

15<sup>th</sup> May 2022 5th Sunday of Easter



## Community News

Northfield Community Partnership Hub is open Monday - Friday 9am-5pm for any advice or support:

**0121 411 2157**

email [info@northfieldcommunity.org](mailto:info@northfieldcommunity.org)

or just drop in at the NCP Hub, 693 Bristol Road South, Northfield, B31 2JT

## Spotlight on...St Bart's Local Pantry

St Bart's Local Pantry has been open since March, but the official launch is on Saturday! Pop along to see what it's all about, sample some earth oven baked pizza, enjoy the entertainment and children's activities, and visit the Community Garden.

Here's a little more information...

A significant number of children are defined as being in poverty and since the pandemic reliance on food banks has soared. A Community Food Pantry's mission is to directly serve local residents who suffer from hunger. 'Your Local Pantry' is a network of community food stores, creating a sustainable and long term solution to food poverty and helping families save money on their food bills. The pantry model is an effective way to make sure that people's budgets go further, and it provides a breathing space for struggling families, offering fresh food to households that would otherwise be limited to cheap, less healthy food.

For a weekly membership of £5, local residents can choose a minimum of at least 10 items worth £15 or more. This provides a step up from a food bank encouraging independence, choice and budget management. A local allotment will donate surplus produce.

The Local Pantry is open to those living within a 3 mile radius of Allens Cross Community Centre, on Fridays 1.00pm to 2.30pm, and Saturdays 12.30pm to 2.30pm.

We are in the heart of a needy community and will use the Local Pantry to signpost other support systems locally. We also offer a welcoming coffee / drop in and chat facility as well as advice sessions whose content will be determined by what we learn is needed in the community.

Our trained volunteers (as well as our clients, currently 80 plus members) have a voice in determining the direction that our project moves as it becomes a hub from which all sorts of activities could grow, sustaining well being and improving mental health through reducing isolation.

Keep up to date with news via Facebook: <https://www.facebook.com/StBartsLocalPantry.northfield>

**Eco Tip:** With the price of heating homes going up and especially the standing charge, you may be tempted to have your gas cut-off for the summer. Canon Janet has explored this. There is a charge for disconnection and reconnection, but furthermore, without the pump still working for hot water, your heating system could be damaged. Also, you may not be able to get the gas reconnected when you need it. MoneySavingExpert has other ideas for saving money: <https://www.moneysavingexpert.com/energy/>

**Covid:** Vaccines are important in preventing serious illness, however wearing face coverings, social distancing and maintaining air flow continue to be recommended to prevent the spread of Covid. Anyone with symptoms of a respiratory infection and a high temperature, or who feel unwell, should try stay at home and avoid contact with other people. Call free on 119 with any Covid questions.