



# **No money left at the end of the month? Struggling to make ends meet?**

**If you need help affording food or other essentials  
PLEASE GET IN TOUCH.**

## **What can we help with?**

**Food, baby formula & nappies,  
personal & household hygiene items, pet food.**

## **Who can get help?**

**If you are in paid work or claiming Universal Credit but are  
struggling to afford the essentials, we can help.  
Our service is confidential & non-judgemental.**

**We can also put you in touch with other organisations who can help advise on  
income maximisation, benefits, debt management, bills, rent arrears etc.**

**Ring us on 07840 455725 & leave a message  
or email [info@wetherbyanddistrict.foodbank.org.uk](mailto:info@wetherbyanddistrict.foodbank.org.uk)**

**We can deliver if needed.**

**[www.wetherbyanddistrict.foodbank.org.uk](http://www.wetherbyanddistrict.foodbank.org.uk)**