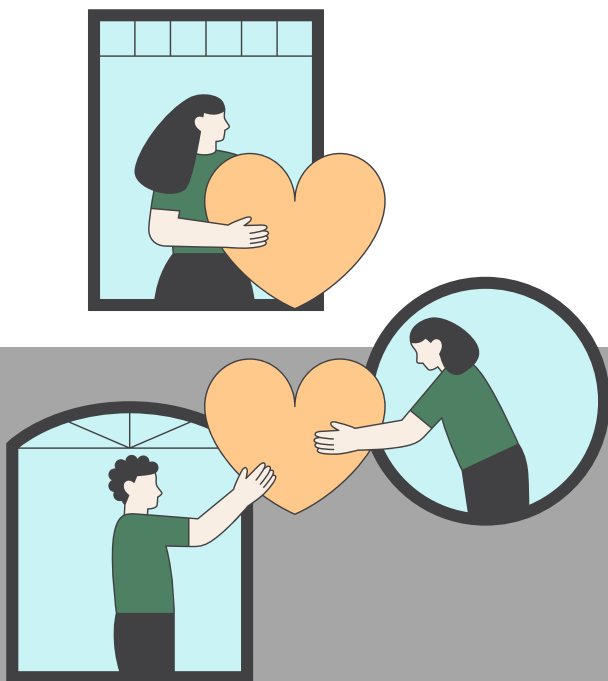


JUBILEE

FOODBANK

Market Harborough



FOOD PARCEL INFO BOOK

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OUR MISSION

We're on a mission to help end hunger in Market Harborough and nearby villages.

Proudly working together with other local organisations and people to support people in food crisis since **2012**



PLEASE READ

ALLERGIES: While our volunteers do their best to adapt food parcels for allergies, please make sure you check food labels if you have an allergy or dietary need.

'BAGS FOR LIFE': Please return any strong, clean bags to a donation point. (see later section on Unused Food for the full list of donation points)

DATA PROTECTION:

Your data will be kept in accordance with Data Protection Act 2018 (DPA 2018). The Jubilee Foodbank Market Harborough complies confidential statistical reports for its own use, and for sharing with referring agencies, local government and grant making bodies. We will NEVER include names in those reports. Information will be kept in a secure environment and destroyed after 6 months. Please contact Jubilee Foodbank Market Harborough on jubileefoodbankmh@gmail.com for more information. Registered with ICO: ZB551220

WHERE CAN I FIND HELP



There are many organisations nationally and locally who could be able to help. While we cannot endorse any organisation, please have a look at the following links and the organisation's social media pages. You could find the help you need.

They are listed in (mostly!) alphabetical order.

WHERE CAN I FIND HELP - CONTINUED

Which organisation is most relevant to you?

We update this list each time we reprint.

BEACON CARE

10 Fairfield Road
Market Harborough
LE16 9QQ

www.beacon-care.com

info@beacon-care.com

01858 456915

Tuesdays and Thursdays for food parcel referrals

BOWER HOUSE

Website: <https://bowerhouse.chessck.co.uk/>

Address: 32 Coventry Road

Market Harborough

LE16 9BZ

01858 469257

CAP

(CHRISTIANS AGAINST POVERTY)

<https://capuk.org/get-help>

WHERE CAN I FIND HELP - CONTINUED

CITIZEN'S ADVICE

Please collect on the week day as advised by Citizen's Advice.

All parcels must be collected by 4pm on Friday as they are returned to the store if not collected.

Collect from the Symington Building on Adam and Eve Street from the front concierge desk on the ground floor.

Adviceline free number: 0808 2787854

(9am to 10am and after 3pm tends to be quicker)

MENTAL HEALTH CAFE

Market Harborough Congregational Church, Bowden Lane,
Market Harborough, Leicestershire, LE16 7JD

Open Thursdays from 10:30am with the last entry at 16:00 and closing at 16:30.

Collection of food parcels from The Symington Building, Adam & Eve Street, Market Harborough, Leicester, LE16 7LT (Collect by 4pm on Friday as uncollected parcels are returned to the store on Fridays.)

Email: leicestershire.helpline@turning-point.co.uk

EAST MIDLANDS GAMBLING HARM SERVICE

Website: <https://www.eastmidlandsgambling.nhs.uk/>

Email: dhcft.emgamblingharms@nhs.net

Address: East Midlands Gambling Harms Service

St Andrew's House

London Road

Derby DE1 2SX

Notes: 0300 013 2330

WHERE CAN I FIND HELP - CONTINUED

KNUS: MENTAL HEALTH SUPPORT THROUGH APPS

<https://knus.io/>

HARBOROUGH DISTRICT COUNCIL

<https://www.harborough.gov.uk/>

Customer Services: 01858 828282

Help with Housing:

https://www.harborough.gov.uk/info/20020/benefits/117/help_paying_your_rent_%E2%80%93_housing_benefit

HOWARD WATSON MEMORIAL CHARITY

Website: <https://www.hwsncharity.org.uk/>

Email: hwsncharity@gmail.com

Notes: Covers Market Harborough, Little Bowden and Great Bowden

MARKET HARBOROUGH & THE BOWDENS CHARITY

Website: <https://www.mhbcharity.co.uk/>

Email: admin@mhbcharity.co.uk

Address: Principal Office

10 Fairfield Road, Market Harborough, Leicestershire, LE16 9QQ

Notes: Relief in need scheme: 01858 419128

WHERE CAN I FIND HELP - CONTINUED

TURNING POINT

Website: <https://www.turning-point.co.uk/>

Notes: Support with drug or alcohol issues, a mental health concern, or a learning disability.

