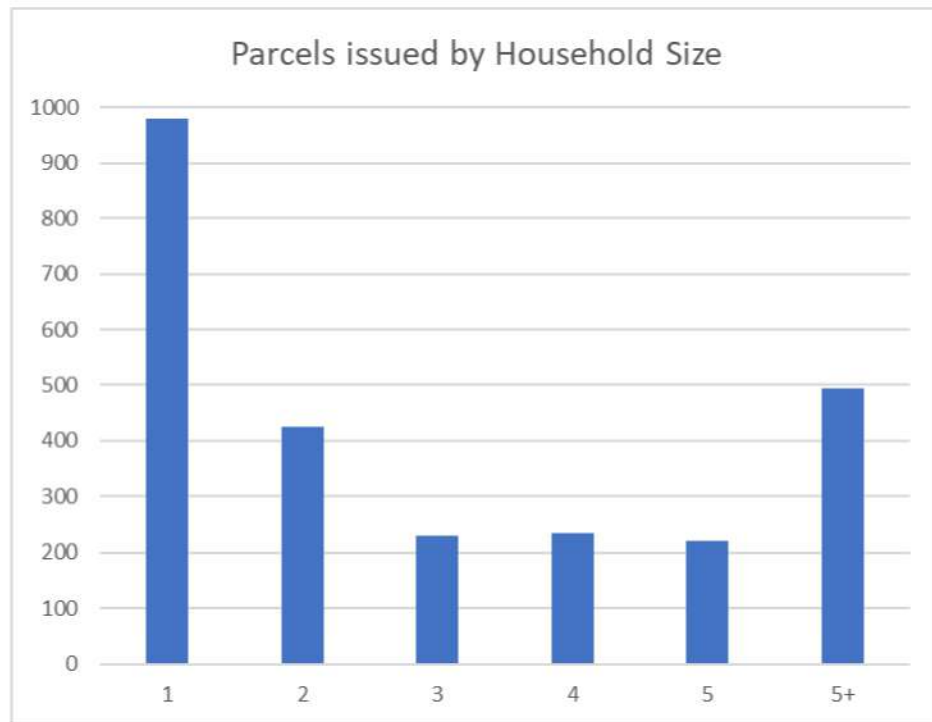
Number of Parcels Received Per Unique Household

	2017-2018		2016-2017	
1 Food Parcel	425	49.5%	684	69.1%
2 Food Parcels	169	19.6%	152	15.4%
3 Food Parcels	64	7.5%	61	6.2%
4 Food Parcels	56	6.5%	34	3.4%
4+ Food Parcels	142	16.5%	59	5.9%



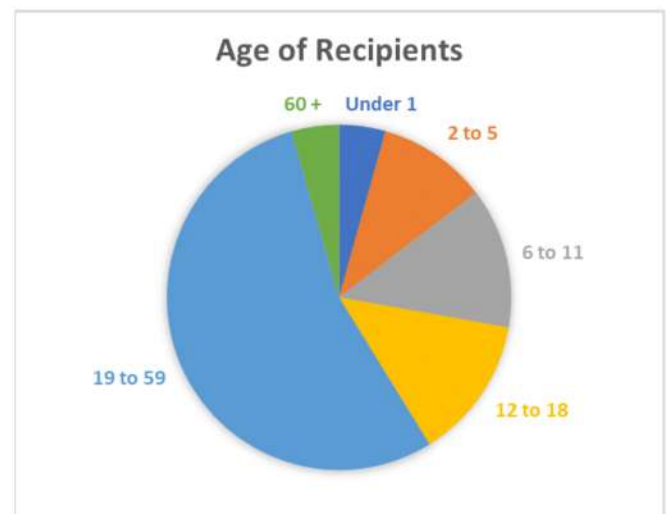
Household Size

Number of Persons in Household	1	2	3	4	5	5+
Number of Parcels Issued	994	410	251	240	194	513
Percentage of Total Parcels Issued	38.2%	15.8%	9.7%	9.2%	6.3%	19.7%



