



Asha-Deep Project
Bringing Hope and Light

DEFRA Evaluation Report (North of the County) - 2021



POWER OF THE MIND
NETWORKS



Department
for Environment
Food & Rural Affairs



Introduction

Black (Asian, African-Caribbean and African) Community Organisations came together to develop a collaboration and deliver food provision for Black communities across the county. The collaboration was led by Support Northamptonshire and grants were accessed through all 3 rounds in the North of the county.

Core Aims

- To provide a food provision service to those in the Black communities most affected during the COVID-19 pandemic
- Deliver hot meals and food parcels to those most in need
- Identify and respond to and new needs identified
- To respond to the disproportionate impact of COVID-19 on Black communities in Northamptonshire.

Organisations Involved

- Asha-Deep
- United African Association
- Power of the Mind
- Wellingborough Afro-Caribbean Association

The report for each organisation is offered below and as part of our evaluation each organisation has offered comments regarding their experience of being part of this important project.

Key learning

- We have been able to extend our reach into communities and identified new communities who were in desperate need.
- We been able to make a real and tangible impact in people's lives during such a difficult time
- Some people have managed to return to work as a direct result of the project
- We have learnt new skills in monitoring outcomes and seeking views from service users
- Sharing of resources, skills and experience has been helpful to meet community needs
- Organisations feeling more confident and able to take on new projects and tasks

Power of the Mind Network (PMN)

Between January and May 2021 – with a target of **355 parcels** – PMN delivered a total of **350** food parcels to **187** individuals/families.

Budget (north & west)

| Month | Spend (£) |
|----------|-----------|
| January | 1568.68 |
| February | 4354.59 |
| March | 2495.73 |
| April | 0 |
| May | 2131.1 |

| | |
|----------------|-----------------|
| Total | 10550.10 |
| Budget | 10600 |
| Unspent | 49.90 |

Breakdown of deliveries and recipients (by month)

| Month | No. of parcels delivered | Individuals/families served |
|----------|--------------------------|-----------------------------|
| January | 49 | 29 |
| February | 95 | 47 |
| March | 102 | 57 |
| April | 0 | 0 |
| May | 104 | 54 |

Power of the Mind Equality Information (North & West)

| Equal Ops Monitoring | Jan 21 | Feb 21 | Mar 21 | May 21 | Total |
|-----------------------|--------|--------|--------|--------|-------|
| Age Accessing Service | | | | | |
| Child (under 16) | | | | | |
| 25 & under | 1 | 1 | 1 | 1 | 4 |

| | | | | | |
|---------|---|----|----|----|----|
| 25 - 35 | 4 | 9 | 11 | 11 | 35 |
| 36 – 45 | 9 | 17 | 17 | 14 | 47 |
| 46 - 55 | 0 | 1 | 3 | 3 | 7 |
| 56 - 65 | 6 | 11 | 10 | 11 | 38 |
| 66+ | 7 | 9 | 13 | 11 | 40 |
| Unknown | 2 | | | | 2 |

| Number accessing the service with disability | Jan 21 | Feb 21 | Mar 21 | May 21 | Total |
|---|---------------|---------------|---------------|---------------|--------------|
| Child (under 16) | 4 | 4 | 4 | 4 | 16 |
| Adult | | | | | |

| Gender | Jan 21 | Feb 21 | Mar 21 | May 21 | Total |
|---------------|---------------|---------------|---------------|---------------|--------------|
| Male | 8 | 12 | 12 | 12 | 44 |
| Female | 21 | 35 | 45 | 42 | 143 |

| Ethnicity | Jan 21 | Feb 21 | Mar 21 | May 21 | Total |
|---|---------------|---------------|---------------|---------------|--------------|
| Asian or Asian British | | | | | |
| Indian | | | | | |
| Pakistani | 4 | 4 | 4 | 4 | 16 |
| Bangladeshi | | | | | |
| Chinese | | | | | |
| Any other Asian group (please state) | | | | | |
| | | | | | |
| Black or Black British | | | | | |
| Caribbean | 2 | 2 | 2 | 2 | 8 |
| African | 17 | 41 | 51 | 48 | 157 |
| Any other Black background (please state) | | | | | |
| | | | | | |
| Ethnicity information declined | | | | | |

Project Leader's feedback

What was your greatest achievement during the project?

Our greatest achievement was being able to expand our food parcels services. We had 40 recipients at the start of our project and this increased to 59 individuals and families all this was enabled by the funding that we received. We managed to reach a wider number of families in our effort to tackle poverty during covid-19 pandemic.

