



Apr 2023

Foodbank Newsletter

Benefits Increase

From April 10th, anyone receiving welfare benefits such as Universal Credit, Personal Independence Payment (PIP), Carer's Allowance, Income Support, Housing Benefit or Jobseeker's Allowance, will see payments rise in line with the 10.1% inflation rate. Any extra payments you receive for children will also be going up.

Free School Meals

The Mayor of London is extending free school meals in London, for those eligible, to cover holidays and weekends. So, if you receive free school meals, the Easter holidays are covered. To check if your children are eligible for free school meals, go to this website:

<https://www.gov.uk/apply-free-school-meals/>

Community Wellbeing Project

Are you a family with children, in employment, on benefits?

For £3.50 a week you can have weekly food shopping (and choose your own food), welfare advice, drinks/snacks at our Community Café and warm meals at our evening Community Kitchen – at no extra cost!

- Open on Mondays and Tuesdays
- Bridge Park Leisure Centre, Harrow Road, NW10 0RG
- Sign up here: bit.ly/sufracwp

*Bridge Park will open on Wednesdays instead of Mondays on bank holiday weeks.

St Raphael's Edible Garden

Free clubs!

Herbal Healing Tuesdays 10.00-12.00
Sign up here: bit.ly/stregherbalhealing

Growing Club Saturdays 10.00-12.00
Sign up here: bit.ly/sufragc2022

Little Sprouts Thursdays 10.00-12.00
Drop-in welcome for parents & children

We are hiring!

Come and work with us

- *Finance Manager (28 hours/week)*
- *Community Chef de Partie (30 hours/week)*
- *Facilities Assistant (Bridge Park, 20-24 hours/week)*

For more info please head to bit.ly/SufraVacancy

Brent Health Matters Community Forum

Brent Council and local health services are looking at ways to better support the communities in relation to health inequality issues. All Brent residents are welcome.

When: Thursday 13th April, 4pm-6pm

Where: Online (Zoom)

Sign up at: communityforum23.eventbrite.co.uk

Pick your own fruit and veg & pay as you feel!

Our Garden Market runs every Saturday, from 11.00 – 14.00.
St Raphael's Edible Garden
162 Pitfield Way, NW10 0PW

Come along to our Community Kitchens!

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

Wednesday Community Kitchen at **Ark Elvin Academy** is closed for holidays and exam season

Worried about your fuel bills?

Here are some tips;

- If you have a new supplier but no 'Welcome Pack' – **get in touch ASAP.**
- **Open all letters**, as some suppliers are posting the rebate as vouchers
- If on a prepayment meter, **try to 'overpay'** to build up credit, which will help with the price rises this winter.
- **Don't ignore your bills.** If you cannot pay, call your supplier immediately and tell them this. They may be able to wipe the bill completely, or set up a manageable plan.
- **Ensure your boiler is serviced** before winter to avoid a surprise cost.
- Check with your supplier to see how they are distributing the **Warm Home Discount**

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.

Iftar to collect!

While fasting, make the most of our Community Kitchens and collect your Iftar.

Monday/Tuesday @ Bridge Park Leisure Centre

Friday @ Granville Community Kitchen
Takeaways available from 19.30

Imperial Patient Experience Research Centre

Imperial College are looking for anyone living, working, studying or receiving healthcare in NW London to share their experience of physical/mental health conditions and get paid £25/hour.

Email publicinvolvement@imperial.ac.uk to get involved.



Apr 2023

Foodbank Newsletter



You can speak to **Brent Hubs (0208 937 6792 or 0208 937 1234)** for advice or use our **Directory of Services** to find information about the hundreds of organisations in Brent offering advice and support. If you are experiencing any difficulties getting through, please contact us on 0203 441 1335 or 08000487484 if you do not have credit.

توزيعات الغذائية ليست حلا طويل الأجل.

يمكنك التحدث مع مركز برنت هابز للحصول على النصيحة. او استخدم دليل الخدمات للمعلومات عن المنظمات التي تقدم النصيحة والدعم في برنت. اذا واجهت اي صعوبة، اتصل بنا علي 02034411335. اذا لم يكن لديك رصيد الهاتف يمكنك الإتصال بنا علي

08000487484

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 100 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.

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 علي
02089371234 /
0208 937 6792