

One in a MILLION!



This week, we're recognising the amazing work of Izzy Bristol, from Greenwich. She wrote to say.

As a manager for the charity Roots4Life, I've been helping to tackle food poverty and social isolation within my area for a few years now.

We were in the midst of getting planning permission for a community centre before COVID-19 struck and put a halt to the proceedings.

The centre was meant to be a place for the community to come together for food, company and activities.

Before lockdown was enforced, the charity had already identified a number of people who needed food delivering to them.

We'd already fundraised £500 and prepped all the food, so I figured I may as well deliver it.

If they needed it before



We had it all ready

lockdown, then they definitely needed it now.

So, I made it my mission to go around the community and make sure everyone was fed.

From the elderly to families with young children – it was time to pull together.

And that's when Roots4Life put me in contact with Sophie Conway, from Access Sport.

Combining both of our charities, we were able to identify even more people within the area who needed food.

So, myself and a group of volunteers from both charities started cooking meals that could be frozen and delivered them door-to-door.

Cooking 150 meals, we delivered to nearly 30 households. But we wanted to do more. With people self-

isolating on their own, it's been a very lonely time for them.

So, myself and Sophie set up a virtual buddy system.

Utilizing Access Sport's Team 100 volunteer scheme, we have been able to call people across the area for a catch up.

I think for a lot of people, it's nice to know they haven't been forgotten.

As the days go by, it's become increasingly clear that even though lockdown may have eased, we'll be in this for the long run.

So, we need more volunteers to help us.

Team 100 is a community-based project in Charlton which empowers locals to get involved and volunteer.

Between us, myself and Sophie are currently brainstorming ideas as to how we can help going forward.

Hopefully soon, we'll get the planning permission for the community centre.

There, we'll have access to a larger kitchen, as well as a place for people to come whilst still social distancing.

This is going to be a long journey, but together, we can get through it.

● **For more information, visit:** www.accesssport.org.uk

We want to go further

Bitesize!

1	2	3	4
5			
6			
7			

ACROSS

- 1 South American ostrich (4)
5 My Name is __, sitcom (4)
6 Grime (4)
7 Approximately (2,2)

DOWN

- 1 Perform again (4)
2 Brush or comb this (4)
3 Makes mistakes (4)
4 Singing voice (4)

Read down the shaded squares for the answer.

Answer on page 47.

JUST FOR FUN

Sneaky peek at this week!



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