Age of Food Recipients

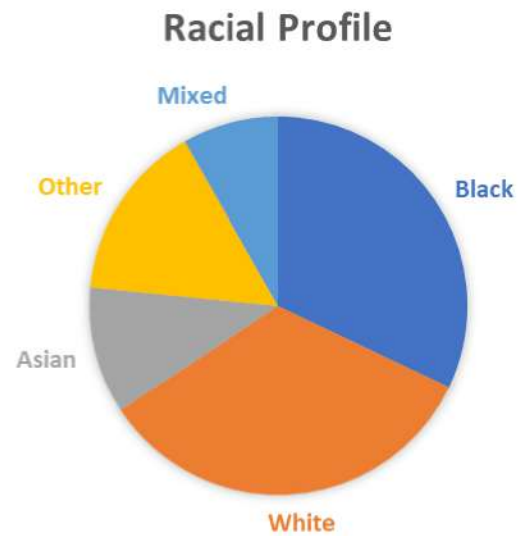
Age Group	Number	Percentage
Under 1	86	4.2%
2-5	201	9.8%
6-11	261	12.8%
12-18	270	13.2%
19-59	1113	54.5%
60+	95	4.7%
N/A	15	0.7%
Total	2,041	100%



Ethnicity

Racial profile of unique households

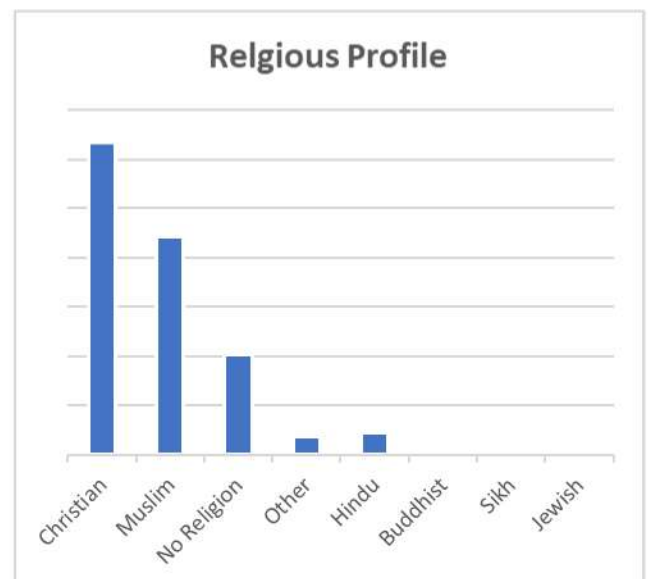
Ethnic Group	Number	Percentage
Asian	83	9.7
Black	245	28.6%
Mixed	63	7.4%
White	241	30%
Other	116	13.6%
N/A	92	10.7%
Total	856	100%



Faith

Religious profile of unique households

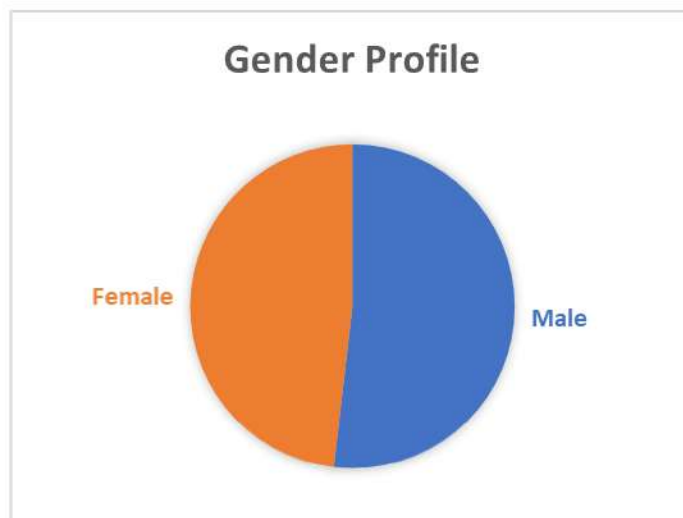
Religion	Number	Percentage
Buddhist	4	0.5%
Christian	317	37%
Hindu	22	2.6%
Jewish	0	0.0%
Muslim	221	15.8%
Sikh	3	0.4%
Other	19	2.2%
No Religion	101	11.8%
Not Specified	169	19.7%
Total	856	100%



