

## Referrers Monthly Update

### INFORMATION & SIGNPOST ADVISOR

If your organisation does not provide advice and you meet a client who would benefit from additional support, please feel free to tick the voucher, which the office will pick up. phone Nicola on 07736 993225 and she will be happy to answer brief questions or make appointments (Mon-Wed).

### THANK YOU

- With your help and support, we have been able to sign post and advise 113 clients in the last month!
- There were 1287 food parcels distributed last month

### WHAT'S COMING UP NEXT

- **Money Management Workshop** (free for clients) Thursday 1st June 10am – 12pm at Empowering Education, 74 Dallow Road, Luton LU1 1LY. Tickets are now available: <https://www.eventbrite.co.uk/e/money-management-tickets-640472820447>

The workshop will cover:

- Income against expenditure
  - Value for money
  - Borrowing - APR, mortgages, finance
  - Credit crunch
- **Our Annual Colour Run** takes place on the 1st of July. Sponsored by Atrumed Healthcare. Tickets are now available: <https://www.eventbrite.co.uk/e/the-colour-run-tickets-293481941387?aff=ColourRun2023Email>
  - **Letter for exceeded clients-** Clients are eligible for up to **five** vouchers in a rolling year. If you feel the client is in genuine need of further foodbanks, please get in touch. We will be issuing letters to clients who have exceeded and are not engaging in support to overcome their crisis.
  - **Advice Service** - If you would like me to hold an advice session at your organisation, please let us know and we will arrange this, alternatively you can request information to share with clients directly by emailing me at [Advisors@lutonfoodbank.org.uk](mailto:Advisors@lutonfoodbank.org.uk)

- I would also like to bring to your attention that clients who are international students, at either Hertfordshire or Bedfordshire University, can contact the University's welfare page.
  - **For Bedfordshire this is:** <https://www.beds.ac.uk/student-support/finance/cost-of-living-hardship-fund/>
  - **For Hertfordshire it is:** <https://ask.herts.ac.uk/overseas-emergency-financial-aid-oefa>
- They can also apply for Local Welfare Assistance from Luton Borough Council: [https://myforms.luton.gov.uk/service/Apply\\_for\\_local\\_welfare\\_support](https://myforms.luton.gov.uk/service/Apply_for_local_welfare_support)

### USEFUL INFORMATION FOR CLIENTS VOUCHER COMPLETION

- The **Healthy Start scheme** is available for pregnant women or families with a child under 4 receiving income support or universal credit. It provides vouchers for milk, fruit, and vegetables. Application no longer requires a signature by a health professional, making it easier to apply <https://lutonfoodbank.org.uk/healthy-start/>
- **Holiday Activities and Food for children on Free School Meals** – You can request a call back from us to the client, to get their children booked for the Active Luton Holiday Camps!
- **Local Welfare Assistance** can be applied for online from Luton Borough Council's website: <https://m.luton.gov.uk/Page/Show/Benefits/support/Pages/local-welfare-assistance.aspx>
- Prepayment gas and electric support
- Free small act of kindness bags (50+ clients)
- Free Sim cards with data (for those clients identified by referrers only)

### RECIPE AND COOKING VIDEOS

- Subscribe to our YouTube page **Luton Foodbank**, where you will find a variety of videos, from cooking videos and recipes to events and more! <https://lutonfoodbank.org.uk/recipes/>

### NEWSLETTER LINK

Check out our Spring 2023 Newsletter at <https://lutonfoodbank.org.uk/newsletter-spring-2023/>