

DID YOU KNOW THE FOOD BANK IS NOT **JUST A FOOD BANK?**

Food bank Sessions:

Monday 1:30pm - 3:30pm,
Wednesday 10:00am - 12:00pm & 1:30pm - 3:30pm,
Friday 11:00am - 1:00pm.

Plymouth Focus: (Booking required - Free confidential help and advice on money matters, debt and benefit checks)

Monday 10:00am - 1:00pm

English Classes: (Functional skills, entry level to level 2)

Tuesday 10:00am - 12:00pm

ICT Basics:

Wednesday 10:00am - 12:00pm

ICT 1 to 1:

Wednesday 1:00pm - 3:00pm

Job Club: (Job Skills Coaching & Benefits check with Dept of Work & Pensions (DWP) advisors present)

Friday 11:00am - 1:00pm

Citizens Advice Support: (Booking required - General 1 to 1 support with a Citizens Advice advisor)

Wednesday 9:30am - 2:30pm (soon to be extended to 4 days per week)

Art Class (£4 inc resources) : Tuesday & Thursday 10:00am - 12:00pm

Cookery Class (£7.50 including ingredients)

Thursday 1:30pm - 3:00pm

IF YOU NEED ANY HELP, PLEASE CONTACT THEM ON

01752 668000

OR

info@plymouth.foodbank.org.uk

Or pop along to 28 Manor Street, Stonehouse.