



**BY PROVIDING SOMETHING TO EAT AND A GOOD NIGHT'S SLEEP, WE HOPE TO GIVE EVERY CHILD AN EQUAL CHANCE TO LEARN AND SUCCEED AT SCHOOL.**

**TOGETHER WE CAN HELP CHILDREN LIVING IN POVERTY.**

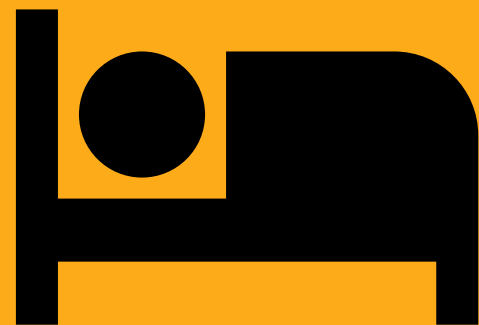
### **HOW DOES ZARACH HELP FAMILIES?**

1. Zarach receives a referral from a school and contacts the family
2. Our Family Support Worker visits the family at home and completes an initial assessment. This includes what beds the family require and how we can further support them.
3. Brand new bed bundles worth £400+ are delivered to the family usually within 1 week
4. Our support worker will continue to see the family following delivery of the beds. This is to help enable them to access any further support and services required to help get them out of crisis.

Zarach Leeds has supported families with over 300 free bed bundles. We'd love to work in partnership with Child Friendly Leeds and help make our city even greater. For more information, to donate or sign up your school email [bex@zarach.org](mailto:bex@zarach.org)

**CHARITY NUMBER 1179539**

**Together, we can  
break the cycle of  
poverty**



@Zarach Leeds



@LeedsZarach



@zarachleeds



#### Referral

We receive referrals through our unique network of schools and partner organisations.

A short referral form is sent via email that will include permission from the parent/guardian.



#### Delivery

Within 24 hours, we contact the family, prepare a Bed Bundle; which is delivered by our experienced team.

A Zarach Bed Bundle includes a brand-new Bed, Mattress, Duvet, Pillow, Bed Sheets, Pyjamas and Hygiene Kit. We also work with local partners to include Food Parcels and, if



#### Support

Once contact is made with a family in crisis, our team assesses the best ways to support them further.

As a friendly-face, we can mediate between families and other support services, as well as making referrals.

I'm an Assistant Head Teacher at an inner-city Primary School in Leeds. After a decade in the job, hungry children, poor living conditions and social care referrals has sadly become the norm. Children being hungry or not having a bed is unacceptable. We are better than this!

In 2017, whilst teaching an 11-year old boy, I noticed he was scratching his tummy. He told me he and his younger brother shared a cushion to sleep on. A cushion that had bed bugs which made his tummy itchy.

At the time I was in the middle of teaching a lesson on irregular tense verbs. I realised I had a choice; to be satisfied that I'm teaching him grammar because it's what I'm paid to do, or to continue to be the best teacher I can be whilst also using my time and influence to make sure every child in our city has their basic needs met, gets a good night's sleep and an equal opportunity to get the best education at school.

**Bex Wilson, Project Leader**