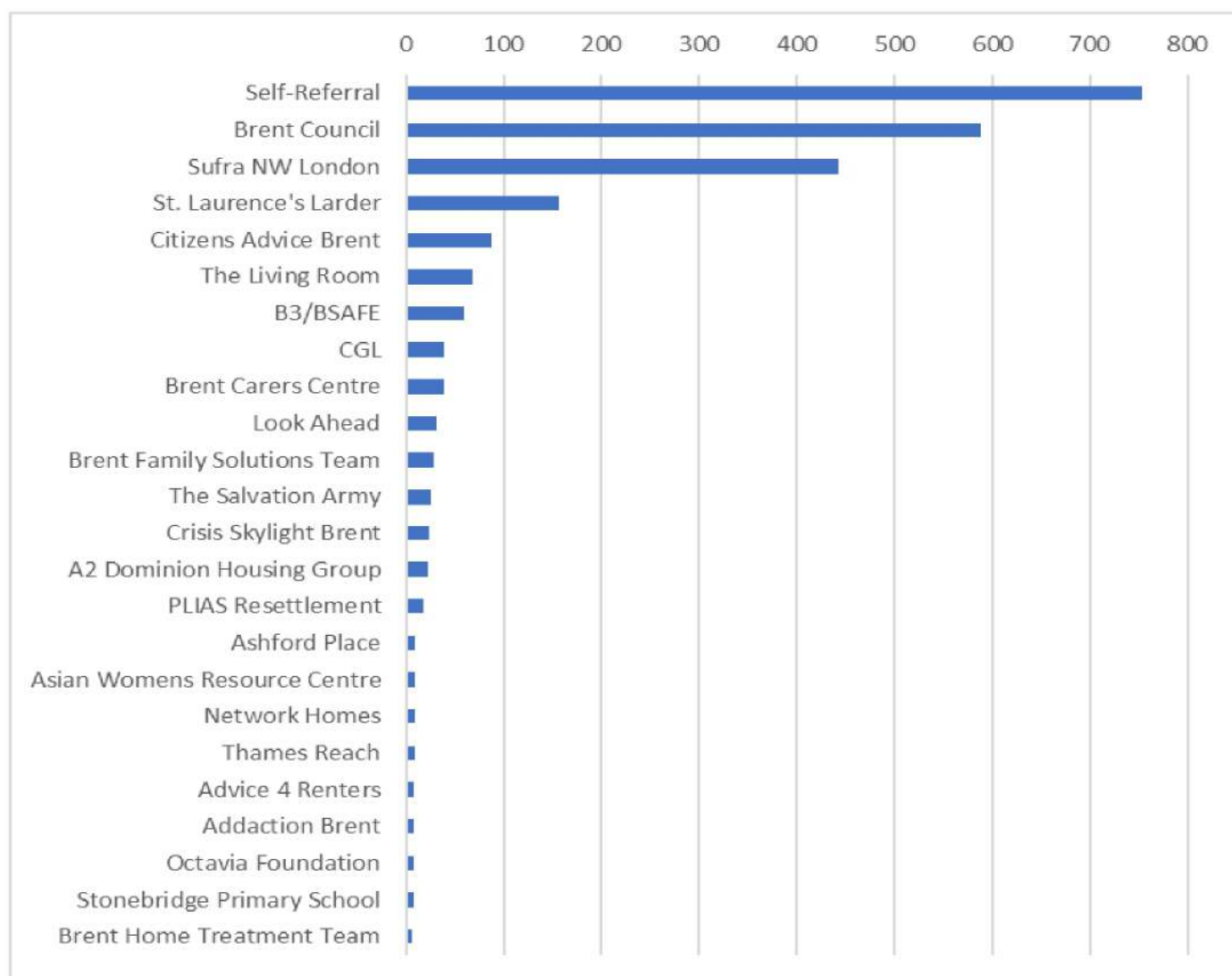
Gender

Gender profile

Gender	Number	Percentage
Male	429	50.1%
Female	403	47.1%
N/A	24	2.8%
Total	856	100%



