

**Can't afford food and
all your bills each month?**

**Is money causing you
stress or anxiety?**

**Would you like some
support through it?**

**If you've answered yes to any of these, then
let's have a chat.**

**Whether it's checking you're receiving all you're
entitled to, connecting you to professional services or
anything else - we're here to help!**

**Ring us on 07840 455725 - leave a message and
someone will get back to you.**

Email: info@wetherbyanddistrict.foodbank.org.uk

