

PRESS RELEASE

FOOD Club support for families in Manchester



FOOD Club Manager Michael Cowieson with Afzal Khan MP. Photo Family Action.

Manchester Gorton MP Afzal Khan visited a FOOD Club in Manchester on Friday to see for himself the support the service gives to families struggling with the cost of living.

Mr Khan met Michael Cowieson, Family Action's National FOOD Club Manager as well as some of the volunteers who give up their time to run the club at Whalley Range.

FOOD (Food On Our Doorstep) Clubs offer families a range of good quality food including fresh fruit, vegetables, meat and dried and tinned foods each week worth approximately £10 – 15 for just £3.50. Members pay £1 to join for the year and are then able to 'shop' at the club once a week.

Louise Reilly, National Food Services Operational Manager for Family Action, said: "Helping families build brighter lives is at the core of what Family Action does. Not only do the FOOD Clubs provide vulnerable families with good quality, healthy foods, they are also helping to drive down food waste and reduce social isolation."

FOOD Clubs work in partnership with other local providers and provide a gateway to other Family Action services like children's centres and FamilyLine, a free, confidential national helpline.

Mr Khan said: "I was delighted to visit the FOOD Club on Friday to see first-hand the impact they are having in communities across Manchester. Their amazing services not only strengthen families and communities, but also build skills and resilience and improve the life chances of children and adults."

The FOOD Clubs also help to reduce waste in the food industry. The food is provided by FareShare, an organisation that takes good quality surplus food from the food industry and redistributes it to charities, breakfast clubs and homeless shelters.

Find about more about FOOD Clubs and how to join visit the [Family Action FOOD Club website](http://www.family-action.org.uk).

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Contact details:

Email: PR Manager Rebekah Sharrock at media-pr@family-action.org.uk



Phone: 07903 074 174

Family Action is a national charity committed to building stronger families and brighter lives. Since the charity was founded in 1869, we have continued to help children and families overcome the challenges they face through a wide range of practical, emotional and financial support. Today we work with more than 60,000 families in over 200 community-based services, as well as supporting thousands more through our national helpline, FamilyLine, which offers free and immediate support to adult family members and national schemes like the National School Breakfast Programme.

We help families and individuals to manage their mental health and wellbeing, working with families to reduce the impact of social isolation, poverty, addiction and other significant sources of stress and pressure. We also support families affected by adoption, special guardianship, separation, special educational needs, disability, domestic violence and sexual abuse. In addition, we provide thousands of welfare and educational grants every year to people in financial crisis.

For further information, please visit our website at www.family-action.org.uk

Registered charity number: 264 713

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