

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 - 0800 008 6077,
befriending@ageukhw.org.uk

Find your nearest food bank

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