



Charity Number 1190449

# Lancing and Sompting Churches' Food Bank

We share food given by the community to those who need it most. Please contact us if you or someone you know can use a little help.

# Heat or Eat

At this time of year, people from all walks of life and ages can find themselves thinking, "Should I heat or eat?" If this is your thought, then you can seek help from the Lancing and Sompting Churches' Foodbank, by calling **07719 196735**. If you leave a message, we will get back to you.

As well as **food**, if you are on a pre-payment (electricity and/or gas) meter, we may be able to help with Fuel Bank Foundation **energy** top-ups. We can also help you to check to see whether you may be entitled to any **benefits** or **pension credits**, and we can point you to other agencies that may offer **further support**.

You can also contact us via our web site [lancingandsomptingchurchesfoodbank.org](http://lancingandsomptingchurchesfoodbank.org) or our FaceBook page.



[www.lancingandsomptingchurchesfoodbank.org](http://www.lancingandsomptingchurchesfoodbank.org)