



## Do you need help with food as a result of Covid 19?

If you have been affected financially due to the current crisis please do not suffer in silence.

The Voluntary Help Centre (VHC), Sole Bay Care Fund, the local churches, Southwold Town Council and Reydon Parish Council are working together to ensure local people have access to fresh and store cupboard food.

If you are self-employed and out of work, waiting for tax credits, or are unsure when you will be paid and are struggling to buy food please call us on **01502 724549**. You will be asked a few basic questions to assess your need but there is no lengthy referral process and no paperwork for you to complete.

We are not able to provide people with an endless supply of food, but we are able to help in the short term. It will be expected that people contact landlords/mortgage providers and utility companies to arrange payment breaks or lower payments whilst their income is being affected by Coronavirus, food needs to be your main priority and companies are being very accepting of this at the moment.

Your details will not be shared with others without your knowledge and consent and any information you give us will be held securely and confidentially.

Phone lines are manned Monday to Friday from 9am -1pm with an answer phone available outside these hours.

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**Food Donations** – we are always grateful for non-perishable food donations. These can be taken to the Co-op Southwold, Barbrooks and Boydens Stores, Reydon.

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The scheme is supported by The Southwold Trust and The Reydon Trust. You may wish to contact the Reydon Trust directly, the Trust has been helping our communities for the past 50 years.

[theclerk@thereydontrust.org.uk](mailto:theclerk@thereydontrust.org.uk)

Registered Charity Numbers: VHC – 1164155, Sole Bay Care Fund – 1144108, The Southwold Trust – 206480,  
The Reydon Trust - 206873

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You can also contact Lowestoft Foodbank – **07307 866146**

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If you need advice and support around benefits please contact  
Cllr David Beavan **01502 724904** or [David.Beavan@eastsoffolk.gov.uk](mailto:David.Beavan@eastsoffolk.gov.uk)