Major Referral Agencies

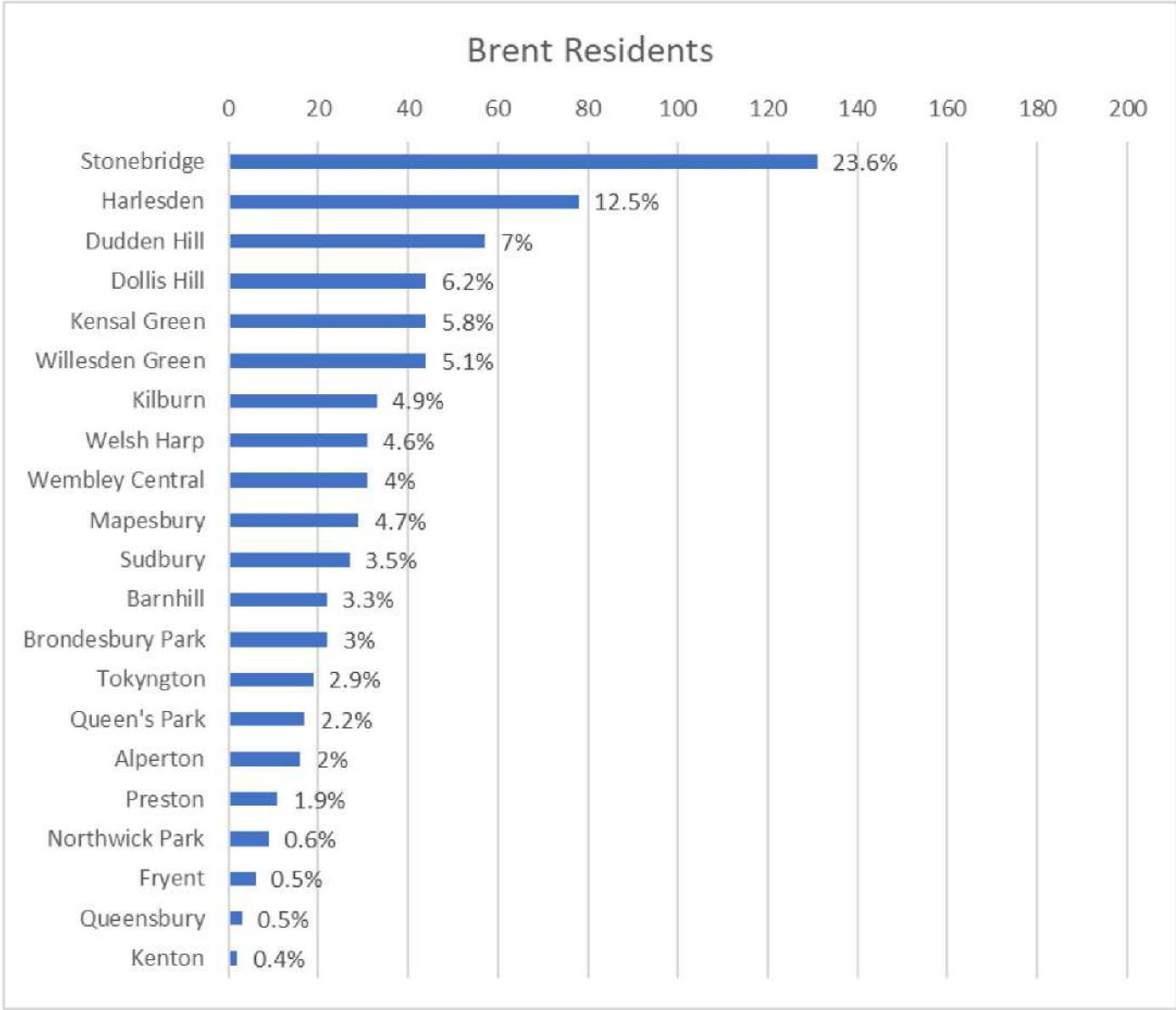


Location

Borough of Unique Households

	Number of Residents	Percentage of Residents
Brent	689	80.5%
Outside Brent	167	19.5%
Total	856	100%

Brent Residents by Ward



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.

