

# Help in your community

## I CAN HELP

MY NAME IS.....

I LIVE.....

YOU CAN CONTACT ME ON.....

I can help you with collecting food or prescriptions,  
a friendly phone call or if there's anything else I can  
help with then just let me know!

**AGE UK**

Telebefriending - 01952 201 803

**Find your nearest food bank**

<https://www.trusselltrust.org/get-help/find-a-foodbank/>