



**BRAMPTON AREA ACTION GROUP'S
S.H.I.N.E. (Support, Help in Nourishing Everyone) PROJECT
PARTNERS WITH CARLISLE COMMUNITY HELP
TO BRING NEW AFFORDABLE FOOD HUB TO BRAMPTON**

Part of a network of hubs across Carlisle City and beyond, Brampton's own food initiative **S.H.I.N.E.** is addressing the affordable food needs of those who are struggling to make ends meet through these difficult post Covid times. Making food accessible and affordable for all.

Partnering with Carlisle Community Help, www.carlislecommunityhelp.co.uk **S.H.I.N.E.** will act as a pick up and ordering point for families and individuals who need that little bit of help.

Aim is to provide affordable food for communities, enabling families and individuals to thrive through difficult times, whether that is financial, mental or physical challenges. We want to be able to give choice when it comes to affordable food, helping create a healthier, greener community and help eliminate any stigma associated with food poverty across our region.

S.H.I.N.E. will still provide emergency food parcels and hot meals when clients are referred, ensuring the hard work done through Covid Lockdown continues in the event of a resurgence in cases and isolation.

If you are finding times hard, are on benefits, low income and especially since the furlough scheme has ended, anybody struggling with all their bills and shopping can be supported through these difficult times by accessing the Affordable Food Hub scheme.

The cost of a weekly shop (selected by you) is £5 p/w for an individual, £7 p/w for a small family (2 children) and £9 p/w for a large family (4 children).

More information can be found on the www.carlislecommunityhelp.co.uk website or contact **S.H.I.N.E.** Help Desk on 01697 927005 for more information.

Alternatively, if you'd like to volunteer for **S.H.I.N.E.** why not get in touch with us on 01697 927005. We'd love to welcome you to our team.