

## HAMMERSMITH & FULHAM FOODBANK (HFFB) - THE HIGHLIGHTS

The number of people receiving emergency support from the Hammersmith & Fulham foodbank rose by 28% during the 2015/16 financial year. Current figures suggest that we will see a similar rise during the 2016/17 financial year.

We have provided more than 190,000 meals since June 2010. This doesn't include Christmas presents, Easter Chocolates, nappies, toiletries, clothes/coats; bulk food to other foodbanks, youth clubs and soup kitchens.

We distribute more than 3 tonnes of food every month from our three sites.

Our main office is located at Christchurch Fulham, 67 Studdridge Street, SW6 3TD.  
Tel: 010 7731 3693. Email: [info@hammersmithfulham.foodbank.org.uk](mailto:info@hammersmithfulham.foodbank.org.uk)

The foodbank is open 6 days a week - see overleaf for more details.

## OUR 'MORE THAN FOOD' PROJECTS - helping break the cycle of poverty

### Hammersmith & Fulham Citizen's Advice

With generous funding from LBHF & Martin Lewis via the Trussell Trust, H&F Citizen's Advice doubled the number of Advisors working with foodbank clients to two. There is always one Advisor in each Foodbank session, 6 days a week. They also see clients by appointment and carry out casework.

### Eat Well Spend Less Course

Eat Well Spend Less is a 6 week course which runs for 2.5 hours each week. Each session covers topics such: as planning and preparation of meals, menu planning, food safety and hygiene, and planning your money.

Course participants prepare 2 recipes each week - which they can take home to enjoy. They also receive laminated recipe cards to keep and re-use; as well as activity sheets and other information.

Feedback from the last three EWSL Courses shows that participants now save between £10 and £15 on their weekly shop.

We accept up to 8 attendees per course and can run it at any venue. We are looking into expanding the course to cater more specifically for parents and children, and attendees with physical and/or mental disabilities.

Please contact us if you'd like us to run an EWSL Course for your client group.

### Holiday club

This summer we ran two Holiday Clubs in the borough. These clubs provided children (and their adult carer) who are in receipt of free school meals, with a place to have fun, play games, complete quality craft activities and share a hot, healthy lunch, with their families and other visitors. These Clubs were a great success. We are now planning our Easter and Summer 2017 Holiday Clubs.

## Fuelbanks and Families

In partnership with Fuelbanks and Families, we will be piloting from November 2016, a scheme allowing a limited number of voucher partners to issue both a food voucher and a fuelbank voucher to clients. Families living in W6 and W12 will be able to redeem these vouchers at our St Simon's Foodbank Centre in exchange for a generated bar code slip. These slips can be transferred directly on to prepayment meters at any PayPoint outlet. We hope to extend this project to all families and Voucher Partners assuming the pilot is successful and funding is secured.

## FOODBANK OPENING HOURS

### Christchurch Fulham - launched June 2010

The foodbank is open here:

Tuesday mornings from 10.30 until 1.00

Friday afternoons from 2.00 until 4.30

### St Simon's Rockley Road, W14 0DA - launched in October 2012

The foodbank is open here:

Thursday afternoons from 1.00 until 3.00.

Our partnership with 'Fuelbanks and Families' will be piloted from this site.

### The Hub, 75 Bloemfontein Road, W12 7DA - launched March 2016

The foodbank is open here:

Monday afternoons from 12.30 to 3.00 (Closed on Bank Holidays)

Wednesday mornings from 10.00 to 12.30

Saturday mornings from 10.00 to 12.00

As our only full-time site, we also offer/host the following:

- an **Employability Scheme** in partnership with the Big Local and MITIE. We have started to teach basic IT skills as part of this session. Every Thursday from 10.00 - 1.00.
- Weekly advice sessions with **H&F Law Centre** and **London Plus Credit Union** on Tuesday mornings from 10.00 to 12.00.
- **Knit Sew** group, funded by the Big Local which teaches knitting, crocheting and sewing on Wednesday afternoons from 3.00 to 5.00.
- Weekly **coffee mornings** on Friday's from 10.00 to 12.00.
- More activities are planned for 2017.

**We are grateful to all our funders, which include:**

Hammersmith & Fulham Council

Martin Lewis via the Trussell Trust

Dr Edward's and Bishop Kings Charity

Hammersmith United Charity

The Daisy Trust