What did you learn?

We have learned new skills of monitoring our projects. The use of spreadsheets and capturing demographic information of our service users as opposed to just monitoring receipts and how much money we are spending. Collection of testimonials and case studies. We hope to be able to use this information for our future applications as a way of demonstrating the needs of our community.

How did you find working in collaboration?

Working in collaboration enabled us share ideas with like minded people. We also got some of our service users from the group thereby ensuring we covered as many people as possible

Power of the Mind Case Study

Power of the Mind – Case Study 2

Profile

Early in January, a health visitor got in touch with KIDZ MATTER to see if we could support a lady called EL with weekly food parcel, nappies and children's toys. I collected EL's details from the health visitor, and got in touch with her. We both introduced ourselves and I explained the process of food parcels and delivery days.

EL is married to ML and they have 4 young girls under the age of 6, She has a residential permit visa with no recourse to public funds and her husband has a permit with recourse to public funds. EL is currently on maternity leave from her job as a Carer.

EL explained to me that life was okay before August 2020, and as a family they managed financially. In August 2020, ML had a brain hemorrhage, and his salary was stopped in October 2020. At the beginning of November, he qualified for statutory sick pay. The family pay bills with EL maternity leave allowance and EL statutory sick pay.

I advised EL to support her husband to call DWP so that he could apply for benefits. EL was able to support her husband and he is currently waiting for a decision on his benefits application.

Support provided by PMN

KIDZ MATTER worked in collaboration with United African Association to provide kids clothing, baby equipment such as bouncer and highchair. We bought Pampers and some Cerelac powder for the baby.

Working in collaboration with Power of the mind networks and other organisations, we supported a family that had no hope as they thought they were not entitled to benefits. We were able to provide much needed basic needs for the family.

What difference did we make?

"Honestly, we were struggling financially and emotionally due to my husband sickness but your support has helped my family so much and now life has become much easier than before. We are very thankful and happy and appreciate you all".

WACA

Wellingborough African Caribbean Association delivered food parcels to recipients in the north of the county. Between January and May 2021 – with a target of **165 parcels** – WACA delivered a total of **243** food parcels to **24** individuals/families.

Budget

| Month | Spend (£) |
|----------|-----------|
| January | 224.09 |
| February | 898.12 |
| March | 903.75 |
| April | 1106.12 |
| May | 518.69 |

| | |
|------------------|----------------|
| Total | 3650.77 |
| Budget | 3190 |
| Overspend | 460.77 |

Breakdown of deliveries and recipients (by month)

| Month | No. of parcels delivered | Families/Individuals served |
|----------|--------------------------|-----------------------------|
| January | 30 | 24 |
| February | 22 | 24 |
| March | 51 | 24 |
| April | 121 | 24 |
| May | 19 | 24 |

WACA Equality Monitoring information

| Equal Ops Monitoring | Jan-Apr 21 | Total |
|------------------------------|-------------------|--------------|
| Age Accessing Service | | |
| Child (under 16) | 0 | 0 |
| 25 & under | 0 | 0 |
| 25 - 35 | 4 | 4 |
| 36 – 45 | 4 | 4 |
| 46 - 55 | 7 | 7 |
| 56 - 65 | 5 | 5 |
| 66+ | 4 | 4 |
| Unknown | | |

| Number accessing the service with disability | Apr 21 | Total |
|---|---------------|--------------|
| Child (under 16) | 0 | 0 |
| Adult | 2 | 2 |

| Gender | Jan-Apr 21 | Total |
|---------------|-------------------|--------------|
| Male | 14 | 14 |
| Female | 10 | 10 |

| Ethnicity | Jan - Apr 21 | Total |
|---------------------------|---------------------|--------------|
| White British | 2 | 2 |
| White and Black Caribbean | 2 | 2 |
| Indian | 1 | 1 |
| Black Caribbean | 16 | 16 |
| Black African | 3 | 3 |

Project Leader's feedback

What was your greatest achievement during the project?

As the driving force behind the trustees becoming a partner with this project, I was happy that they were happy with the results. This meant that the community was happy that the organisation was involved with providing a welcomed service. The achievement was the honour of contributing to make a difference to the life of disadvantaged people.

What have you learnt?

Knowing that members of the community rally around in support of a good initiative.

How was it working in collaboration?

It is the best way to work. Knowing that members of the team will share their ideas and support each other was brilliant.

