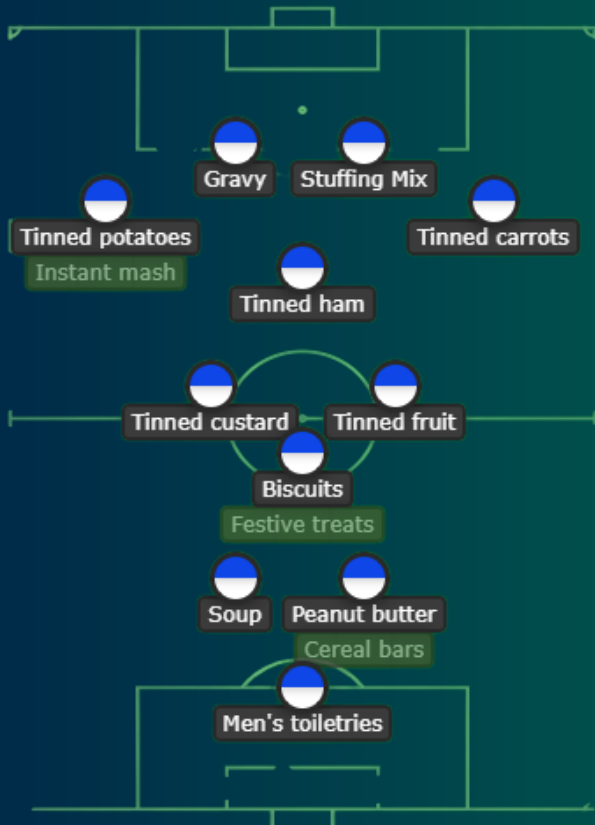


SOUTHEND FOODBANK AT ROOTS HALL 3RD DECEMBER '22 V. ALTRINCHAM @ 12.30PM

Foodbank winter XI



Southend foodbank supports people in your local community who are struggling to afford the basics. We're open 6 days a week in 8 locations across Southend and Rochford. Referrals come from local schools, health, care and support organisations.

We aim to give food parcels that are nutritionally balanced for 3 days, including meals you can cook at home without much fuel, and hot drinks and snacks. We also try to offer toiletries, pet food and baby basics, but all of this depends on people kindly donating.

We'll be collecting food and cash donations outside Roots Hall on 3rd December, or you can drop off donations to the Blue Boar and Spread Eagle pubs any time, and the SUFC Box Office whenever it's open.

We know it's not right that so many people need to use a foodbank right now, but while the need is here, we'll be here too - with the generous support from the community.



Show up and support your local foodbank. Bring cash, food or toiletries to donate. Scan and scroll for more info, including other ways to give or get help this winter.



@SUFCfoodbanks
linktr.ee/sufcfoodbanks

@SouthendFoodban
southend.foodbank.org.uk

@SUFCcommunity
sufccommunity.co.uk