

A NOTE FOR YOU



This food has been donated by local people to give you a helping hand at this difficult time.

You may also find it helpful to access some of the services below.

Take care,

Your friends, the **Bestwood & Bulwell Foodbank** at **St Philips, Top Valley & St Marys, Bulwell**

Bestwood Advice Centre	0115 962 6519
Nottingham Welfare Rights	0115 915 1355
Mental Health Helpline	0300 555 0730
Disability Support	0115 978 5095
Citizens Advice	0300 330 5457
Juno Womens Aid	0808 800 0340
Child Line	0800 1111
Turn2us	www.turn2us.org.uk

www.bestwoodbulwell.foodbank.org.uk