

# *Could you help your community?*



What would you do if your children were hungry, the cupboards bare and you were unsure of where the next meal was coming from?

Many of us would turn to family or friends if things became tough, but what would you do if you were all alone with nobody else to turn to?

That's where the Community Food Bank can help. When a person is referred to the Food Bank they will be given a food package and support when they need it most.

We need volunteers to help with the running of the Food Bank. All volunteers will receive training and a CRB check and you can help out as much or as little as you want to.

If you think you could spare some time during the week and would like more information on becoming a volunteer then please contact the Food Bank for more details.

For more information:

Phone: 01202 570 010

Email: [communityfb@hotmail.co.uk](mailto:communityfb@hotmail.co.uk)

St. Andrew's Church Centre,  
Kinson, BH10 7LN

*The next volunteer training sessions are on:*

*Thursday 13th October  
from 7:00-9:00*

*or*

*Saturday 29th October  
from 10:00-12:00*