WACA Case Studies

Black Communities Together – CASE STUDY

Profile

BB is a 31-year-old single woman who has three children. Their ages are ten, seven and two. BB was born in Kettering and has lives in Wellingborough all her life. BB has had a long connection with the African Caribbean Centre and attended classes there as a child.

BB worked for a short period after leaving school, her job now is to look after her three children. BB explained that she was fortunate to have her mother living close by as she would help her out on occasions. However, BB was grateful for the help the food parcels provided as this eased the financial stress from both her and her mother. BB explained that it had been very difficult during Covid-19 to teach the children and keep them occupied during the isolation period.

The financial and 'stay at home' situation had affected BB's stress levels. BB had always enjoyed going out with the family to socials at WACA. She felt that visiting the building to collect her food parcel gave her a connection to good memories as well as financial support. BB also reported that the food parcels contained a selection of healthy options which she was pleased to find. BB had never received food parcels before. She was conscious of the stigma attached but receiving them from the WACA centre felt like it came from the family.

Support provided by Wellingborough African Caribbean Association

Food parcel provision since March 2021 – to date

What difference did we make?

BB or a member of her family usually collects the food parcel. On one of the occasions when BB collected the food parcel, she enquired whether the partner of her brother was able to receive a food parcel. After enquiries, the food parcel was be granted to BB's recommendation.

BB was not referred through an agency to collect food parcel but through her community links. During this difficult Covid-19 period it is important that these links are kept open.

Black Communities Together – CASE STUDY

Profile

Mr A is a 42-year-old man who is married and has three children under the age of 7 the family reside in Wellingborough.

He explained that he lost his job as a result of Covid-19 and since then has found it extremely difficult financially. He disclosed that he also suffers from mental health issues. He told me that he has sort help from his GP, Changing Minds and on-line services. However, the

suggestion has been that he takes medication. Mr A informed me that at this point it is not something he wants to consider.

More recently difficulties within his relationship has resulted in the couple residing separately. He now has his two-year-old child residing with him. Mr A told me as the family reside separately this has impacted further on his financial issues. He informed that he has regular contact with his wife and his other two children. Mr A explained that the couple share the food bags that they receive and regards them as a life line.

Support provided by WACA

Food parcel provision since March 2021 – to date

What difference did we make?

Mr A has been provided with several food bags by the association. He collects the food items from WACA. On each occasion enquiries have been made in relation to his general well-being and ongoing financial issues. He is also asked if there is anything further we could do to assist or support him. Mr A indicated that he does not feel that he is in a position to find employment at this time due to his mental health issues.

Mr A has informed me that he was receiving food parcels from another source and had to pay for the items. He regards the project as a life saver. Mr A stated with the help of his food bags he is now able to spend a little more money on utilities. He told me as a result of receiving food bags enables him to spend less time shopping. Mr A explained to me that he does not regard the shops as a place of safety due to the ongoing issues with Covid-19.

Black Communities Together – CASE STUDY

Profile

Ms M is a 27-year-old female who resides in Wellingborough with her three children aged 1,4 and 5. She informed me that she came to the UK from France in 2010 to join her family who reside locally. Prior to the pandemic Ms M explained she had been working part-time as a cleaner and was just able to manage financially. However, she told me after the birth of last child her situation changed. Ms M reported that she applied for Universal Credit unfortunately the application took some time to be processed leaving her with no money. She describes falling into debt and was left feeling depressed and extremely anxious. Ms M explained that she is now receiving her benefits however, she told me that she had been overpaid. This means that £60 is now being deducted from her benefit on a monthly basis to clear the outstanding debt. Ms M reported that she has very little money left after paying her bills and is still struggling financially.

Support provided by WACA

Since February 2021 Ms M has been provided with regular food parcels and welfare enquiries have been undertaken on a regular basis. Ms reported that she is not sure how much her overpayment was or how much is still outstanding. I have suggested that she make contact with the benefit agency for an update. I have also indicated that it is worth checking to ensure that she is receiving all the benefits that she is entitled to. I have informed her that if she needs

further support, she should contact WACA and leave a message if there is no one available to take her call. Someone will contact her and do their best to help or advise her.

What difference did we make?

Ms M describes the food parcels she received as a “life line”. She told me before receiving the support from WACA she was increasing stressed and worried as her debts began to mount up. The extra support has allowed her to spend less money on food. Therefore, she was in a better position to be able to her to pay some of her debts. Although as previously stated Ms M reported that she is still struggling financially, she stated as a result of the support she has received her emotional well-being has improved. Ms M is hopeful that she will be able to return to part-time work later this year which will help improve her situation.

