



Living Well
Bromley

An Urgent Message from Living Well

Who are Living Well Bromley?

We are a community hub based in Penge, supporting those in need in local and surrounding areas. We provide people with crisis support in the short term to ensure that no one goes hungry. This is through our foodbank, free community café and weekly free hot meal. For some this is the only hot meal they eat in a week.

We also continue to address the root causes by providing free advocacy advice for debt, benefit, housing, and homelessness issues. We will continue to tackle the growth in mental health illness by offering counselling, art therapy and a welcoming, safe place to come.

In March 2021 our foodbank gave out food parcels for 626 people. This March we gave out food parcels for 1043 people.

In 2020 we served approximately 90 free hot meals on a Friday. In 2022 this has already risen to 150.

Many are embarrassed and ashamed to ask for help. They never thought they would need a foodbank.

How you can help?

We are reaching out today to let you know about our cost of living Crowdfunding campaign.

We were successful in obtaining match funding from the National Emergencies Trust so every £1 pledged is matched – doubling every donation up to £250. This match funding is only until **5 August** so we are reaching out to our friends and supporters in case they're able to help us make the most of this opportunity.

Donations can be made online at:

<https://www.crowdfunder.co.uk/p/cost-of-living>

Thank you so much

Many more children will go hungry once the school holidays start. We are happy to accept food donations for the Living Well at the Office or you can use the drop off boxes in the supermarkets or at St George's Church or run them down to Holy Trinity Church, Lennard Road yourself.