



www.sufra-nwlondon.org.uk
Registered Charity No. 1151911

Annual Report

2016-2017

In the last year, Sufra NW London provided emergency food aid for 3,779 people.

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

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.”

The charity was founded by a partnership comprising Al-Mizan Charitable Trust, Beta Charitable Trust, BW Foundation and the Islamic Unity Society. The partnership invested over £100,000 in core funding over 3 years and nominated Trustees to the Board. In January 2016, the partnership appointed new Trustees to replace the partnership, which came to an end on 31 March 2016.

Board of Trustees

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

Diarmuid O’Hegarty	Chair
Rosemary Heaney	Secretary (Appointed 12 March 2017)
Peter Firkin	Treasurer (Resigned 13 November 2016)
Nicholas Luder	Treasurer (Appointed 12 March 2017)
Jessica Banfield	Trustee
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	Frontline Services Manager
Paul Manley	Education & Employment 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 stands as a beacon of hope at the forefront of emergency food provision and community regeneration in Brent.

Over the last year, the charity has systematically reviewed and improved every aspect of its governance and operations, as well as adopted an ambitious vision of expansion as part of its three-year business plan. We are now entering an exciting period of growth that will enable the charity to respond with far greater capacity to the immediate needs of families in crisis, while offering an extensive suite of services to tackle the causes of poverty, disadvantage and homelessness.

This year's Annual Report rightly celebrates the invaluable contribution that our large and diverse team of volunteers have 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 actively 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. Indeed, this year's Rich Man Poor Man Gala Fundraising Dinner would not have been possible without the support of local business that genuinely care for the local community. I would like to thank Asad Ahmed (BBC London) and Fatima Manji (Channel 4 News), who did a stellar job in hosting the event and encouraging generous contributions from the 250 guests who attended.

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

Following Sufra NW London's strategic transition from a partner-funded model to a more traditional structure comprising an independent Board of Trustees, the charity has continued to expand, innovate and transform the lives of the most vulnerable in the community.

As part of this growth, the charity has rightly focused on building a stronger and more sustainable organisation with appropriate systems, processes and procedures to withstand the challenges of a changing political, economic and social environment. This has encompassed a full review of the organisation's policies, an external audit of all our services by pro-bono professionals, the development of detailed operational and guidance manuals on all aspects of service delivery, the introduction of new monitoring and evaluation systems and increased investment in staff and volunteer training. Sufra NW London is now on course to achieve PQASSO and AQS accreditation in the coming year as testament to its strategic, operational and financial resilience.

Alongside capacity building, our services and reach have continued to expand. This year we launched Food Academy Plus, a new employability programme developed in-house that offers holistic training and professional catering skills to those who are long-term unemployed. Over 50% of participants are now in work, with many others involved in further training, volunteering and work experience. We have also seen significant developments on St. Raphael's Edible Garden, which now includes a wide range of raised beds, a wildflower meadow, a mini-orchard, a training tent, a poly-tunnel and a pond.

Our approach, both strategic and operational, has always been collaborative: working with local charities, statutory service providers, faith communities, schools and local companies. In preparation for the coming year, Sufra NW London organised an Away-Day for all our stakeholders to devise future plans for the charity. This has resulted in an ambitious 3-year Business Plan, which will result in a rapid expansion of our staff team and further investment in new services that reach out to the most destitute in the community.

Whilst the financial climate is affecting charities disproportionately, we have continued to increase our annual turnover and embraced these challenges to develop new income sources and fundraise through alternative channels. Towards the end of the financial year, we organised our first gala fundraising dinner, which raised pledges in excess of £60,000 and setup a subsidiary trading company, which will allow us to exploit new business opportunities. The future outlook of the charity is both exciting and ambitious. But at its core, we are committed to enhancing the lives and opportunities of local people in desperate circumstances.

I would like to express my gratitude to Fahim, Saba, Paul and Mohamed Osman for their incredible support and the many volunteers who are the blood and life of the charity.

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. Last year, 3,779 people were supported with emergency food aid. The most distinguishing feature of the service is the welcoming and hospitable environment created by our dedicated volunteers, who aim to build trust with our guests so that we can better understand their long-term needs and intervene where possible.



The Food Bank continues to be reliant on the generosity of local companies and the general public, who keep our warehouse well-stocked with food, toiletries and clothing. We estimate the retail value of all in-kind donations received in the last year to exceed £120,000. As demand for the service grows and the need for food donations increases, we are very grateful to local faith groups, charities and organisations, many of whom proactively organise food collections on our behalf, reducing the burden on staff and volunteers. We are also very pleased to host a permanent food collection bin at Brent Civic Centre.

This year, we launched a Samaritan Fund for our guests who are in dire need of small financial contributions to pay for travel to the hospital, a school uniform or an electricity meter top-up to keep their home warm. The new scheme distributed £3,987 to 74 guests.

Internally, we have focused heavily on providing an accountable, efficient and quality service to our guests. New processes, policies and procedures have been introduced to provide a

consistent service and all volunteers are expected to attend regular meetings and access on-going training opportunities. We have also introduced a new sign-posting service, jobs board and an agency referral process, which we plan to expand on in the coming year.

Community Kitchen

Friday evenings at Sufra NW London have become the highlight of the week for our staff and volunteers, and many young people from St. Raphael's Estate.