United African Association (UAA)

Between January and May 2021 – with a target of **300 parcels** – UAA delivered a total of **516** food parcels to **128** individuals/families.

Budget (north & west)

| Month | Spend (£) |
|----------|---------------------|
| February | 5006.02 |
| March | 5210.44 |
| April | 387.11 |
| June | 5000 (Van purchase) |

| | |
|------------------|-----------------|
| Total | 10603.57 |
| Budget | 10600 |
| Overspend | 3.57 |

Breakdown of deliveries and recipients (by month)

| Month | No. of parcels delivered | Individuals/families served |
|----------|--------------------------|-----------------------------|
| January | 15 | 7 |
| February | 97 | 25 |
| March | 201 | 47 |
| April | 203 | 49 |

DEFRA Equality Monitoring - United African Association (UAA)

***this table accounts for every single individual served, that is why numbers differ from that in the graph above that takes a number of families or an individual if they live alone.**

| Equal Ops Monitoring | Jan 21 | Feb 21 | Mar 21 | Apr 21 | Total |
|------------------------------|---------------|---------------|---------------|---------------|--------------|
| Age Accessing Service | | | | | |
| Child (under 16) | 12 | 190 | 339 | 330 | 871 |
| 25 & under | | 12 | 22 | 21 | 45 |
| 25 - 35 | 2 | 44 | 102 | 114 | 252 |
| 36 – 45 | 8 | 201 | 219 | 222 | 650 |
| 46 - 55 | 4 | 46 | 51 | 56 | 157 |
| 56 - 65 | | 17 | 29 | 29 | 75 |
| 66+ | 8 | 11 | 17 | 18 | 54 |
| Unknown | | | | | |

| Number accessing the service with disability | Jan 21 | Feb 21 | Mar 21 | Apr 21 | Total |
|---|---------------|---------------|---------------|---------------|--------------|
| Child (under 16) | 13 | 11 | 13 | 16 | 53 |
| Adult | 38 | 39 | 43 | 47 | 167 |

| Gender | Jan 21 | Feb 21 | Mar 21 | Apr 21 | Total |
|---------------|---------------|---------------|---------------|---------------|--------------|
| Male | 6 | 232 | 338 | 351 | 927 |
| Female | 9 | 289 | 441 | 449 | 1188 |

| Ethnicity | Jan 21 | Feb 21 | Mar 21 | Apr | Total |
|--|---------------|---------------|---------------|------------|--------------|
| White | | | | | |
| British | 2 | 15 | 32 | 32 | 81 |
| Any other White background (please state) Romanian | | 12 | 23 | 26 | 61 |
| | | | | | |
| Mixed | | | | | |
| White and Black Caribbean | | | | | |
| White and Black African | | 6 | 6 | 6 | 18 |
| White and Asian | | | | | |
| | | | | | |
| Black or Black British | | | | | |
| Caribbean | 2 | 28 | 42 | 42 | 114 |

| | | | | | |
|--|----|-----|-----|-----|------|
| African | 11 | 460 | 676 | 676 | 1823 |
| Any other Black background (please state) | | | | | |
| | | | | | |
| Ethnicity information declined | | | | | |

Project Leader's feedback

What was your greatest achievement during the project?

Our greatest achievement has been supporting a previously unknown African Muslim community in Wellingborough who are quite destitute. They are long term unemployed and were really struggling to feed themselves properly before we started supplying food parcels to them. For Ramadan we were able to supply them with the food items they specifically requested as these items were out of their budget. We have also been able to provide them with clothing and non food essentials.

We have been collating case management with the individual families as part of the community champions project and we will be working on them to try and resolve their issues.

We are pleased that 2 ladies have now began working in healthcare as support workers. The food parcels tend to be delivered to one household and the other beneficiaries then collect food from her house. We have been working with the lady to encourage her to talk to the beneficiaries about keeping safe during the pandemic and thankfully 4 sets of parents and 6 elderly people have had the vaccination.

What have you learnt?

With the reduction of funding we have been trying to see how we can cut down the number of food recipients with the aim of directing those on benefits to social supermarkets and other schemes so that we can prioritise those with no recourse to public funds who are not working and have little or no income. However on speaking to some of the recipients especially the ones with young children in nappies and/or taking baby milk and foods the expense of buying these items is quite crippling. So the aim is to continue with individual assessments, working with partner agencies to assist where possible.

