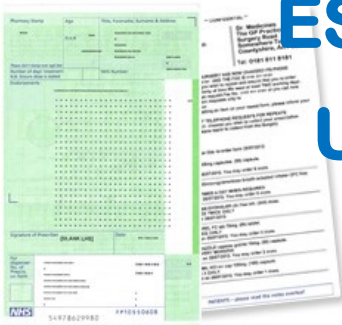


# KEEP IN TOUCH

## ESSENTIAL AID PROJECT

Updated 21st April 2020



*Are you in need of some support?*

*We are here to help*

**FOOD BASICS:** If you would like an essential food bag delivered to you or your friends or family, we can arrange this for you. See below for options:

**£10 fresh supplies bag:** fresh milk, veg, fruit, eggs, bread, cheese and butter

**£20 single persons essentials:** As below but in smaller amounts.

**£35 family/couple essentials:** Filled with everyday essentials such as: canned baked beans, soup and pasta sauce; milk; dairy products such as butter and cheese; bread; rice and pasta; tinned meat products, soup, fruit and vegetables, such as potatoes, carrots and onions.

**CONTENTS OF ALL BAGS WILL VARY ACCORDING TO SUPPLIES**

Payments can be arranged over the phone by the customer or a third party—relative or friend.  
(Cash or cheques will be acceptable if this is not possible)

\*\*\*\*\*Subsidised bags may be available in some circumstances. Please ask.\*\*\*\*\*

**CALL: 07980730029**

OR Email: [juliehursthouse@weymouthtowncouncil.gov.uk](mailto:juliehursthouse@weymouthtowncouncil.gov.uk)

**PRESCRIPTIONS/OTHER** If you require prescription collection or anything else, we can help with that too. Phone the number below and let us know what you need.

**JUST NEED SOMEONE TO TALK TO?** If you feel that you would like someone to chat to or are worried about a neighbour we can offer a listening ear.

**FOR ANYTHING ELSE CALL: 07514114680**

If you get an answerphone message  
please be assured that we will get back to you.

**refresh**  
www.refreshme.org  
weymouth and portland church in action

 **WEYMOUTH**  
TOWN COUNCIL