

## 60 SECOND INTERVIEW WITH SANDEEP CINA OF MAPESBURY

### For Mutual Aid Food Willesden (MAFW)

*A food hub offering emergency essential boxes locally during Covid-19*



*Q Can you tell us about yourself?*

I moved from Canada to London almost 3 years ago. Willesden Green has been home for my husband and me for over a year now. We both work in the hospitality industry and were both furloughed due to Covid-19.

*Q How did you hear about Mutual Aid Food Willesden?*

I was part of the Mapesbury Zone 4 WhatsApp group and helping with some ad hoc volunteering requests. Dione Southby knew I wanted to assist on a regular basis so she introduced me to MAFW team. Thanks Dione! 😊

*Q Have you noticed any changes as a result of Covid-19 lockdown?*

This pandemic has certainly heightened the need for support in Brent and allowed us to see how much we need to continue supporting those in need even after this crisis is over.

Covid-19 has also shown us how incredible our community truly is. I've seen so many people of all walks of life come together to help their neighbours, it's very touching.

*Q Can you tell us how you're involved helping provide essential aid?*

I assist the Food Redistribution team by calling wholesalers, manufacturers and supermarkets to see if they can donate any surplus items or offer us discounted pricing on items we purchase regularly. Once a week I assist the team at the food hub located in the Pakistan Community Centre (PCC) where we make food parcels for families in need.

*Q Are there any stories that you could share?*

We receive profiles on each person/family receiving a food parcel and it's really something I take to heart. I want each parcel to feel personalized and handpicked for each person. I feel that each family is going through their share of difficulties and receiving a food parcel you know was made with love is something special.

*Q How would you sum up what Mutual Aid Food Willesden does?*

**“Mutual Aid Food Willesden is an incredible achievement. To think something that was created only 10 weeks ago could impact over 3,400 individuals is something beautiful.**

**This could not be possible without the countless volunteers who helped around the clock. Their dedication and hard work is inspiring and I cannot wait to see what else they can accomplish in the next 10 weeks.”**