

## ABOUT MEDWAY FOODBANK

*"The foodbank was there when we really needed it, it was an absolute lifeline."*

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

## GET HELP

We know that anyone can reach crisis point and we're here to help when that happens.

## GIVE HELP

We want to make sure that no one in our local community has to go hungry, but we need your help to make this happen. Your gift of financial support, time, business partnership and food can make a real difference.

### Medway Foodbank

Please note that the office and telephones are manned as follows :

Mondays : Closed

Tuesdays : 9.30am - 3.00pm

Wednesdays : 9.30am - 3.00pm

Thursdays : 9.30am - 3.00pm

Fridays : 9.30am – 1.30pm

We are fully closed during all holiday periods.

*Medway Foodbank Office and Warehouse*

*Unit 26,*

*Riverside 1*

*Sir Thomas Longley Road*

*Medway City Estate*

*ROCHESTER,*

*Kent*

*ME2 4DP*

*Tel: 01634 757057*

*The warehouse is for donations only – please call to arrange delivery of donations.*