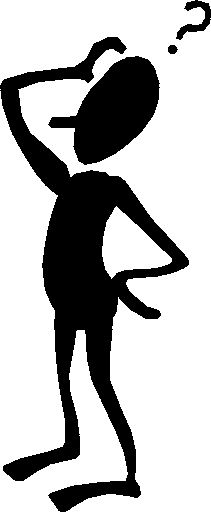
The old and Abbey Church ***Foodbank*** is there to help if you are struggling to buy food. We operate a **Referral System** to ensure that those who need help most will receive it.

**How do I get a referral ?**



**Referrals** are available in Arbroath and can be obtained by contacting one of the following agencies

Citizens Advice.               870661.           Open to all

Scottish Welfare Fund 464655      open to all

Job Centre 0845 604 3719 Chalmers Street Arbroath

Gowrie Care.                   873742.

Havilah.                           434088.         Mobile : 07906857611.

Homestart 431131               For young families

Gowanlea 822502 Mental health services

VAA Angus 01307 466113 If you are unable to collect in person

Salvation Army 872585 open to all

The Health Centres Where you are registered with the practice

The schools in Arbroath Contact the Head / Deputy head teacher if you have a child in the school or nursery



**How often can I receive a food parcel ?**

Normally once every two weeks.

**Covid 19 Restrictions**

During the current pandemic we are restricted to handing out pre- packed food parcels. For your safety, our staff will be wearing face masks – please remember to keep your distance and do not gather in groups whilst waiting.