

Getting support in:

SHREWSBURY

Shropshire Council Coronavirus Helpline:

■ 0345 6789028

Shropshire Council Local Support and Prevention Fund Helpline:

■ 0345 6789078

Shropshire Council Housing Support Helpline:

■ 0345 6789005

Age UK Shropshire Telford and Wrekin Phone:

■ 01743 233123

Shrewsbury Food Bank Phone:

■ 01743 343336

Citizen Advice (CA) Shropshire Free Phone line:

■ 0344 4991100

CA's special help to claim universal credit line:

■ 0800 144 8444

Keep Shropshire Warm Phone:

■ 0800 1123743

National Domestic Abuse Helpline:

■ 0808 2000247

Shropshire Domestic Abuse Helpline:

■ 0300 3031191

Shropshire Mind Phone:

■ 01743 368647

NHS Mental Health Access team/service Phone:

■ 0300 1240365

Samaritans Helpline:

■ 116 123

Childline Phone:

■ 0800 1111

Shrewsbury Food Hub

Visit our foodshare tables for good food leftover from the supermarkets every day of the week.

Visit: www.shrewsburyfoodhub.org.uk

Help stop food waste. Open to all.



Food bank PLUS

food bank PLUS

For support with food parcels, household items, free face to face debt advice appointments, returning to work, digital inclusion and lifeskills.

Go online: www.barnabascommunityprojects.org/what-is-food-bank-plus

or call 0742 174 5857

Shropshire Larder

On a low budget?

Want to save money?

Visit: www.shropshirelarder.org.uk

Find out about low cost and free food in Shropshire.



Free Debt Advice online and by phone

Step Change Debt Charity

<https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx>

Free online or phone support on any type of debt issues.

Turn2Us

<https://www.turn2us.org.uk/>

Provides free online advice and support on all welfare benefit entitlements plus online advice and support to obtain charitable grants to help people on low incomes.

Getting support in:

SHREWSBURY

Leaflet produced by

Shrewsbury Food Bank part of Foodbank PLUS

and **Shrewsbury Food Hub**



food bank PLUS

