



AY Group Community Services CIC is a charitable organisation focussed on serving and improving the lives of people in our community. When the UK went into Lockdown in March 2020, Shop and Donate was born. From the food donations we

receive, we create food parcels which we send on to local elderly and vulnerable residents, NHS staff and other food banks who support thousands of people in need. Shop and Donate is also an online shop, where we sell a variety of fresh fruit and vegetables.

The proceeds from this go into sustaining and improving our growing services! Together with our sister organisation AY Group Community Services CIC we have been very successful in supporting disadvantaged individuals within our community and across London.

Monday (10.00 to 17.00)	Tuesday (10.00 to 17.00)	Wednesday (10.00 to 17.00)	Thursday (10.00 to 17.00)	Friday (10.00 to 17.00)
<ul style="list-style-type: none"> <li>• Operating food bank</li> <li>• Functioning supermarket</li> <li>• Volunteers Recruitment</li> <li>• Support to local community</li> <li>• Complementary services</li> <li>• Mentoring</li> <li>• Training</li> <li>• Support schemes</li> <li>• Budgeting</li> <li>• Launching Micro businesses</li> <li>• Job Interview Skills</li> <li>• Debt and Welfare Advice, overcoming addiction.</li> <li>• Employment skills Cooking, informal Support.</li> <li>• Community Kitchen, Cookery classes.</li> <li>• Opportunities to Build relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Operating food bank</li> <li>• Functioning supermarket</li> <li>• Volunteers Recruitment</li> <li>• Support to local community</li> <li>• Complementary services</li> <li>• Mentoring</li> <li>• Training</li> <li>• Support schemes</li> <li>• Budgeting</li> <li>• Launching Micro businesses</li> <li>• Job Interview Skills</li> <li>• Debt and Welfare Advice, overcoming addiction.</li> <li>• Employment skills Cooking, informal Support.</li> <li>• Community Kitchen, Cookery classes.</li> <li>• Opportunities to Build relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Operating food bank</li> <li>• Functioning supermarket</li> <li>• Volunteers Recruitment</li> <li>• Support to local community</li> <li>• Complementary services</li> <li>• Mentoring</li> <li>• Training</li> <li>• Support schemes</li> <li>• Budgeting</li> <li>• Launching Micro businesses</li> <li>• Job Interview Skills</li> <li>• Debt and Welfare Advice, overcoming addiction.</li> <li>• Employment skills Cooking, informal Support.</li> <li>• Community Kitchen, Cookery classes.</li> <li>• Opportunities to Build relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Operating food bank</li> <li>• Functioning supermarket</li> <li>• Volunteers Recruitment</li> <li>• Support to local community</li> <li>• Complementary services</li> <li>• Mentoring</li> <li>• Training</li> <li>• Support schemes</li> <li>• Budgeting</li> <li>• Launching Micro businesses</li> <li>• Job Interview Skills</li> <li>• Debt and Welfare Advice, overcoming addiction.</li> <li>• Employment skills Cooking, informal Support.</li> <li>• Community Kitchen, Cookery classes.</li> <li>• Opportunities to Build relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Operating food bank</li> <li>• Functioning supermarket</li> <li>• Volunteers Recruitment</li> <li>• Support to local community</li> <li>• Complementary services</li> <li>• Mentoring</li> <li>• Training</li> <li>• Support schemes</li> <li>• Budgeting</li> <li>• Launching Micro businesses</li> <li>• Job Interview Skills</li> <li>• Debt and Welfare Advice, overcoming addiction.</li> <li>• Employment skills Cooking, informal Support.</li> <li>• Community Kitchen, Cookery classes.</li> <li>• Opportunities to Build relationships.</li> </ul>

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