Each week, we provide a freshly cooked 3-course vegetarian meal to an average of 40 guests, including the homeless, elderly and low-income families. Unlike the Food Bank, there is no referral required and we receive a mixture of regular and one-off guests, including the comfortable and curious, who want to learn more about Sufra NW London.

This year, we have launched a children's play area for the many single parents who attend, offering some respite and lots of fun for the children. A team of young volunteers supervise the children and run sports activities, indoor games and arts and crafts for our young guests. We have also hosted many impromptu birthday parties for children who would not normally be able to afford to celebrate, with lots of cake to go around!



Advice Surgeries

The vast majority of food bank guests that present in crisis are in need of advice and support to appeal benefits delays, manage debt or find housing. Whilst the charity has no funding to employ a dedicated advice worker, this year we developed a volunteer programme to support people who require additional help in any aspect of their lives.

Over 80% of food bank sessions now have a dedicated volunteer to provide advice. Since the charity has a culturally diverse volunteer work force, we are also able to provide an interpretation service for those who do not speak English. We are particularly grateful to Councillor Mary Daly and Councillor Roxanne Mashari who also run fortnightly surgeries at the food bank and whose assistance in escalating cases that have become stuck in the bureaucracy of the system has proved invaluable to transforming the lives of our guests.

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, including one-to-one coaching, CV-writing and employment support. In the last year, we supported 182 people with benefit appeals, housing issues and employment matters.

Food Academy

Although we ran 4 rounds of Food Academy this year, providing accreditation to 27 children and young people, unfortunately the programme has been discontinued until additional funding can be raised. In the last 4 years, over 150 children have learned to cook at Sufra NW London, and we are confident of reinstating the programme in the coming year.

Food Academy Plus



This year we launched Food Academy Plus – an ambitious employment programme for the long-term unemployed to acquire all the skills they need to enter the catering industry. Led by Chef Ignacio and supported by two volunteers, Kieu-My Pham Thai and Amine Belmokhtar, the programme included 12 weeks of intensive learning including business skills, functional skills and professional catering skills. The course included lots of practical exercises: setting up a food stall at the London Designer Outlet to test students on their

business skills and managing a pop-up restaurant at Sufra NW London for over 40 high-profile guests, including the Mayor of Brent.

Eighteen participants completed the programme and over half are now in work, with many of the others supporting the charity by volunteering in the Community Kitchen.

St. Raphael's Edible Garden



The last year has marked a dramatic transformation on St. Raphael's Edible Garden with the installation of new raised beds, a poly-tunnel, a tipi (which serves as an outdoor classroom), a pond, a chicken coop and aviary, a mini-orchard and a wildlife meadow. Over 600 volunteers have supported the capital works, and this year we harvested our first crops! We are particularly grateful to Andrew Lynskey, who has single-handedly overseen the construction, as well as 16-year-old Samakab Abdilaahi who raised over £1,000 to build the chicken coop.

The garden now hosts a regular Growing Club on Wednesdays and Sundays, alongside volunteer groups from schools, places of worship and corporate bodies. We also piloted our first food growing course on site for 21 home-schooling students, who achieved AQA accreditation in horticulture. In the coming year, we plan to expand our programme of activities on the garden as well as run more regular events, activities and workshops.

Events & Activities

As Sufra NW London emerges as a food hub and community centre, we have hosted a regular programme of fundraising, awareness-raising and community events.

These include: a film-screening of the award-winning drama 'I, Daniel Blake' which portrays the reality of poverty in the UK; 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 and the Rich Man Poor Man Gala Fundraising Dinner where £40 ticket holders risked being served a tin of baked beans for dinner!

Care Navigation

In partnership with Living Well, Brent Mencap and NHS Brent, we launched the Whole Systems Integrated Care project in September 2016 to employ 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. Whilst the project is still piloting, the team of 6 Care Navigators have received over 100 referrals in the past 6 months and have supported individuals and families in varied circumstances – including accessing regular exercise classes, improving diet and even avoiding eviction in one of the most tragic cases.

Advocacy, Influencing Policy & Research



The charity continues to support policy research and local campaigning on pertinent issues, in recognition that many of the underlying reasons for food poverty and disadvantage are systematic failings in our welfare system. The introduction of the Reduced Benefit Cap in November 2016 came as a shock to many food bank guests who found themselves worse off by nearly £3,000 per year due to the high cost of housing in Brent. In preparation for the introduction, we offered all food bank guests the opportunity to recalculate their benefit entitlements when waiting for their food parcels and explored options with those affected.

Grassroots activism takes multiple forms, but the charity has prioritised working with children and young people to encourage civic engagement and greater awareness of social welfare issues. In the last year, we have hosted 6 workshops on food poverty for students of all ages and 3 secondary schools chose to profile the work of Sufra NW London as part of the First Give initiative, winning £1,250 for the charity.



Our fortnightly newsletter plays an instrumental role in challenging the political and societal attitudes to poverty and the disadvantaged. This year, our mailing list increased to over 2,500 subscribers and generated thousands of pounds in donations for the charity.

Staffing & Volunteers

Despite the colossal number of volunteers who support our service (there are waiting lists for many of our popular roles) it has been a challenging year in terms of staff capacity after both Aneesa Qadir and Rashid Registe-Charles left at the end of their apprenticeships.

