



Blacon Beacon
Food • Advice • Support

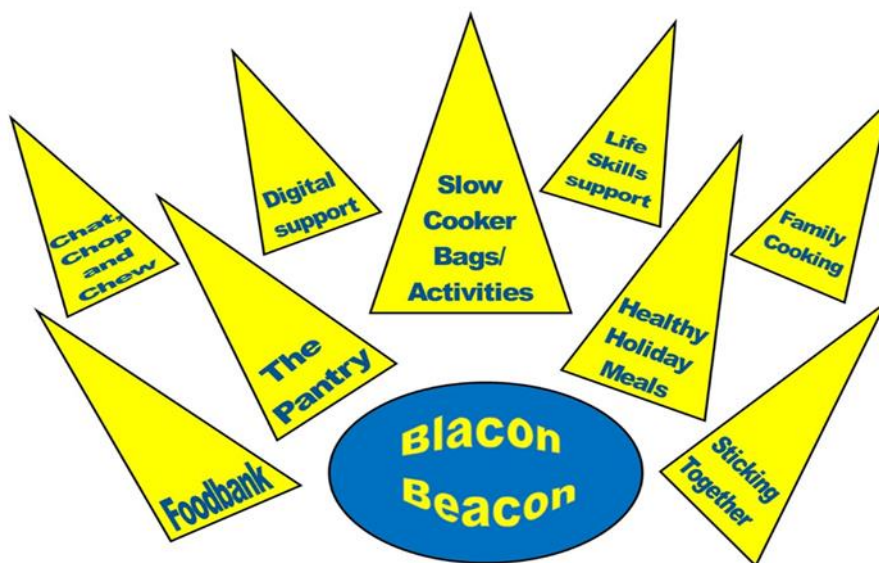


Blacon Beacon is based at Trinity Hall (next to Holy Trinity Church)
on Norris Road, Blacon

We are here to support our local community, with a particular focus on empowering households who are struggling with food poverty, how to cook on a budget and/or loneliness.

We work closely with schools in Blacon and are blessed by regular food donations from St Theresa's Primary School. It is a massive privilege to be working together to help empower families.

The image below shows how we are currently empowering the community.



A closer look at what we do:-

Foodbank is open 10-12 on Tuesday and Wednesday and 1-3 Thursday. This is for households in emergency situations. We are delighted to say that we have Citizen's Advice in with us during these times and they are able to give out referrals for Foodbank. They also aim to help households to get out of their emergency situations and offer help with benefit applications/ advice, budgeting etc.

Chat, Chop and Chew

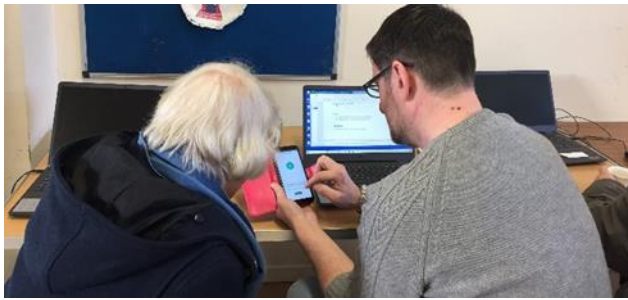
A monthly session once a month on a Monday where a group of adults meet to chat whilst chopping and preparing meat and vegetable (and any other ingredients that need preparing) for a slow cooker meal. The ingredients are free and the chewing takes place when it has been cooked at home!

The Pantry



Our Pantry allows Blacon residents, who are on a low income, to fill their baskets/ small trollies up with essential weekly food. Residents can be members for 6 months. Single households pay £3 a week and get approximately £18 worth of food and toiletries, families pay £5 and get approximately £30's worth of food each week. Each week everyone is also given a decent sized bag of fresh fruit and vegetables.

Digital Support



Each week we have Dave with us who is our very patient and helpful computer mentor. He is with us 10-12 Tues, 10-12 Wednesday, 10-12 at the Cafe' (Holy Trinity) and 12-4 (Trinity Hall) on Thurs. No booking required. He can also help with online budgeting, CV's and benefit applications.

Slow Cooker bags and activities

We regularly give out over 120 slow cooker bags a month. These include the recipe and most of the ingredients. Our Health Eating Co-ordinator chats with Blacon residents who come to pick them up and answers questions linking to food preparation. We also use these sessions to get households to consider the importance of maths and how helpful it is to be able to be able to work out the recipe for more or less people.



Life Skills Support



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FREE HEALTHY EATING AND COOKERY SESSIONS

We offer advice and cooking sessions either at Blacon Beacon or in your home.

Things we can help with:

- Cooking and Food preparation skills
- Planning and shopping for meals
- Learning about healthy eating and nutrition
 - Reducing food waste
 - Recipes and ideas for meals
- Advice on kitchen cleaning and sanitation
 - Reducing food costs
- Batch cooking and preserving
- Understanding food labelling
- Setting up Technology and IT
- Foraging and nature walks

PLUS LOTS MORE!

WANT TO KNOW MORE?

CONTACT YOUR NEW LIFE SKILLS MENTOR Viv!
Come in to see us at Blacon Beacon
Tues and Weds 10am-2pm
Thurs 10am-4pm
or via email: vivblaconbeacon@gmail.com

Healthy holiday meals

During the holidays we offer hot meals and activities to families in Blacon. These are always accompanied with vegetables and fresh fruit.

Family Cooking

We run family cooking sessions which are great fun and help children to learn how to cook nutritional meals. It is also great to watch parents teach or learn new methods of food preparation.

Sticking Together

Sticking Together is all about Blacon residents helping each other out in lots of different ways.

Here are some examples:-

*Residents sharing favourite recipes that are healthy and affordable.

*Non staff leading aspects of Chat, Chop and Chew (our adults cooking session) and teaching us how to prepare their favourite meal/part of a meal

*Families bringing good quality pre-loved clothes and shoes to our termly clothes swaps and gaining some clothes in return.

*Having a table showing food items and toiletries that you have suggested are good value for money and also of a high quality- these will also be shared on social media.

* Healthy snacks recipes, that you love, being made by our Healthy Eating co-ordinator and then given out as tasters with the recipe.

Please contact lesleyblaconbeacongm@gmail.com if you would like more details about any of these projects.