



# TOWCESTER COMMUNITY LARDER



## Free food box distribution in lockdown.

Eligibility includes people who are self-isolating or shielding, those on a reduced or low-income, and people unable to get to the shops due to ill health or disability.

Contact Miranda on [miranda@sofea.uk.com](mailto:miranda@sofea.uk.com) or on 07974 919221 to apply.

Or send a message via the Facebook page [@towcestercommunitylarder](https://www.facebook.com/towcestercommunitylarder)



## Towcester Community Fridge

Open to **EVERYONE**.

Operating above the renew169 Wellbeing Café on Watling Street. Open Monday and Wednesday 10am – 12pm and Friday 3.30 – 5.30pm.

Food availability varies according to supermarket donations.



## Towcester Foodbank

Open Tuesday 12 – 2pm and Friday 10.30am – 12.30pm at the St Johns Ambulance Hall, Islington Road, Towcester NN12 6AU. Three day's worth of food, with additional toiletries, pet food etc. Bag size depends on number in household and you can come back as many times as you need.

**If you are a new guest please contact 07724 832043** and leave a message with your name and number – we will get back to you.



## renew169 Wellbeing Café

A quiet shared space in Towcester where it's OK not to be OK, for anyone with mental health or emotional difficulties.

Contact [manager@renew169.org.uk](mailto:manager@renew169.org.uk) for more information.



## Cooking Good

A community cooking project with recipe ideas, advice on storage, food hygiene and support to help improve cooking skills.

Visit the Facebook page [@cookinggooduk](https://www.facebook.com/cookinggooduk) or website [www.cooking-good.co.uk](http://www.cooking-good.co.uk)