However, in September 2016, we welcomed Saba Hassan as our Office Manager. Alongside Paul Manley, Fahim Dahya and Mohamed Osman (part-time), we are still a very small staff team overseeing many different programmes of work. Were it not for the commitment of our extraordinary volunteers, who now number over 80, we could not serve the hundreds of people who approach us in crisis every month.

We are very grateful to them all, in particular the young people who keep us entertained in the midst of so many stories of misfortune and suffering.

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 (Financial Year 2016-2017):

- The food bank issued a total of 1,764 food parcels, supporting 3,779 people. These figures are similar to the previous year. Whilst the reduced benefit cap was expected to increase food bank usage significantly, this was thankfully mitigated by Brent Council's policy of reducing the impact of rent shortfalls by issuing Discretionary Housing Payment to all affected individuals and families until April 2017.
- Single person households supported by the food bank represented 54.8% of food bank guests, which marks a further increase on last year. Single people or smaller households without dependents are most disadvantaged by the benefits system and are more likely to be homeless. With most single persons only eligible for Job Seekers Allowance or Employment Support Allowance for day to day costs, any disruption or sanction will leave the individual without any funds for essentials such as food, utilities and travel costs.
- 65.5% of guests were unique users, which equates to 2,474 people. This is a similar proportion to last year.
- Over two-thirds of guests only accessed the food bank once (69.1%), which is almost a 10% rise compared to the last year (59.6%). This demonstrates 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 3.4% for those who visited the food bank on four occasions. However, 5.9% of guests attended the food bank more than four times. These tend to reflect those people who have unresolved benefit claims or are not eligible for public funds, such as asylum seekers.
- Over one-third (37.5%) of recipients in need of emergency food aid were children under the age of 18. This directly correlates to child poverty rates in the area.
- Nearly half of guests (42.4%) stated that the main reason for accessing the food bank was due to disruptions in the benefit payments, which is a significant increase on the previous year (32.5%).
- Almost a quarter of guests (23.6%) resided in Stonebridge, which is the most deprived ward of the London Borough of Brent and where the food bank is based. Over half of all food bank guests (55.1%) reside in the 5 most deprived wards of Brent.

Food Bank Statistics – Data

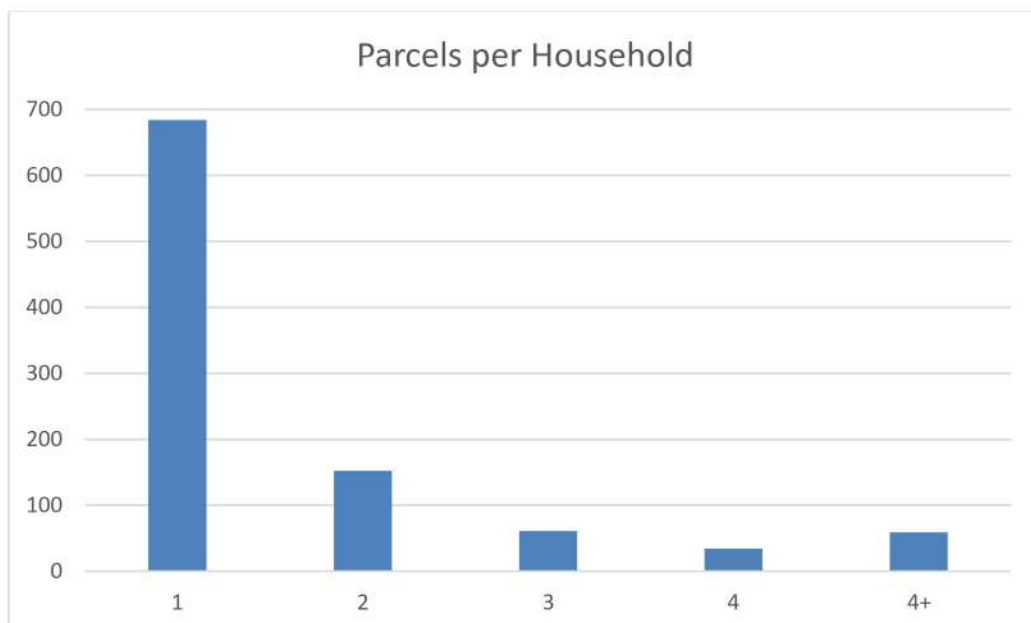
Number of Beneficiaries

	2016-2017	2015-2016
Total Number of Food Parcels	1,764	1,760
Total Number of Recipients	3,779	3,716

	2016-2017	2015-2016
Unique Number of Households Supported	990	934
Unique Number of People Supported	2,474	2,459

Number of Parcels Received Per Unique Household

	2016-2017		2015-2016	
1 Food Parcel	684	69.1%	557	59.6%
2 Food Parcels	152	15.4%	149	16%
3 Food Parcels	61	6.2%	82	8.8%
4 Food Parcels	34	3.4%	61	6.5%
4+ Food Parcels	59	5.9%	85	9.1%



