

TOUGH TIMES?



**We all need a bit of help from time to time,
so we're here to help people in mid Cornwall.**

Our **Community Larder** is open every Monday, Tuesday, Wednesday & Thursday mornings from 10:30 – 12:30. This is free food that would otherwise have gone to waste, so you'll be helping us tackle food waste as well as saving a few pennies.

Ready cooked, tasty & nutritious **Free Frozen Meals** are available on Friday mornings – each pack feeds 4–5 people

Free Takeaway Lunches are available on Wednesday & Thursdays.

Our **Hardship Fund** is here to help people in crisis so if you, or someone you know is really up against it, we can help with a small grant.

We may not be able to help with some of the bigger issues like housing or debt, but we certainly know someone that can and we will happily connect and help **support** you as best we can.

FOR MORE INFORMATION **CONTACT** AMANDA OR SARA

01726 858657 or email info@thehall.org.uk

Treverbyn Community Hall
Treverbyn Road
Stenalees
St Austell. PL26 8TL

Registered Charity 1156531



FREE FOOD



COMMUNITY LARDERS

Stenalees

Every day except Friday from 10:30 – 12:30

Treverbyn Community Hall, Treverbyn, PL26 8TL

Bugle

Every morning from 10:30 – 12:30

Bugle Library of Things, 48a Fore Street, PL26 8PE

Penwithick

Friday morning 10:30 – 12:30

Penwithick Community Hall & Social Club, PL26 8UH

Minorca Lane

Monday morning 9:30 – 12:30

Parkview Site entrance, PL26 8QN

FOOD BANKS

St Austell

01726 65313

The Light & Life Centre, 4-5 Brunel Business Park, The Sidings,
PL25 4TJ

Roche

open Wed & Fri 12-2pm

Roche C P School, Fore Street, Roche, PL26 8EP