How was it working in collaboration?

The experience of collaboration has been great. Each partner has their strengths and specialities that we can tap into or make referrals to.

Also, should urgent situations arise such as a last minute referral from social services to provide a food parcel to a family in Wellingborough we can ask WACA to provide food parcel saving us making a trip to Wellingborough. We have also been able to know each other and reassure the newer food banks that things will pick up and that initial takeup of food parcels and low volunteer numbers will increase. It is also good to share the successes of the projects with others and also the issues. We were able to assist WACA with how to set up food bank through an online training session we had with them.

UAA Case Studies

UAA case study

Profile

SK is a grandmother who was referred to us by Social services. She is in her early 60s. She has been placed in temporary accommodation where she lives with her 2 pre-teen grandsons. They have no recourse to public funds so are dependent on us for the provision of food. SK is originally from Tanzania

Support provided by United African Association

We supply African food parcels to SK in Wellingborough delivering them to her flat in a covid safe manner. We have been chatting to county councillor Danielle Stone who will be starting a clothing vouchers for those with no recourse to public funds so we will refer her. We will also refer her to NREC to process a Red Cross Hardship fund for her.

What difference did we make?

SK and her grandsons look forward to the hard chicken, maizemeal and other African foods they have not had for a long while. Our volunteer David from Kenya does most of the deliveries to her and she is delighted to be able to speak to someone in Swahili. She is delighted to have made friends with members of UAA and is extremely grateful for not only the food parcels but that we keep in regular contact with her.

Asha Deep

Between January and May 2021 Asha-Deep delivered **1971 meals** against a target of **1796–** and a total of **70** food parcels to **108** individuals/families.

Breakdown of deliveries and recipients (by month)

Asha Deep meals delivered

| | | | |
|--------------------------|------------|------------|-------------|
| Pravasi 30 Nov to 31 Dec | 92 | | |
| Pravasi 4 Jan to 22 Jan | 58 | 60 | |
| Pravasi 25 Jan to 26 Feb | 141 | 192 | |
| Pravasi 1 Mar to 31 Mar | 95 | 86 | 163 |
| Pravasi 5 Apr to 30 Apr | | | 464 |
| Pravasi 3 May to 28 May | | | 567 |
| Pravasi extra meals Apr | | | 53 |
| Asha Deep totals | 386 | 338 | 1247 |

DEFRA Equality Monitoring – Asha Deep

Meal Clients

| | <u>No. of Clients</u> | | | |
|--------|-----------------------|------------------|-------|-----|
| | Defra West | Defra North1,3,4 | Total | |
| Male | 21 | 40 | 61 | 40% |
| Female | 22 | 68 | 90 | 60% |
| | 43 | 108 | 151 | |

| | | | | |
|----------------------|----|-----|-----|-----|
| Aged < 40 Years | 0 | 3 | 3 | 2% |
| Aged 40 + < 50 Years | 0 | 3 | 3 | 2% |
| Aged 50 + < 60 Years | 7 | 6 | 13 | 9% |
| Aged 60 + < 70 Years | 10 | 13 | 23 | 15% |
| Aged 70 + < 80 Years | 8 | 43 | 51 | 34% |
| Aged 80 + < 90 Years | 8 | 22 | 30 | 20% |
| Aged 90 + | 2 | 6 | 8 | 5% |
| TBA | 8 | 12 | 20 | 13% |
| | 43 | 108 | 151 | |

| | | | | |
|-----------------|---|----|----|-----|
| Barton Seagrave | 0 | 1 | 1 | 1% |
| Corby | 0 | 18 | 18 | 12% |
| Desborough | 0 | 1 | 1 | 1% |

| | | | | |
|----------------|-----------|------------|------------|-----|
| Finedon | 0 | 0 | 0 | 0% |
| Kettering | 0 | 19 | 19 | 13% |
| Northampton | 43 | 5 | 48 | 32% |
| Rushden | 0 | 0 | 0 | 0% |
| Wellingborough | 0 | 64 | 64 | 42% |
| TBA | 0 | 0 | 0 | 0% |
| | <u>43</u> | <u>108</u> | <u>151</u> | |