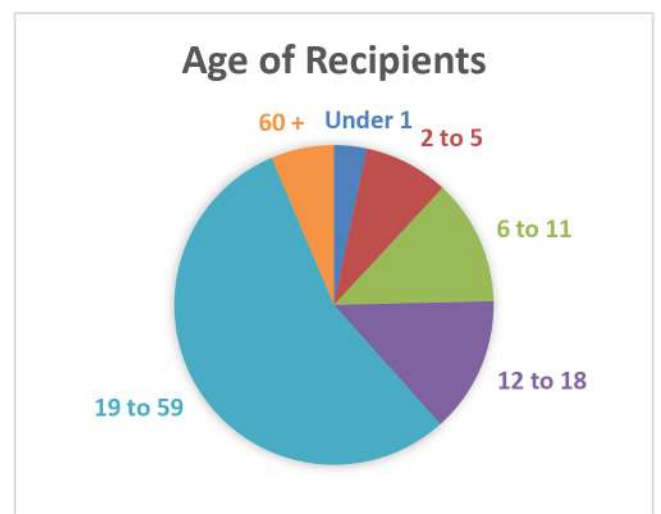
Household Size

Number of Persons in Household	1	2	3	4	5	5+
Number of Parcels Issued	966	260	213	137	105	83
Percentage of Total Parcels Issued	54.8%	14.7%	12.1%	7.8%	5.9%	4.7%



Age of Food Recipients

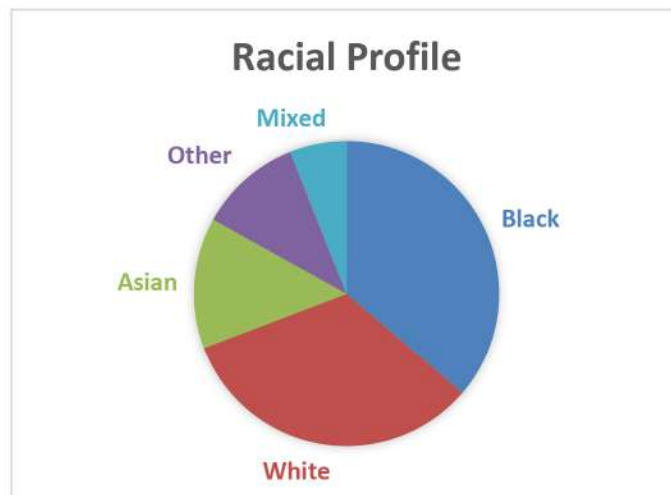
Age Group	Number of Recipients	Percentage of Recipients
Under 1	122	3.2%
2-5	317	8.4%
6-11	468	12.4%
12-18	507	13.5%
19-59	2,034	53.8%
60+	235	6.2%
N/A	96	2.5%
Total	3,779	100%



Ethnicity

Racial profile of unique households

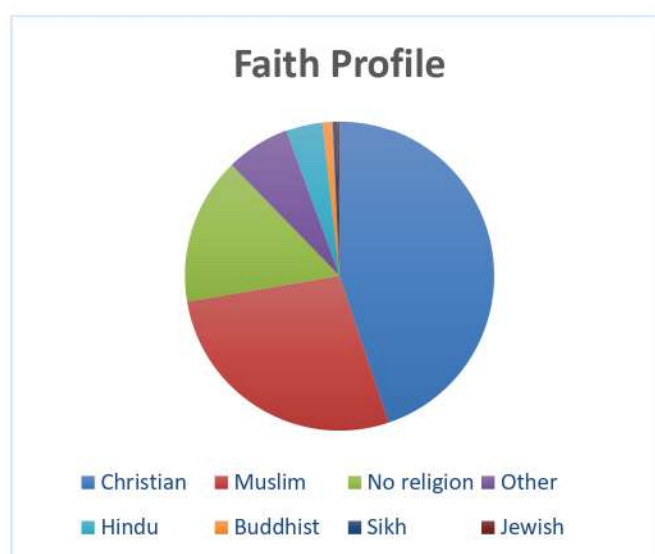
Ethnic Group	Number	Percentage
Asian	131	13.2%
Black	343	34.7%
Mixed	57	5.8%
White	311	31.4%
Other	103	10.4%
N/A	45	4.5%
Total	990	100%



Faith

Religious profile of unique households

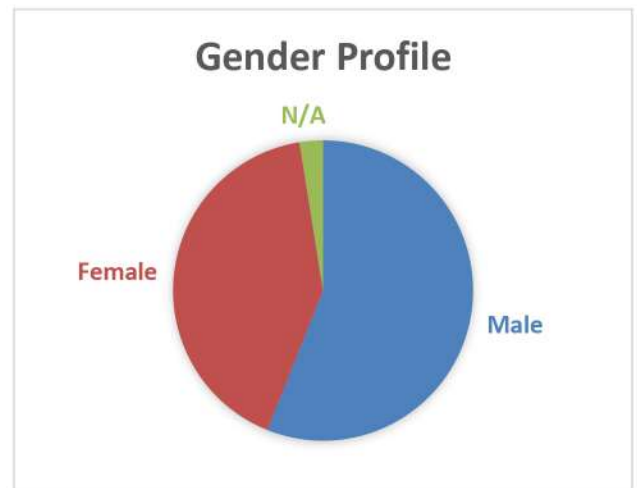
Religion	Number	Percentage
Buddhist	9	0.9%
Christian	376	38%
Hindu	32	3.2%
Jewish	2	0.2%
Muslim	230	23.2%
Other	56	5.7 %
Sikh	4	0.4%
No Religion	129	13%
N/A	152	15.4%
Total	990	100%



