

Expression of interest Support members form

Name.....

Email.....

Contact number.....

Post code

Ethnic origin.....

What are you interests?.....

.....

How might you support us.....

.....

.....

Funding /funding applications

Sponsorship

Legal support

Digital/graphic design

Marketing & promotion

Website development

social media

Fundraising

Event support

Other

Volunteers will be support with Time Credits to spend.

For information, on Time Credits spend, go to timecredits.com

Please return the completed application form to:
breadlinelondon@gmail.com



Workshops & events

"Living on a budget

A series of workshops or 1-2-1 sessions that focus on developing cost effective ways for families to shop and cook healthier options and build their larders with basic staples while on a minimal budget. The project will support families to develop recipes, menus, cooking tips, provide information on where to shop and basic build your larder ingredients/items lists/charts

Fun taster sessions

Natural healthy energy,

Natural healthy ways to increase your energy levels with food, drink, deep breathing and stretching.

Highs and lows of sugar

looking at how much is too much, different names for sugar, the sugar quiz, how sugar affects you and sugar alternatives

Financial education

Eliminating debts and paying off your mortgage sooner, How to save, invest & plan for retirement How to increase your income

Family market

Come and see what we have to offer at our family market Checkout our clothes zone and pick up some amazing bargains both new recycled and up-cycled

We have a food zone where you can pick up some canned goods and fresh produce to build your kitchen cupboards at extremely low prices.

Visit our lunch & learn zone for a healthy snack and learn how to reproduce our lunch snack for a very reasonable

Community Christmas with Breadline London

Christmas dinner/celebration for 20 families max 60 people in Tottenham North London priority given to those who have taken part in our workshops or any of our other activities. We will celebrate with food & drink, gifts, decorations and entertainment this Christmas.

For more information contact
breadlinelondon@gmail.com
Contact Marie 07415489506



Breadline[™]
London

Supporting London families to develop a more manageable and sustainable lifestyle through Budgeting, Healthy eating, Financial education and the creation of Micro business, Helping families to develop their own opportunities.

Building Communities
Financial Fitness
Making Cents
Strengthening Families
Financial Literacy
Free Knowledge
Money Management

Overcoming poverty is not a gesture of charity

It is an act of JUSTICE

Nelson Mandela

Breadline London
Community-Dignity-Security-Progress
Supporting families to rise

Breadline London

Supporting families to rise

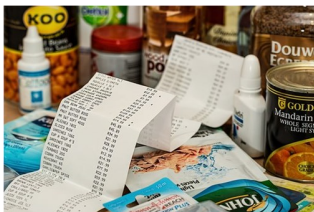
Our purpose is to support local families who are struggling to make ends meet to develop a more sustainable lifestyle and move to becoming more financially stable. through the development of financial education, practical skills, micro business, family activities and events.

Our objectives

The reduction of financial hardship, build practical skills and improve the lives of local families and their communities

Advancing the knowledge, training, education and skills of families in the community in subjects relating to financial education, healthy living, growing and cultivation, entrepreneurial development and any other activity that will support the development of the community

We offer practical training, workshops and family activities throughout the year that will support families to break the



cycle of poverty & hardship, improve health, reduce isolation, depression, and improve educational outcomes for their children.

We offer:

- ◆ A variety of workshops and 1-2-1 support on Budgeting tips and strategies, healthy meal creation, food waste and financial education.
- ◆ 1-2-1 & family support sessions which lasts up-to 6 weeks depending on needs
- ◆ Taster workshops which run twice a month on rotation at the local Library

We also have a small number of emergency food bags each month that are available to those who need them.

Please email us to request a referral form



We want to inspire local people to work together to develop a more sustainable community networks,

We believe

Community+ Dignity+ Security= Progress.

Partners/supporters wanted to Support and develop

Breadline London

We are looking for:

Passionate focused, driven, motivated, proactive and inspirational partners, supports & ambassadors.

Whatever your skills we want you

We are looking for supporters to help us build and develop our network to offer support and encouragement to more families in our community.

Partners/sponsors/volunteers needed for.....

Digital/graphic design– To support in the development of logos web design and other marketing material

Marketing & promotion—helping us to get the word out to other families about our events, projects & workshops

Fundraising– finding and completing funding applications so we can offer more projects and workshops

Event support - Helping to organise, plan and manage the events, this could be with stalls, workshop resources, ushering registration and more

Website support– helping to develop and maintain our web pages

Social media—Keeping up to date with Facebook, Twitter and other social media platforms

Legal support—to help develop documents and policies

To register support email
breadlinelondon@gmail.com