| | | | | |
|-------------|-----------|------------|------------|-----|
| African | 0 | 0 | 0 | 0% |
| Bangladeshi | 1 | 1 | 2 | 1% |
| English | 2 | 1 | 3 | 2% |
| Gujarati | 39 | 97 | 136 | 90% |
| Pakistani | 1 | 2 | 3 | 2% |
| Punjabi | 0 | 5 | 5 | 3% |
| Sri Lankan | 0 | 1 | 1 | 1% |
| West Indian | 0 | 1 | 1 | 1% |
| TBA | 0 | 0 | 0 | 0% |
| | <u>43</u> | <u>108</u> | <u>151</u> | |

| | | | | |
|------------------------|-----------|------------|------------|-----|
| Disabled Physically | 13 | 51 | 64 | 42% |
| Disabled Mental Health | 2 | 12 | 14 | 9% |
| Not Disabled | 3 | 10 | 13 | 9% |
| Not Disclosed | 17 | 23 | 40 | 26% |
| TBA | 8 | 12 | 20 | 13% |
| | <u>43</u> | <u>108</u> | <u>151</u> | |

Asha-Deep Case Study 3

Physical

An elderly couple who had just received their covid vaccination had an adverse reaction. They were unable to manage making meals for themselves.

Support provided by Asha-Deep

Asha Deep Project provided meals for the couple until they fully recovered

What difference did we make?

The family of the couple were very grateful for the support provided by the project. With lockdown restrictions they were not able to support the elderly couple.

Asha-Deep Case Study 10

Physical & Emotional

85 years old mother who has heart failure and CKD stage 4, renal failure, and type 1 diabetes. Mrs. N 45 years lives in corby. She is full time carer for her.

Support provided by Asha-Deep

Asha Deep supported since november'20 meal and wellbeing call once a week.

What difference did we make?

She says being a full time carer for mum as well as having family of my own and the current covid-19 situation, it was well come with open hands. It was an opportunity for me to have break from cooking mum's meal for the day. In addition to that it offered mum a change as well. Regarding wellbeing it give me a chance to talk to someone else for support that full time care including : shopping , cooking, cleaning is emotionally and mentally draining so this actually helps to keep myself in a different mindset.

Asha-Deep Case Study 11

Physical & Emotional

64 years Mrs K who lives in Kettering came out of hospital after her foot operation. Her husband had bypass and still under morphine clinic for treatment

Support provided by Asha-Deep

Asha Deep provide support since december'20 meal and wellbeing call once a week.

What difference did we make?

She says this gives me break from cooking, meal comes in right time around 12s and look for forward to that.

Asha-Deep Case Study 12

Physical & Emotional

81 years Mr S lives in Corby, he has MS and he is not mobile also he lost his so feel lonely

What difference did we make?

Mr s says he looks forward to Thursday for meal and see someone to talk and he knows if he needs help whom to contact. He is getting use to ipad given and trying to socialise and stay contacted with community.

What was your greatest achievement from the project?

The project has enabled Asha-Deep to extend its meals provision in Kettering and Corby. We had not appreciated the extent of need in other parts of the county. This provision has enabled the volunteers to consider developing a day centre in the future and continuing the meals provision. Communities have come together and are helping themselves in a way that might not have been possible otherwise.

What have you learnt?

That it is important to provide culturally appropriate services. If we had not done this then a section of the population would not have been equally served.

That it is important to continue to focus on community needs and respond to this – people often need good practical support to turn their lives around.

There are good people in communities who can volunteer and go out of their way to support people. Our Kettering and Corby volunteers were so dedicated that they picked up the meals from Wellingborough and delivered to all places in the North of the county e.g. Desborough. They also strongly advocated for people's needs so we could respond.

How was it working in collaboration?

Working in collaboration and especially in Black Community collaboration, enables everyone to learn from each other, help each other overcome barriers and support each other.

We know that it is only through collaboration that we can have a stronger voice and ensure that the needs of Black communities are addressed.

Had it not been for this collaboration we could not have delivered at the scale we were able and identify the extend of need in all Asian, African-Caribbean and African communities.

Appendix

Testimonials:

“ The Food Parcels were a life line for me, thank you so much. ”

- Recipient of food parcel service by Wellingborough African Caribbean Association

“ Food is so important and these parcels allowed me to keep my family warm and safe by buying more gas and electric. I can't thank you enough”. ”

- Recipient of food parcel service by Wellingborough African Caribbean Association

“ Thank you so much for all you have done for my family, I would like to be more involved with the organization. I just want to give something back. ”

- Recipient of food parcel service by Power of the Mind