AGE UK, LEICESTERSHIRE

Website: <https://www.ageuk.org.uk/leics/>

NATIONAL CAREERS SERVICE

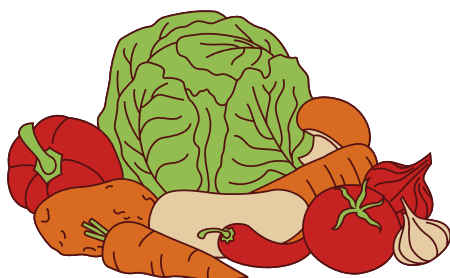
Website: <https://nationalcareers.service.gov.uk/>

Notes: Support with changing jobs or finding a job.

GO LEARNING, LEICESTERSHIRE

Website: <https://golearnleicestershire.ac.uk/>

Notes: Courses, including learning at the Symington Building in Market Harborough



WHERE CAN I FIND HELP - CONTINUED

THE CUBE

Symington Recreation Ground

St. Marys Road

Market Harborough

LE16 7DS

www.thecubeyouth.uk

01858 437650

Notes: Activities and support for young people

VASL VOLUNTARY ACTION SOUTH LEICESTERSHIRE

Website: <https://vasl.org.uk/>

Email: admin@vasl.org.uk

Address: VASL, Torch House, Torch Way, Market Harborough,
LE16 9HL

Notes: VASL is a local charity based in Market Harborough, which provides advice, support and befriending for family carers, older people who live alone, and people wanting to improve their wellbeing. They also provide volunteer transport for medical appointments. Please contact us if you need support from our services or if you would like to volunteer with us to improve the lives of people in our community.

NHS TALKING THERAPIES

The NHS Talking Therapies aims to help those residents aged 16+ who might be feeling the effects of being overwhelmed. That could be in the form of anxiety, depression, low mood and it can affect us all in different ways and for different reasons.

Through evidence based therapy that can be delivered in a variety of ways to suit your needs, we can help you to get back on track. Contact us today to find out more about how we can help you to help yourself. No GP referral needed.

Contact 0330 094 5595 to book your assessment. Please note that the service is not a crisis or emergency service. For this you should call 999 or 111 option 2.



SAMARITANS

Website: <https://www.samaritans.org/>

Call: 116 123

Notes: contact 24 hours a day/ 7 days a week

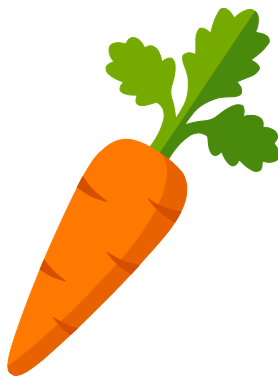
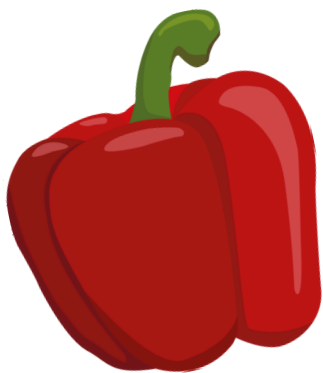
OTHER USEFUL PLACES NEAR BY

THE VILLAGE & THE COMMUNITY FRIDGE (PREVIOUSLY CALLED ECOVILLAGE)

Has a community fridge where people donate food that they won't use and it can be collected by someone who can make use of it. You can visit Tuesday - Saturday between 9am-4pm to see what is there and they also have a pay-it-forward scheme. Please see their kindness board for what is available.

LIDL - FRUIT & VEG BOXES

Lidl makes up boxes of fruit and veg that are getting close to the end of their shelf life but they are still fresh and can be enjoyed for £1.50 a box.



USING YOUR VOUCHERS



MARK'S FRUIT AND VEG STALL

MARKET HARBOROUGH

Find them in the FOOD HALL of the Market Harborough Indoor Market from Tuesday until Saturday 8am until 4pm.

Have a chat with them and they can help you make the vouchers go as far as possible.

JOHN ROSS & SON QUALITY BUTCHERS

MARKET MEAT COUNTER

Find them in the FOOD HALL of the Market Harborough Indoor Market from Tuesday to Saturday 8am until 4pm

They can help you make selections that will make the vouchers go as far as possible.



JUBILEE
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UNUSED FOOD

WHAT TO DO WITH UNUSED FOOD

If you cannot use any of the food for any reason, please return it to a donation point. All of our donation points are listed below.



LIST OF DONATION POINTS

Henderson Connellan on the High Street

The Village (formerly The Eco Village)
on St. Mary's Road

Waitrose

Sainsbury's

Coop supermarket, Coventry Road

Coop supermarket, Leicester Road

Mercado Lounge, Abbey Street

B & M, Rockingham Road

Everyone Active: leisure centre



HELP US TO RECYCLE

You can also return any clean, strong 'bags for life' to one of our collection points on the previous page.





**IF YOU NEED TO GET IN TOUCH WITH US,
PLEASE USE THE EMAIL BELOW.**

jubileefoodbankmh@gmail.com

**THERE IS ALSO ADDITIONAL INFORMATION
ON OUR WEBSITE THAT MAY BE HELFUL.**

www.jubileefoodbankmh.uk