

60 SECOND INTERVIEW

WITH STEPHANIE RUKIN OF GOODS FOR GOOD

For Mutual Aid Food Willesden (MAFW)

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



PHOTO: MAFW volunteers with a Goods for Good delivery.
From left: Hafid, Lynn, Sabrina, Karen, David, Rose

Q Can you tell us about yourself?

Goods for Good is a small registered charity founded in 2014 in Borehamwood. We source overstocked goods donated by British industry that might otherwise be sent to landfill or incinerated and deliver them to vulnerable people around the world. <https://goodsforgood.org.uk/>

We work in 20 countries, including: UK, The Middle East, Iraqi Kurdistan, Eastern Europe, Greece, African countries and the Philippines. Our team of two have facilitated the delivery of 290 trucks of goods worth almost £20m to over 20 countries across the world.

Since the pandemic began, we have been focussing on distributing essential aid to vulnerable, marginalised people in the local community. As experts working in SOS and humanitarian crisis for many years, we are sourcing goods from our industry partners, mobilising the community and our dedicated volunteers to make this happen.

Q How did you hear about Mutual Aid Food Willesden?

We have been working with Barnet Refugee Services supplying them with hygiene goods for their food bank which supports for local refugees and asylum seekers. They passed on our information to Mutual Aid Food Willesden who reached out to us.

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

There has been a dramatic increase for demand with our services. Prior to the pandemic we were supporting a majority of international programmes. Since COVID we have adapted our operations and now our local work has upscaled. We deliver essential goods to refugees and asylum seekers, housing associations, the homeless, food banks, vulnerable individuals and families and those recovering from addictions.

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

We are involved by sourcing for delivering aid to Mutual Aid Food Willesden. This aid includes food and hygiene goods as such as soap, nappies, shampoo, cleaning products, toilet roll nappies and sanitary products. This is in large quantities which we receive from other charitable organisations and corporate companies.

18 August 2020

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Q Can you give us an example of a donation Goods for Good have given MAFW?

Description	Goods for Good donation	Average # people helped
Lynx men's deodorant	48 individual units	48
Baby moisturiser	20 individual units	20
Baby oil	20 individual units	20
Talc	4 individual units	4
Bathroom cleaning spray	30 individual units	30
Mouthwash	24 individual units	24
Size 5 nappies	14 packs (40 nappies per pack)	20
Size 4 nappies	4 packs (78 per pack)	12
Size 2 nappies	2 (31 per pack)	2.5
Shower gel	20 individual units	20
Baby wipes	8 boxes (10 packs per box)	80
Toilet roll	30 packs (6 rolls per pack)	45
Hand washes	48 individual units	48
Huggies Pull-Up Night Girls - L	8 packs (16 per pack)	8
Huggies Pull-Up Night Boys - L	8 packs (16 per pack)	7
Huggies Pull-Up Night Boys - M	3 packs (16 per pack)	3
Face wipes	20 individual units	20
Toothpaste	50 individual units	50
Sanitary pads	30 boxes (12 packs per box)	30
Tampons - Regular	4 boxes (18 packs per box)	4
Asda 7m + baby food - Chicken Casserole	50 (6 per pack)	25
Biscuits	10 boxes (4 sealed trays per box)	40
Crackers	4 boxes (5 per box)	20
Quick foods (pot noodles, pot rice, lentil stew)	60 individual packs	30
PG Tips Tea	64 boxes (160 bags per box)	340



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

Mutual Aid Food Willesden is a cooperative hub of local people working together to support those most vulnerable in their community. They connect people and organisations and help them receive what they need during such a precarious time.