



## We're here to help

At the Foodbank we understand that people need emergency food for many different reasons. And sometimes it is difficult to know where to turn to for help and support.

Are you struggling.....?

- **Struggling to access Benefits?**
- **Facing a growing Debt?**
- **Needing help with Housing?**
- **Coping with making money last the month?**
- **Looking for a job?**
- **Suffering poor health?**
- **Battling against Addictive Behaviours?**
- **Struggling with anything else?**

Our Community Connector team would love to meet with you and guide you to get expert help and support.

So, please don't hesitate to get in contact by calling:

**David on 07901 132830**

Or by emailing [David.a@hartfoodbank.org.uk](mailto:David.a@hartfoodbank.org.uk)

Your Community Connector Team