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: <u>bit.ly/stregherbalhealing</u>

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

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 14th 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

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**

NEW Community Kitchen (OPEN NOW) Mondays & Tuesdays 18.00 – 20.00 Bridge Park Community Centre, Harrow Road, NW10 0RG Open to everyone, even nonmembers!



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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:

<u>www.helpforhouseholds.campaign.go</u> <u>v.uk</u>

Worried about your fuel bills?

Here are some tips;

lf 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.



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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 على 02034411335. اذا لم يكن لديك رصيد الهاتف يمكنك الإتصال بناً على 08000487484 Proce



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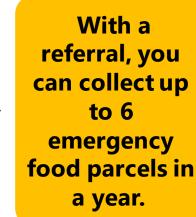
Food

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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



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.