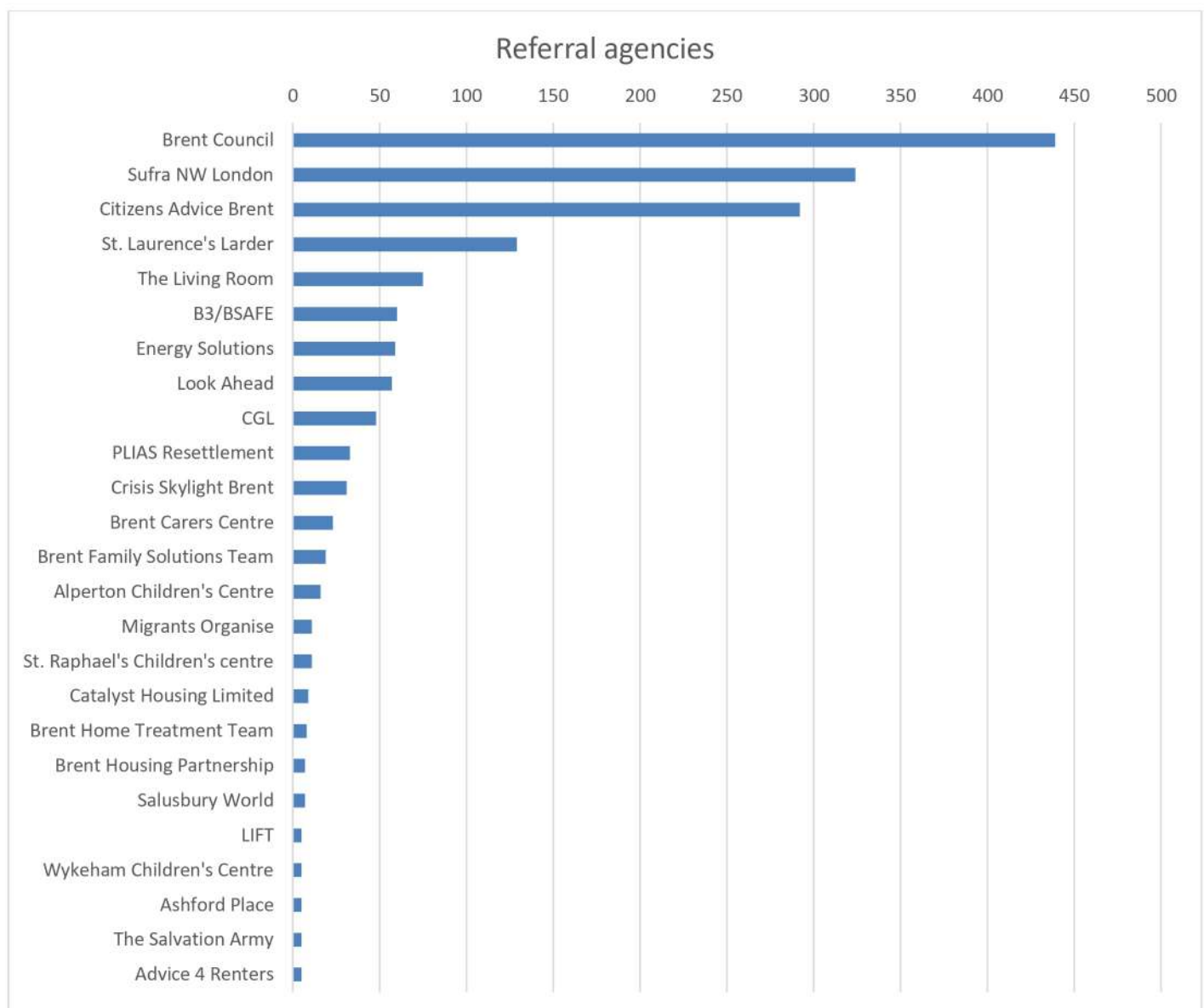
Gender

Gender profile

Gender	Number	Percentage
Male	555	56%
Female	410	41.5%
N/A	25	2.5%
Total	990	100%



