



KINGSTON FOOD SERVICES



The Good Food Group is a partnership of voluntary and community organisations seeking to provide both emergency response and a strategic approach to food insecurity in Kingston through making healthy food accessible, running community cooking classes, lunches and educational projects.

Emergency Response

Foodbank provide three days' nutritional emergency food to local people who are referred to us in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. For up to date times and locations: www.kingston.foodbank.org.uk



Voices of Hope provide 'meals on wheels' - cooking meals for those who can't cook for themselves, referred through Kingston Council. This couldn't happen without the support given by local businesses and organisations, and they are currently supporting hospital discharges.



Save the World work from their base at the Circulatory in Berrylands to redistribute fresh surplus food to organisations and families and individuals in need. www.savetheworldclub.org



Dons Local Action provides one week food packs to vulnerable and isolated people. Agencies and charities can refer people to access food packs. A GP, Social Worker or the Citizens Advice Bureau will be able to assist with this. Request referral forms from Craig.Wellstead@afcwimbledonfoundation.org.uk



Korean Culture & Arts work particularly with the elderly Korean community and those who have lost their employment and are struggling to afford food. They distribute food parcels and meals each week in New Malden. <https://kccuk.org.uk/en>



The Migrant Advocacy Service work particularly with minority groups and those with no recourse to public funds to distribute surplus food. <https://www.migrantadvocacyservice.org.uk>





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Accessible healthy food

Through the Co-op, Voices of Hope is able to provide accessible, sustainable, healthy food for those in the local area. They put together fruit and vegetable boxes that are spray-free and seasonal. When people buy a full price box, they help subsidise a cost price box for someone local in need. You can refer people for subsidised boxes by emailing info@goodfoodcoop.org.uk

To order your own boxes, go to www.goodfoodcoop.org.uk



The Rapid Response group is part of The Good Food Group. The group partners together to redistribute short-dated surplus food across multiple community groups in Kingston. To join please go to <https://forms.office.com/pages/responsepage.aspx?id=cyXNW8>



The Crop Drop is under the umbrella of The Good Food Group, and links community groups and local allotments together to reduce surplus fresh food and provide it free to those groups working with local people in need in the borough. Go to

<https://forms.office.com/pages/responsepage.aspx?id=cyXNW8> for your organisation to receive surplus veg.

KINGSTON



CROP DROP

MILAAP work with the relief of elderly persons (particularly but not exclusively those of ethnic minorities) in need with the object of improving their quality of life. They prepare delicious meals on the day for their members to enjoy. They also provide take away service. To join MILAAP go to

<http://www.milaapcentreakingston.org.uk>



Similar to Kingston Crop Drop, Abundance Kingston harvests and redistributes seasonal gluts of local fruit. They offer to help harvest crops/trees in late summer/autumn and distribute to community groups. There are also opportunities for admin, co-ordination, distribution, help at local events, and other useful tasks. Email abundance@ttingston.org for more info.





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Community Lunches

We are excited to provide hot meals and lunches to those in need across the Borough.

Monday: Hot lunch, pay what you want - Kingston URC, Eden St, 1-2pm



Tuesday: Free lunch - Piper Hall, Cambridge Rd Estate, 1-2pm. Emergency food parcels also available for collection



Tuesday: Free lunch & ladies pamper session - Sisterhood Sanctuary Lunch, KingsGate Church, KT1 1QT, 12.30-2.30pm



Saturday: Free Korean lunch for take-away or sit in - Korean Culture & Arts, 143 High Street, KT3 4BH, 12-2pm



Saturday: Tea, sandwiches, fruit, games & chats - Square 1 Cafe, 1 Kingston Rd, New Malden, KT3 3PE, 12-4pm



Tea & Treats: drop in tea, cake & chats - 62 Gibbon Rd, KT2 6AB, First Friday of every month, 11am-2pm





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Educational Programmes

A fantastic project for local families to help them cook healthy, delicious, simple recipes together. This weekly box has all the ingredients provided and a printed recipe guide along with photos to illustrate, step by step, how to cook a healthy dinner meal together as a family. BRITE Box works primarily through schools and local youth/children's charities to reach those who will most benefit from the project. For more info, contact bb@voh.org.uk / visit voh.org.uk



Voices of Hope runs 6 week cooking courses with young people. Through a partnership with AFC and Kingston Young Carers, they are able to work with young people who are particularly at risk of anti-social behaviour and/or have social or mental health concerns. To find out more / to refer, contact info@voh.org.uk



**DEDICATED
DETERMINED
AND DRIVEN**

Kingston Adult Education cooking courses. For up to date information on courses, go to <https://www.kingston.gov.uk/directory/15/kingston-adult-education-course-directory/category/24>



In April 2022, the Good Food Group, in partnership with RBK, will be launching a programme of Community Cooking Classes across the Borough aimed at promoting health and well being in the centre of communities and tackling health concerns such as diabetes and obesity. For more info contact: sarah.clay@kva.org.uk





KINGSTON ADVOCACY SERVICES

As part of our work in The Good Food Group, we encourage all organisations to actively promote advocacy services that are available across the Borough to help address the underlying drivers behind food insecurity.

Refugee Action Kingston delivers services for asylum seekers and refugees, by phone and Zoom including immigration, benefits and housing advice and health and education advice. Go to <https://refugeeactionkingston.org.uk> for more information.



Kingston Carers' Network supports over 3,000 adult carers and over 700 young



KINGSTON CARERS' NETWORK
Improving the lives of carers in Kingston



carers in Kingston through a wide range of services. A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. Contact www.kingstoncarers.org.uk for more info.

KCAH helps single people facing housing crisis and helps to rebuild their lives. They offer advice, shelter and food, as well as lasting solutions that restore the self-esteem and confidence of vulnerable people, helping them out of the circle of homelessness. To find out more go to <https://kcah.org.uk>.



Grace Advocacy offers a service that has been designed to help vulnerable



GRACE ADVOCACY

adults who are struggling with multiple, complex problems. They work on money, housing, benefits, NHS and adult social care. See www.graceadvocacy.org for more details.

Kingston Advocacy Group helps vulnerable people have a say in decisions that affect them and how they live their lives. Advocacy is provided by specialist staff and trained volunteers. Go to www.kagadvocacy.org.uk for more info.





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Christians Against Poverty helps if you're looking for help with money, whether that's help to get out of debt, find a job or gain vital life skills. They provide a range of free services across the UK through local churches. Learn more here: <https://capuk.org>



Citizens Advice Kingston give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. They offer confidential advice online, over the phone, and in person. More info at: <https://www.citizensadvicekingston.org.uk>



Staywell work with older people and carers, aiming to support users to live with independence, dignity, decide their own direction, and enjoy life as part of community. Through our furniture recycling service, we address the



needs of people who experience financial hardship and disadvantage for reasons other than age. Visit <https://www.staywellservices.org.uk> for more info.

Migrant Advocacy Service give practical and urgent support to vulnerable EU and non-EU migrants. They also give guidance to people with immigration restrictions and without access to public funds and benefits. To learn more, go to <https://www.migrantadvocacyservice.org.uk>.



South West London Law Centres take referrals for Legal Aid cases (Housing possession case, Asylum and Welfare Benefits cases at the Upper Tribunal stage) and also run free evening Legal Advice Clinics which are staffed by volunteer trainee solicitors that give one-off telephone advice on various areas of law (i.e. Family law, Employment law, General Litigation/Small Claims, Immigration and tenancy advice). Triage forms can be found at: <https://swllc.org/get-advice>



All services are FREE of charge!

