

# Winter

wellbeing ||

**DONT BATTLE AGAINST  
THE ELEMENTS THIS  
WINTER, HELP IS AT HAND**

Do you feel isolated during the winter or struggle to get out of the house due to bad weather?

## FOOD PARCELS

**CAN BE DELIVERED TO YOUR DOOR  
BY VOLUNTEERS THIS WINTER.**

**PARCELS ARE £15**

**CAT AND DOG FOOD PARCELS ARE  
AVAILABLE FOR AN ADDITIONAL £4**

**ONLY AVAILABLE  
DURING CRITICAL  
WEATHER**



If you are 18 or over and would like more information about your eligibility for the food parcels please call customer services on 01529 414155.