Referral Agencies

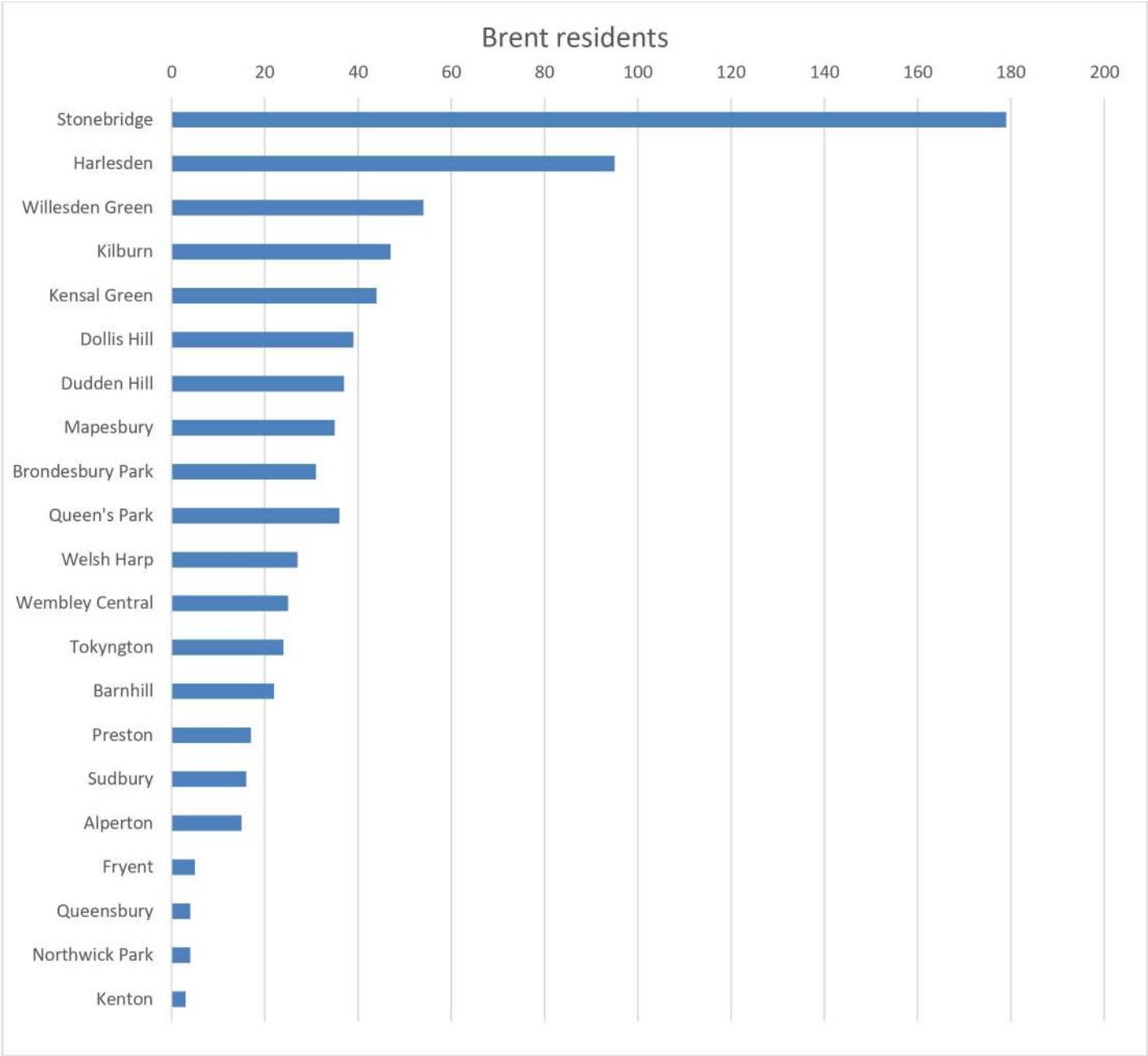


Location

Borough of Unique Households

	Number of Residents	Percentage of Residents	(excluding N/A)
Brent	764	77.2%	89.4%
Outside of Brent	91	9.2%	10.6%
N/A	135	13.6%	-
Total	990	100%	100%

Brent Wards



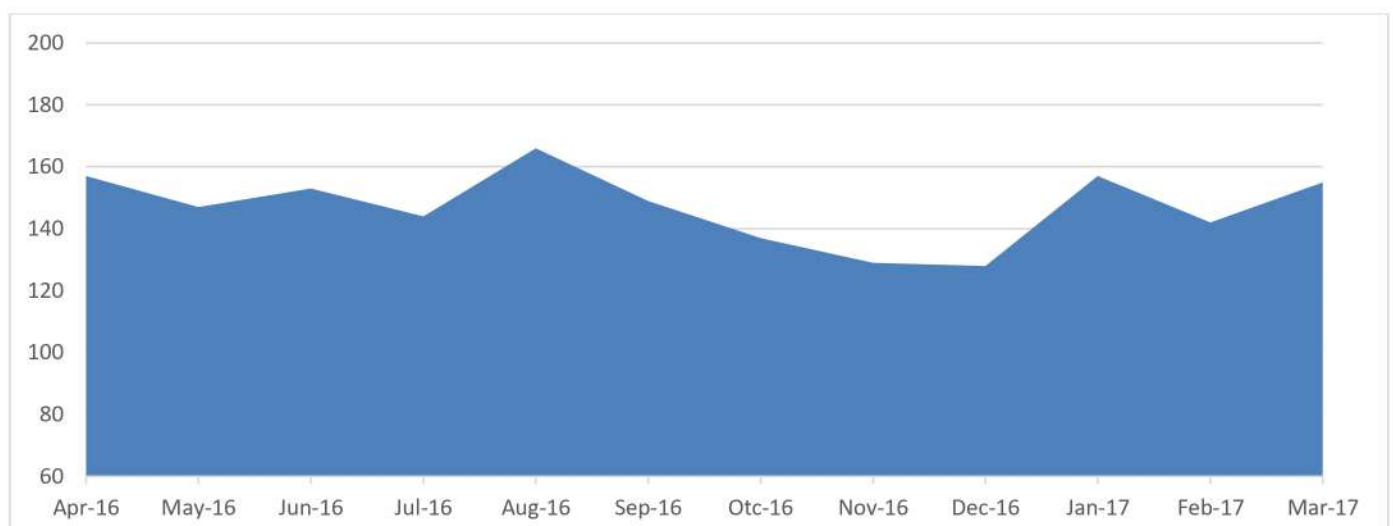
Reasons for Attending the Food Bank & Priority Groups

*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 not eligible for statutory benefits	172	10.8%
Individuals whose benefits have been disrupted (including those sanctioned)	106	6.7%
Individuals awaiting payment of benefits	676	42.4%
Individuals who have not applied for benefits	38	2.4%
Low-income, working families	168	10.5%
Refugees / Asylum seekers	122	7.7%
Ex-Offenders	45	2.8%
Individuals/Family Members with disability or long-term illness	115	7.2%
Victims of domestic violence, abuse and/or crime	50	3.1%
Individuals with a history of drug/alcohol abuse	102	6.4%

Households may fall into more than one priority group.

