



***Providing help in a crisis, if you can't afford to feed yourself or your family***

- ◆ We are based at the Dorford Centre, Bridport Road, Dorchester DT1 1RR and are open from 10.30-12.30 every Monday, Wednesday and Friday (excluding Bank Holidays).
- ◆ Our food parcels include a range of tinned and packet goods. We can also provide toiletries and a number of household cleaning items.
- ◆ You can get a referral for one of our food parcels from our partner organisations– see overleaf for contact details and more information.



- ◆ **Our partner organisations include Citizens Advice, Dorset Council, most Housing Associations, Support Workers, Schools, GP's and Health Visitors.**
- ◆ **Our main referrer is Citizens Advice. In addition to referring you for a food parcel, they can also provide independent advice, and support, on a range of issues.**
- ◆ **You can contact Citizens Advice by phoning them on 0800 144 88 48 (Mondays-Fridays from 10.00am to 4.00pm). Further contact details are available on their website: [centraldorset.org.uk](http://centraldorset.org.uk)**
- ◆ **You can also contact us on 07554 9833978 or by email at: [foodbank@dorchesterbc.org.uk](mailto:foodbank@dorchesterbc.org.uk)**