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## Food charity help plea as winter bites

By Lynn Winton

Food Bank Aid is the local grassroots charity, based opposite Hollywood Bowl on the Great North Leisure Park, that supplies 32 north London food banks with a significant percentage of the goods they distribute. This includes Finchley Foodbank in St Mary's Church on the High Road in East Finchley. Every week Food Bank Aid delivers 72,000 items to support the 20,000 people who currently rely on visiting those food banks.

These largely volunteer-staffed organisations are at the forefront of helping people who are braving a daily dilemma: do they heat their homes or put food on the table? It has declared its winter mission to

rice, flour, vegetables and fruit, along with the loo rolls and laundry soap, but have enough funds for some mince pies too? No one should miss out on a nibble of festive cheer".



Christmas appeal: The Food Bank Aid team ready for festivities

"keep the food banks fed" and ensure no one has to sacrifice a warm meal for a warm room. The Archer spoke to Naomi Russell, the dynamic person who has made eradicating food poverty her life's work and is the founder of Food Bank Aid and now it's co-chair. "This can be a brutal time of year, especially for families," she said. "A whopping 700,000 children in London live in poverty and recent stats show 13.6% of households are skipping meals because they just can't afford food and toiletries, not even the basics. "Wouldn't it be great if we could provide our usual nutritious staples such as pasta,

**Drop or donate**  
 Food Bank Aid provided some magic numbers: £32 feeds a family for a week, and £128 covers them for a month.

Compare that to the average family in the UK, whose monthly groceries and household bill is £508, almost four times as much.

Naomi, an N2 resident, is hoping your precious donations can help them plan their food orders, and with a bit of help, she can include some of those mince pies. You can donate cash or find their suggested shopping list online at [foodbankaid.org.uk](http://foodbankaid.org.uk).



The Archer team wishes all our readers, deliverers and advertisers a very merry festive season and plenty of health and happiness in 2025. Thank you for all the stories you've sent our way, all the copies you've pushed through letterboxes and all the advertising space you've taken in our pages. The Archer is YOUR community newspaper and we couldn't keep publishing without you! If you have a story for us, please email [news@the-archer.co.uk](mailto:news@the-archer.co.uk). If you'd like to advertise your business to 10,000 homes and other businesses across East Finchley, please email [advertising@the-archer.co.uk](mailto:advertising@the-archer.co.uk). Thank you. Archie image by Mike Coles

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### Poetry reading

East Finchley poet Dennis Evans will be reading from his new collection of poetry, called Turning the Page, at the United Reform Church, Pond Square, Highgate Village, N6, on Saturday 7 December at 7.30pm. Entry is £10.

Items can be dropped into their hub on the Great North Leisure Park or you can email [info@foodbankaid.org.uk](mailto:info@foodbankaid.org.uk) to find your nearest drop-off point. The QR code here will also take you straight to a donation page.



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