Busiest Times of Year



Rich Man Poor Man – Gala Fundraising Dinner



Sufra NW London organised its first high-profile fundraising event to raise core funding for the charity on Thursday 23 March 2017 at Brent Civic Centre.

The event was sponsored by MyLotto24, Quintain, Cygnet Properties, Print Express, Daniels Estate Agents, Sisk Builders, Segro and Oakray. Other local business supported the event by advertising in our event brochure and/or sponsoring tickets for high profile guests.

The evening was presented by Asad Ahmad (BBC London News) and Fatima Manji (Channel 4 News). Over 250 people attended, as well as 25 volunteers of the charity.

Concept

The Rich Man Poor Man Gala Dinner was designed to offer donors and supporters the opportunity to experience the indiscriminate reality of food poverty.

At the beginning of the event, guests were invited to play the Rich Man Poor Man game. Volunteers randomly distributed sealed envelopes which contained a table marker inscribed with either 'Rich Man' or 'Poor Man'. An equal number of Rich Man and Poor Man table markers were included in the envelopes.

Guests seated at a Rich Man table were to be served a luxurious 3-course meal prepared by award-winning caterer Greenleaf, and guests seated at Poor Man tables received a few tins of baked beans and soup from the food bank.

After the tables had been designated as 'Rich' or 'Poor', the presenters walked around interviewing guests, with attendees sharing their thoughts about what it felt like to be randomly assigned a 'Rich' or 'Poor' meal.

As volunteers distributed tins of baked beans and soup to 'Poor' guests, a member of the audience pledged a donation of £100 so that a neighbouring 'Poor' table could receive a 'Rich' meal. Over the course of half an hour, members of the audience pledged donations of up to £1,000 to transform neighbouring 'Poor' tables into 'Rich' tables.



Funds Raised

Throughout the event, the audience were entertained with comedy and a magic show, a live auction of sports memorabilia and a short film made by volunteers of the charity.

By the end of the evening, a total of £67,000 was raised through ticket sales, auction bids, pledges and advertising in the event brochure, which was also distributed to 500 businesses in Brent.



Meet Some of Our Volunteers

Iwona (37 years)

"I started volunteering in the Community Kitchen about two years ago. I know what it feels like to be alone and have nowhere to turn to for help – and Sufra NW London gives me a chance to make a difference.

Volunteering has also helped me a lot. I have become more self-confident and I feel less stressed when I'm helping other people in whatever small way I can. This is a great charity, I've personally witnessed the people it helps and I am so proud to be part of it."



Berrun (28 years)

At Sufra NW London, I get to be around genuinely selfless people who are all willing to help others in any way possible. It's a place that brings together people from all walks of life and is one of the most accepting and welcoming environments I've been in. Over the last 6 months, I have gained a real sense of belonging, a community and great friendships. Sufra is a brilliant charity and fills an essential gap in London. We need more Sufra-like places everywhere.

Joy (17 years)

"As soon as I started volunteering, I instantly felt welcomed. I am now in charge of running children's activities at the Community Kitchen. Every week you see amazing things – and it's heart-warming to see the number of volunteers who were originally food bank users, now helping the rest of the community. Through volunteering, I have had the opportunity to take part in Food Safety and Hygiene training, First Aid and Safeguarding, which has been amazing. I think the charity is impressive – always going the extra mile for both its guests and volunteers."



Rui (47 years)

I started volunteering at Sufra NW London two years now and it has been one of the best things I ever done with my life. Coming from a very dark place and on the brink of homelessness, Sufra gave me the confidence and support I needed to start my journey back to the 'real' world. Believe me, a bowl of soup and a shoulder to cry on – in the right place – goes a long way. And Sufra NW London is that place.

Volunteering has made me realise that the world is made up of givers and takers. And in a world full of takers, I would rather be a giver. When I think of the words of Nelson Mandela “a good head and a good heart are always a formidable combination” I am reminded of Sufra.



Ibrahim (16 years)

I started volunteering for Sufra NW London in July 2016, after taking part in the British 10K Race to raise funds for the charity. Four years ago, when I arrived in the UK, the food bank had supported my family during a difficult period. I'm very proud to be part of the charity and make a positive change, even if it means helping just one person.

I've made lots of new friends at Sufra NW London. There's always a welcoming and homely atmosphere – with people of all ages and backgrounds working together. Even though it sounds cheesy, we are a family. There's even an aunty, an uncle and a grumpy grandfather, but I won't say who they are in case I embarrass Ros, Abdulkarim and Fahim! Whoops!

I've gained a lot of skills whilst volunteering for Sufra NW London. I would like to work full-time for a charity in the future.

