**What to do if you are in financial hardship and don’t have money for food or essential supplies**

If you are in this situation please seek help. Do **not** be embarrassed – anyone can find themselves in this situation, life can be precarious and unpredictable. Here are some ways you can get help xx

**Seek referral to Taunton Foodbank for an emergency food parcel**

Taunton Foodbank give out food parcels to people who would otherwise go hungry. Each food parcel includes at least three days worth of healthy, balanced meals for individuals and families.

Taunton Foodbank operates a voucher referral system which can now be done by phone and email. To get a Foodbank voucher you need to approach one of the Foodbank referral agencies such as:

* Citizens Advice Bureau – 0344 488 9623
* Job Centre,
* Somerset West and Taunton Housing or Benefits department
* MIND
* Your social worker if you have one
* School SENCO/Parent and Family Support Worker
* Your GP

and ask for a Foodbank voucher. The referral agent take down some basic information from you and will establish whether you meet the criteria or point you in another direction. Once Taunton Foodbank has received the referral email, they will put you on their delivery list. For Taunton, deliveries are currently Tuesdays and Fridays.

*Note if you want to donate items to the Foodbank their opening hours for donations during the coronavirus lock down are weekday mornings 0800-1200. You can leave your donations on the ledge outside the warehouse door where their small band of volunteers will be working.*

**The Salvation Army**

Contact Theresa at the Salvation Army. The Salvation Army supports families who have hit hard times, people who have been made redundant, become ill or are experiencing benefit delay. They give out food packages but also will try to help with a long term solution to poverty.

Email address: theresa.torr@salvationarmy.org.uk

Phone: 01823 284 291

*\*If you need help URGENTLY or haven’t managed to get help from either of the above, we have a small supply of things like loo roll, tinned goods (in addition to sanitary items from our Red Box) and a network of volunteers we can get word out to assemble vitally needed items so please get in touch on 07473 119426. You will just need to briefly explain who you are, what your situation is and nature of need etc (your details will be held by one of the coordinators and your identity will be kept confidential to anyone bar the coordinators or a.n.other volunteer assigned to pull together supplies).*