

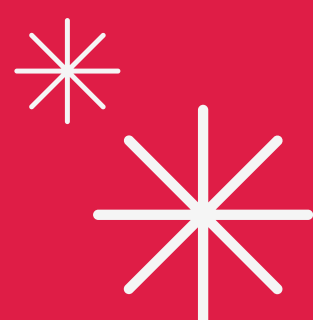
A little helping hand
over this season and beyond.
If any of these provisions would benefit you
please do connect with them.

Open to All.



BRADFORDFOODBANKS.ORG.UK

Food parcels, donations or support



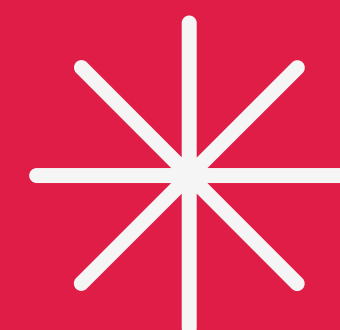
ALLERTON COMMUNITY CHURCH & ST JAMES FOODBANK



Please see help page in the Star book for details

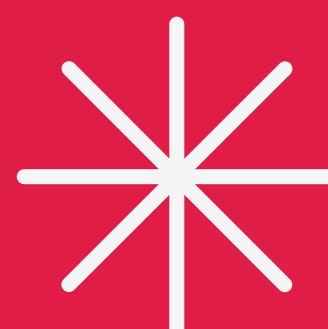
FAIRSHARE BAGS

Lower Grange Community Centre - Fridays 9.30-11.30am
Cafe West - Tuesdays & Thursdays



STAYINGPUT.UK.NET NATIONAL 24HR LINE 08082000247

Relationships can be hard, for any domestic abuse support





THE REAL JUNK FOOD PROJECT

www.trjfp.com

Hampers Available

MIND 01274 594594

Guide-line 12-9pm every day



Open to all. MIND offers telephone support, a safe space to visit in times of crisis and a pathway to recovery at their wellbeing groups

CHANGE GROW LIVE
changegetlive.org

Available to all.

Mission is to help people change the direction of their lives, grow as individuals, and live life to its full potential



**SEASON'S GREETINGS FROM YOUR
COMMUNITY**

P.S. May you have a full heart and tummy!