Optional Data	Percentage
Individuals not eligible for statutory benefits	11%
Individuals whose benefits have been disrupted (including those sanctioned)	7%
Individuals awaiting payment of benefits	40%
Individuals who have not applied for benefits	2%
Low-income, working families	13%
Refugees/Asylum seekers	15%
Ex-Offenders	4%
Individuals/Family Members with disability or long-term illness	5%
Victims of domestic violence, abuse and/or crime	3%
Individuals with a history of drug/alcohol abuse	6%

Households may fall into more than one priority group.

Busiest Times of Year



Case Study – Damian (28 years)



Damian was referred to Sufra NW London by a local charity after an Outreach Worker found him sleeping in his car. He had had a difficult childhood, having grown up in care, and had occasionally been in trouble with the law. Following the breakup of his marriage and losing his job on a construction site he had resorted to sofa-surfing until he had overstayed his welcome.

When Damian arrived at the Food Bank, he met our Advice Worker who helped him find housing and restart work. Whilst we looked for accommodation, the charity provided him with emergency food aid and temporary hostel accommodation. We located a property and applied to a partner charity for funding to pay his housing deposit – within 2 weeks he was in secure accommodation.

Our Advice Worker helped Damian reapply for his CSCS card, which had expired, and helped him find agency work in construction. Following a successful interview, he registered as self-employed and was soon in regular work. Six months later, Damian is still in work and able to maintain his own tenancy.

Meet Some of Our Volunteers

Carol (55 years)

"I have been volunteering for the charity for nearly 2 years. Throughout this time, I have gained an understanding of the struggles and hardships that exist in our community and the strength and courage of those that suffer from these in their daily lives. I like the caring and giving nature of Sufra NW London. It offers a place of safety and treats all its guests as equal and useful members of society."



Ryhan (17 years)

"I spend most of my free time at Sufra NW London because everyone is really friendly and approachable – it's a home from home. I am member of the Youth Committee and we've organised some great projects such as Big Man Ting that brings together kids to make music and raise awareness of food poverty. Sufra NW London has really opened my eyes to all the problems that exist in society."

Betty (51 years)

"I volunteer at Sufra NW London because I want to be part of the solution instead of the problem. I used to be an armchair activist but now I feel connected to the issues that plague my community. Through this experience I have acquired a deeper level of humility. I've also made new friends and I must also confess to gaining a few pounds because of Prince – the wonderful Community Kitchen Chef!"





Oumama (16 years)

"I heard about Sufra NW London from a friend who brought me to help out at the Children's Homework Club for refugees on Tuesday evenings. I have gained a lot from the experience, such as boosting my social skills and learning to better organise my time. I love the fact that Sufra NW London also helps its volunteers – whatever problems they have the staff will listen and try and help. They provide amazing advice and support."

Amine (30 years)

"I started helping in the garden, but after the staff realised I knew a thing or two about computers I became the 'IT guy'. I now maintain the charity's databases, create statistical reports for funders and generally keep busy tinkering with the website (or any other device!). I love interacting with people at Sufra NW London and I've got to know people I wouldn't have met normally. The charity has a noble purpose – it helps those who have been failed by everyone else."



Seamus (64 years)

"My doctor referred me to the Food Bank after I had been sanctioned for missing a few job centre appointments. When I came to Sufra NW London, they were very welcoming, and I soon started to volunteer in the garden doing some weeding. Being in the garden reminds me of the country. Outdoors I feel a sense of freedom, and I don't feel anxious like when I'm around lots of people. Here you have the hens, and they're not worried about you."



