

April
2024

We are asking you to:

- **ONLY** visit us when you **NEED** to
- **ONLY** take the items you **NEED**
- **CONTACT** a support organisation to help improve your financial situation

Our aim is to reduce the number of people needing to visit us so have been looking for ways to get support for you. We now have:

- A **Citizens Advice Barnet Adviser** available at the foodbank while we are open on Tuesdays and Saturdays between 12pm and 1:30pm. They are able to provide free advice and support to you on a range of issues, including with debt, benefits, housing and more.
- A volunteer who can help you **get online including how to check if you are getting all the benefits you are entitled to.**
- Advisors who can help you with **training and getting into work.**

We know many of you have already been in contact with a support organisation, but we are asking you to make contact again as we want to make sure you have all the support that you are entitled to and so reduce your need to visit the foodbank.

Help us to help you by:

- Parking considerately in the car park.
- Arriving at your allocated time.
- Bring your appointment card.
- Remember that we can not accommodate children in the foodbank, but we can collect your items for you.
- Returning empty egg boxes.
- Bring your own bags.
- Move through the foodbank within 10 minutes & leave promptly.
- Observe our rules & follow the directions of volunteers so that we can distribute items fairly.

Thank you very much.

Get ready to vote on Thursday 2nd May

Elections for the Mayor of London and Greater London Assembly will take place on Thursday 2nd May 2024.

British, Commonwealth or European Citizens who are over 18 and who are registered to vote can vote in all of these elections. **If you are not currently registered to vote, you must apply by Tuesday 16th April 2024. (You are not automatically registered to vote and if you have recently moved you will need to re-register) Check if you are already registered by contacting Electoral Services on 020 8359 5577 or ero@barnet.gov.uk**

Ways to vote: 1) Vote in person at your local polling station, open from 7am-10pm on Thursday 2nd May. **All voters will need to show ID when voting at a polling station.** 2) Voting by post. Any registered voter can apply for a postal vote. **You will need to complete your online application for a postal vote by 5pm on Wednesday 17th April 2024 and will need to provide your national insurance number, date of birth and upload signature www.gov.uk/apply-postal-vote** 3) Vote by proxy. (When someone votes on your behalf) You will need to complete your online application for a proxy vote by 5pm on Wednesday 24th April 2024 www.gov.uk/apply-proxy-vote ID such as UK, Channel Islands or EEA photo driving license, UK, Commonwealth or EEA passport, Oyster 60+ or a Freedom Pass, Blue Badge scheme card EEA state national identity card will need to be shown if voting in person.

Visit electoralcommission.org.uk/voterID or call 0800 328 0280 for more information.

We want your feedback

We welcome all feedback (positive and negative) which will be treated in the strictest of confidence. If you have any feedback, please speak to a volunteer or the session leader when you visit us, so that we can respond quickly to your feedback.

You can also contact us by Telephone or text

07849 558307

or email to

finchleyfoodbank@gmail.com

In writing to:

**Finchley Foodbank 279
High Road, London N2 8HG**

Or scan
here:



Debt Support Groups

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If you are in debt and struggling with bills it is really important that you speak to someone to help you manage it. Here are a number of organisations that can support you for free:

- Barnet Council offer advice about money and debt. Please visit www.barnet.gov.uk/benefit
- Step Change Debt Charity offer free debt advice and solutions to Barnet residents. You can contact them online
- www.stepchange.org or call 0800 138 111 for more information.
- Green Doctors offer support with energy bills. Call 0300 365 3005 or email: GreenDoctorsLDN@groundwork.org.uk
- Visit www.billhelp.uk for emergency assistance for paying bills
- Shine offers free energy advice for Londoners. Call 0300 5550195 to self refer.

Mental Health Support

الصححة العقلية دعم | здоров'я психичного Підтримка | روان سلامت روان

If you're in crisis and need to talk, there are many helplines staffed by trained people ready to listen. They won't judge you, and could help you make sense of what you're feeling.

- Samaritans. To talk about anything that is upsetting you, you can call 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), or email jo@samaritans.org.
- Sanctuary Barnet (Crisis Café) Mon-Friday 4.30– 10.30, Sat-Sun 12–6pm 0208 343 5704
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).
- National Suicide Prevention Helpline UK offers a supportive listening service to anyone with thoughts of suicide. You can call them on 0800 689 5652 (6pm–3:30am every day).
- Campaign Against Living Miserably (CALM). You can call on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk.
- Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help. Text SHOUT to 85258.
- If you're under 25, you can call The Mix on 0808 808 4994 (3pm–midnight every day).

Domestic Abuse

آزار خانگی | Домашне насильство | العنف المنزلي

Domestic violence, also called domestic abuse, includes physical, emotional and sexual abuse in couple relationships or between family members. Domestic violence can happen against anyone, and anybody can be an abuser. If this is happening to you, it is important to tell someone and remember that you are not alone.

- Domestic Abuse Support Agencies: If you are fleeing domestic abuse call the 24hour National Domestic Violence Helpline on 0808 2000 247. It is free if you call from a landline or public phone.
- If you are in immediate danger, call the Police on 999.
- Silent Help: If you need help but are unable to speak, ring 999 when they answer press 55. This alerts the operator, and the police will be sent to help you.
- Solace Advocacy and Support Service: Provides free and confidential support for women and men in Barnet affected by domestic abuse. Call 0203 874 5003 or email: barnet.advocacy@solacewomensaid.org

Other Useful Telephone Numbers

سایر شماره تلفن های مفید | Інші корисні номери телефонів | أرقام هواتف مفيدة أخرى

Childline 0800 1111 Citizens Advice Barnet 0300 4568365 Age UK 020 8203 5040

Cruse Bereavement Care 0808 8081677 Lone Parent Centre 0203 828 4834

Boost 020 8359 2442 West London Works 0300 3033111

Finchley Foodbank is registered as a charitable Charity Incorporated Organisation #1200503

www.finchleyfoodbank.co.uk e: finchleyfoodbank@gmail.com

Tel: 07849 558 307