



**Sufra NW London**

**#MoreThanAFoodBank**

# Food Aid in Brent

**Nina Parmar**

Logistics and Volunteer Coordinator

[nina@sufra-nwlondon.org.uk](mailto:nina@sufra-nwlondon.org.uk)

# **Food Aid in Brent: The current landscape and it's future**

**An introduction to Sufra NW London**

**How to access Food Parcels**

**Demand for Food Aid in Brent**

**The Future of Food Aid**

# About Sufra NW London



"Sufra NW London provides emergency aid, professional support and training to people experiencing hunger and financial crisis, whilst empowering our stakeholders to campaign for an end to poverty"



**TRAINING & EMPLOYMENT SUPPORT**



For children and young people (11-18 years)

- Successful participants can:
  - Take part in our MasterChef competition & win up to £250
  - Achieve the skills section of the Duke of Edinburgh Award
  - Learn to cook 10 different healthy meals
  - Understand healthy eating and gain an accredited qualification

To register, email: [admin@sufra-nw-london.org.uk](mailto:admin@sufra-nw-london.org.uk)

160 Pitfield Way, London, NW10 0PW • 020 3441 4335

Mondays  
11am - 2pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**REFUGEE SUPPORT**



Advice and support for migrants and asylum seekers

We help families access the advice, housing, healthcare and training they need to build a new life in the community.

Women's Support Group • Welfare Advice • Life-skills Workshops

160 Pitfield Way, London, NW10 0PW • 020 3441 4335

Wednesday to Friday  
10am - 4pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**ST RAPHAEL'S EDIBLE GARDEN**



Everyone is welcome. Just turn up!

Join us on St. Raphael's Edible Garden to grow delicious fruit and vegetables, and enjoy some fresh air and sunshine.

Pop in to find out more about our group sessions, horticultural courses and volunteering opportunities.

160 Pitfield Way, London, NW10 0PW • 020 3441 4335

Wednesdays & Sundays  
12pm - 3pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**FOODBANK**



Can't afford to buy food? We can help!

Our Food Bank provides emergency supplies of essential food and toiletries to individuals and families experiencing acute crisis.

You will need a Food Bank Voucher to access the service. You can obtain a voucher by contacting Brent Council's Welfare Assistance Team on 020 8937 3976—or just pop in to see us at Sufra NW London and we will help.

160 Pitfield Way, London, NW10 0PW • 020 3441 4335



Fridays  
6pm - 8.30pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**COMMUNITY KITCHEN**



Join us for a free three-course vegetarian meal in the company of friends and neighbours.

Open to everyone. Just turn up!

The Community Kitchen offers freshly prepared hot meals to all our guests, regardless of circumstances. We also provide children's entertainment, cultural celebrations, advice and support.

160 Pitfield Way, London, NW10 0PW • 020 3441 4335



Saturdays (term time)  
10am - 2pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**FOOD ACADEMY**



For children and young people (11-18 years)

- Successful participants can:
  - Take part in our MasterChef competition & win up to £250
  - Achieve the skills section of the Duke of Edinburgh Award
  - Learn to cook 10 different healthy meals
  - Understand healthy eating and gain an accredited qualification

To register, email: [admin@sufra-nw-london.org.uk](mailto:admin@sufra-nw-london.org.uk)

160 Pitfield Way, London, NW10 0PW • 020 3441 4335

Mondays  
11am - 2pm  
[www.sufra-nw-london.org.uk](http://www.sufra-nw-london.org.uk)

**WELFARE ADVICE**



Advice and support for migrants and asylum seekers

We help families access the advice, housing, healthcare and training they need to build a new life in the community.

Women's Support Group • Welfare Advice • Life-skills Workshops

160 Pitfield Way, London, NW10 0PW • 020 3441 4335

# How to access Food Aid



## Sufra NW London Food Bank Voucher

WE ARE NOW OPEN FOR COLLECTION:

\*UPDATE\*

We now have a Sufra NW London Hub operating from the Pakistani Community Centre in Willesden, in addition to our regular premises in Stonebridge. Depending on the address of the guest, we will TEXT each referred guest, informing them of which address to collect their parcel from.

Guests will collect their parcel from:

160 Pitfield Way  
NW10 0PW  
Tues / Thurs 11 - 3.

or

Pakistan Community Centre  
Marley Walk  
NW2 4PU  
Tues 11 - 3.

Guests will be able to receive up to 4 emergency food parcels with this referral, at your discretion. Guests will have the opportunity to select how many parcels are required before collection.

DELIVERED DELIVERY SERVICE.

## Via Sufra NW London

## Referral system, Guests can collect 6 parcels

- Parcels include a range of **non-perishable** food items.

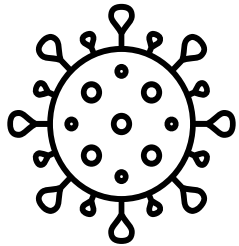
- **Fresh 'surplus' produce** supplements the food parcel, including fruit, vegetables and bakery items

'Easy Eat' parcel option for those with **no access to cooking facilities.**

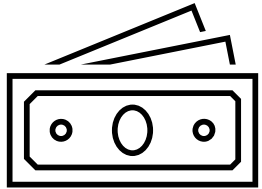
# Demand for Food Aid in Brent



Increase in demand for food parcels.  
Sufra saw an almost 400% increase in referrals



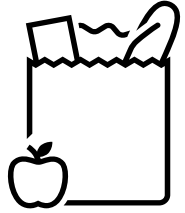
- Stonebridge, 47% of children grow up in poverty.
- Brent has the 2<sup>nd</sup> lowest rates of pay in London
- 1 in 3 residents earned less than the London Living Wage
- Brent residents spend 45% of their income on rent compared to 24% in the rest of the UK



>40% guests are In Receipt of all Eligible Benefits  
>30% guest are in work



# The Future of Food Aid



Food Parcels are a short-term, sticky plaster, solution



We must avoid Foodbanks becoming embedded in social infrastructure



Focus shift to increasing the campaigning and advocacy work carried out by all third-sector organisations