Case Study – Jonathan* (50 years)



Last year, Jonathan suffered a knee injury and could no longer work as a fitness instructor. When he applied for benefits, he discovered that he was the victim of identity fraud and another individual was claiming benefits in his name. Without any photographic ID, he found it difficult to follow through on the reporting process and he quickly became destitute. He was referred to the food bank in May 2016 as a guest, when he became interested in joining Sufra NW London as a volunteer. He was quickly drawn to our food growing project, and became a regular volunteer on St. Raphael's Edible Garden.

As he became more comfortable working with staff and volunteers, he opened up to us about his difficulties and one of our advice workers supported him through the bureaucratic processes of reporting the crime and proving his identity. Whilst it took several months, including the intervention of his local MP, Jonathan began to receive his benefits from August 2016 and was in a better position to think about his future.

In September 2016, Jonathan decided to register for Food Academy Plus, our employability programme, to further his interest in cooking and seek employment in a related industry. He attended almost every session of the course (except when he had to go into hospital for an operation on his knee) and achieved accreditation in all modules of the programme.

Jonathan now works as a private chef and part-time carer for people suffering from dementia.

* Name changed

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, Segro, MyLotto24, Fatburger, Riverford, Tesco Bags for Life, Marks & Spencers (Brent Cross), Wembley Park (Quintain), Print Express, Incrystals, Butlers, Greenleaf, Careys, Capital Property & Construction Consultants Limited & Longcord

Regular Volunteers: (3 hours/fortnight)

Sonya Nasir, Hassiba Ghazali, Asif Hussain, Mohammed Hashim, Rui Martins, Shabnum Nasir, AbdalKarim Sama, Norhayati Samad, Paolo Berbotto, Shiraz Shahbaz, Mahnaz Behagi, Frances Rose, Michelle O'Neill, Carol Khan, Deyan Ilchev, Festus Noel, Jonathan Walker, Kieu-My Tham Thai, Andrew Lynskey, Olusola Adhrihan, Popsy Kundi, Francis Henry, Christina Byrne, Renu Kaul, Roger Hanlon, Amine Belmokhtar, Fatimah Khawaja, Haseena Ismail, Iwona Przewlocka, Alam Uddin, Betty Campbell, Razieh Niroomand, Nuzhath Rahmathullah, Berrun Gur, Azhar Ahmed, Christine MacLeod, Abayomi Moronfolu, Anthony Spencer, Mohamoud Dahir, Samakab Abdilaahi, Nayem Hussain, Arsalan Malik, Tanzeel Kiyani, Tobi Moronfolu, Zakaria Berjaoui, Joy Moronfolu, Linda Moronfolu, Margaret Fisiak, Adham Abdelhadi, Vivetha Thayaparan, Sana Ahmed, Baasim Khawaja, Mawada Mohammed, Akiva Harris, Parminder Swaley, Rasheed Sarpong, Aamir Saad, Ahmed Dahir, Nikki Nicholas, Mohamed Miah, Imran Saad, Krishna Raghvani, Mariam Amir Hassan, Irfan Jiwa, Fadumo Jama, Hassiba Ghazali Akmoune, Ifrah Said, Peter Walter, Rajesh Makwana, Marvin Barbe, Kevin Stockers, Rikesh Patel, Gina Williams, Georgina Bell, Nosh Alhadad, Jennifer Gordon...

...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 by monthly standing order to help keep the food bank operation running throughout the year;
- ✓ Sponsor a Community Kitchen session for £200 in memory of a loved one;
- ✓ Take a Sufra NW London donation box home and fill it up with all your copper change;
- ✓ 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!

Donation & Gift Aid Form

Donor's Details (USE BLOCK CAPITALS)

Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other ☐ Full Name _____

Home address _____

Email _____ Telephone _____

One-Off Donation ☐

I enclose a donation by cash ☐ /cheque ☐ /postal order ☐ of: £50 ☐ / £100 ☐ / £ _____

Regular Donation ☐

I would like to make a regular donation of: £5 ☐ / £10 ☐ / £25 ☐ / £50 ☐ / £100 ☐ / £ _____

Monthly ☐ / Quarterly ☐ / Annually ☐ commencing on:

01 / <input type="text"/> <input type="text"/> / 20 <input type="text"/> <input type="text"/>	OR	15 / <input type="text"/> <input type="text"/> / 20 <input type="text"/> <input type="text"/>
---	----	---

Sort Code:	<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>	Account Number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
------------	---	-----------------	---

Instruction to your Bank or Building Society

Please pay Charities Aid Foundation Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Charities Aid Foundation and, if so, details will be passed electronically to my Bank/Building Society. Service User Number: 691213 / CAF, Kings Hill, West Malling, Kent, ME19 4TA

Gift Aid Declaration

Please Gift Aid this donation and any donations I make in the future or I have made in the past 4 years. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address or if you no longer pay sufficient tax on your income and/or capital gains.

Tick to Apply ☐

giftaid it

Signature _____ Date _____

THIS GUARANTEE CAN BE DETACHED & RETAINED BY THE PAYER

Direct Debit Guarantee

This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Charities Aid Foundation will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Charities Aid Foundation to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by Charities Aid Foundation or your bank or building society you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Charities Aid Foundation asks you to. You can cancel a Direct Debit at any time by writing to your bank or building society. Written confirmation may be required. Please also send a copy of your letter to us.



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

For further information:

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

Telephone: 020 3441 1335

Email: admin@sufra-nwlondon.org.uk

Website: www.sufra-nwlondon.org.uk