Acknowledgements

With thanks to the following individuals, organisations and companies for their support:



Corporate Sponsors & Supporters:

Johns Sisk & Son Ltd, Wates Living Space, PPL, Walkers Distributions, Daniels Estate Agents, Cygnet Properties, Oakray, MyLotto24, Marks & Spencers (Brent Cross), Tesco (Brent Park), Print Express, Greenleaf, Careys, Capital Property & Construction Consultants Limited & Longcord

Regular Volunteers: (3 hours/fortnight)

Abayomi Moronfolu, Abdulkarim Sama, Adham Abdelhadi, Adnan Rafique, Afsoon Bashardoust, Alam Uddin, Aliya Abdi, Angelique Lu, Anthony Spencer, Arslan Malik, Asif Hussian, Azhar Ahmed, Baasim Khawaj, Benjamin Marks, Berrun Gur, Betty Campbell, Bilqis Rashid, Carol Khan, Chantell Williams, Christine Macleod, Deyan Ilchev, Fathema Begum, Fatima Moudni, Fatimah Khawaja, Frances Rose, Francis Henry, Hayat Hussein, Hana Noor Khan, Haseena Ismail, Hassiba Ghazali, Henry Jones, Hritika Shrestha, Iwona Przewlocka, Jessica Jellicoe, Joy Moronfolu, Khalil Naemate, Kieu-My Tham Thai, Kitty Lam, Kumayl Gulamhusein, Linda Moula, Linda Moronfolu, Luxayan Baskaran, Mahnaz Behaji, Maliha Parvez, Manisha Mickey Patel, Margaret Fisiak, Mariam Mohamed, Mary Daly, Mehrnoush Bakhshz, Merci - Olubusayo Moronfolu, Michelle O'Neill, Mohamoud Dahir, Muhammad Virjee, Nayem Hussain, Norah Ahmed, Norhayati Samad, Noura Abdul-Cader, Nuzhat Ilyas, Olusola Adeniran, Olutobi Moronfolu, Oumama El-Gallaf, Paolo Berbotto, Popsy Kundi, Precilia Zongo, Razieh Niroomand, Renu Kaul, Ribhu Agrawal, Roger Hanlon, Roxanne Marshari, Roy Walker, Rui Martins, Saadia Khan, Samakab Abdilaahi, Samara Roach-Keiler, Samira Noor-Khan, Samira Sagani, Sana Ahmed, Sandra Kabir, Sarah Badr, Sarah Fox, Sarah Lewis, Seamas Mac Fhionnlaoich, Shabnum Nasir, Shahd Mohamed, Sharmeen Akhtar, Shiraz Shahbaz, Sonya Nasir, Sumayyah Hussaini, Trupti Chandu, Tyler William-Green, Vivetha Thayaparan, Wafa Sadag, Wiaamaicha Chebbine, Yusuf Khan and Zakaria Berjaoui.

...plus hundreds of speed volunteers supporting all our operations!

Make a Pledge Today!

Sufra NW London relies on YOU to help combat poverty and disadvantage in the community.



These are some of the ways in which you can help:

- ✓ Organise a food collection in your neighbourhood, local school/company or place of worship
- ✓ Take the #FoodParcelChallenge and live on a typical food bank parcel for 5 days and experience what it's like to live in food poverty
- ✓ Volunteer on St. Raphael's Edible Garden and take part in food growing activities
- ✓ Become a friend of Sufra NW London by donating just £5 every month by direct debit to help keep the food bank operation running throughout the year
- ✓ Sponsor a Community Kitchen session for £250 in memory of a loved one
- ✓ Sign up to our e-newsletter and keep up to date with all our activities and events

...and if you have any ideas of your own, don't hesitate to get in touch!



We are grateful to Daniels Estate Agents for sponsoring the printing of Sufra NW London's Annual Report.

For further information:

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