

60 SECOND INTERVIEW

WITH JULIA AVNON

OF KENSAL RISE

For Mutual Aid Food Willesden (MAFW)

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



Photo: Julia in the food hub, holding up a food bag

Q *Can you tell us about yourself?*

I am child and adolescent psychologist who lives locally with my family.

I worked with the NHS for many years but I am now working at the Anna Freud Centre for Children and Families.

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

I googled a volunteering opportunity locally in Brent during Covid-19, went through the list and found MAFW which looked like a wonderful idea!

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

Everything has changed but the most worrying is the hardship being experienced by the most at risk and vulnerable families in our society.

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

I signed up as a volunteer and after receiving a large private donation from a local family and with the generosity and help of local councillor Tariq Dar, we started to gear up Mutual Aid Food Willesden as a food hub at a local community centre to meet the growing demand.

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

What kind of shocked me was when I contacted Barnardo's as part of the outreach, I thought that it was perhaps a handful of families that might need help. Little did I know that within two weeks over 100 new families would come through who need significant help, sometimes bi-weekly. I feel happy that we can help but sad that such help is needed.

Q *How would you sum up the value of Mutual Aid Food Willesden?*

“ **Mutual Aid Food Willesden is an awe-inspiring local initiative, created by big-hearted, dedicated and hard-working volunteers in a very short space of time.** ”

