

## Cost of Living Support:

The government has announced the following support to help with the Cost of Living Crisis.

- £400/household available on Energy Support Scheme
- £650 one-off payment for everyone on means tested benefits
- £300 for all pensioners
- £150 Disability Payment

## St Raphael's Edible Garden

**Free clubs!**

**Herbal Healing** Tuesdays 10.00-12.00  
Sign up here: [bit.ly/stregherbalhealing](https://bit.ly/stregherbalhealing)

**Growing Club** Saturdays 10.00-12.00  
Sign up here:

[bit.ly/sufragc2022](https://bit.ly/sufragc2022)

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

## Garden Event

Metroland Cultures have 3 artists lined up to present their proposals of artwork to install in the garden.

Anyone who attends will vote on their favourite, with the winning artwork to be installed later this year.

*Tues 14<sup>th</sup> March – 10am  
St Raphs Edible Garden*

## We are hiring!

**Come and work with us**

*Deputy Director*

*Finance Manager*

*Welfare Advice Manager*

*Community Chef (Bridge Park)*

For more info please head to

**[bit.ly/SufraVacancy](https://bit.ly/SufraVacancy)**

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

Our Garden Market runs every Saturday, from 11.00 – 14.00.  
St Raphs Edible Garden, Pitfield Way,  
NW10 0PW

## 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!

Mondays and Tuesdays

Bridge Park Leisure Centre,  
Harrow Road, NW10 0RG

Sign up here: **[bit.ly/sufracwp](https://bit.ly/sufracwp)**

## **\*NEW\* Community Kitchen (OPEN NOW)**

Mondays & Tuesdays **18.00 – 20.00** Bridge Park

**Community Centre**, Harrow Road,  
NW10 0RG

Open to everyone, even non-members!



Mar 2023

# Foodbank Newsletter

## Have you been to Community Kitchen for a free, delicious meal in great company?

Friday 18.00 – 20.00 **Granville  
Kitchen**, 140 Carlton Vale, NW6 5HE

Wednesday 18.00 – 20.00, **Ark Elvin  
Academy**, Cecil Ave, HA9 7DU

Thursday 13.00 – 15.00, **Laurence's  
Larder**, Christchurch Ave, Willesden  
Ln, NW6 7BJ

## Help for Households from the Government

Lots of large retailers and  
supermarkets have offers on to  
support us through the Cost of Living  
Crisis.

*More information here:*

[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)

## 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-  
3pm (160 Pitfield Way, NW10 0PW)

OR

**PCC** on Tuesdays 11.30 - 4pm (Marley  
Walk, NW2 4PU)

Once you've received 6 food parcels, you  
will need to call Brent Hubs at 0203 441  
1335 for more support.

## Free hot meals at the Kiln Theatre on Mondays

Free meals provided by Sufra at  
269 Kilburn High Road, London, NW6 7JR

## Sufra NW London – OPENARMS Coffee Morning

Come down to our coffee morning every  
Friday @ 11.30 at Sufra. It is open to all  
refugees, migrants or asylum seekers  
accessing the Food Bank.



Mar 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](http://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 على  
.02089371234 /  
0208 937 6792