



LOCAL FOODBANK AND SUPPORT

22, Lillie Road, open Monday – Friday 10.00 – 3.00pm

Do you need some free groceries each week – are you looking for an extra bag of groceries to help feed your family?

Come and visit DadsHouse – **22 Lillie Road, open Monday – Friday 10.00 – 3.00pm**

Bring your bag or your trolley and we can certainly help you will a generous bag of food. We rely on donations, so each week we have different selections of food for you to choose from. We don't have a "pre prepared" bag, we ask you to tell us how many in your family and what you would like.

We have a range of services available including the family law clinic – free legal advice, but you do need to book in advance. <https://www.dadshouse.org.uk/>

Foodbank Manager: Luke Tydeman – pop in and say hello and say that you have come via St Cuthbert with St Matthias Primary School.

Bienvenidos al banco de alimentos "DadsHouse"

Traiga su bolsa o su carrito y sin duda podemos ayudarlo con una generosa bolsa de alimentos. Dependemos de las donaciones, por lo que cada semana tenemos diferentes selecciones de alimentos para que elija. No tenemos una bolsa "pre-preparada", le pedimos que nos diga cuántos en su familia y qué le gustaría.

Dalhin ang iyong bag o ang iyong trolley at tiyak na matutulungan ka namin ng isang masaganang bag ng mga grocery. Umaasa kami sa mga donasyon kaya bawat linggo ay mayroon kaming iba't ibang mga seleksyon ng pagkain na mapagpipilian mo. Wala kaming "pre prepared" na bag, hinihiling namin sa iyo na sabihin sa amin kung ilan sa iyong pamilya at kung ano ang gusto mo.

[apologies if translation is incorrect]