

A LIST OF LOCAL RESOURCES THAT CAN HELP YOU IF YOU'RE STRUGGLING



for non-perishable food parcels, baby food, pet food, toiletries and advice
info@lutonfoodbank.org.uk
01582 725838



for food parcels, home safety, advice and companionship for the elderly
admin@ageconcernluton.org.uk
01582 572030



for school uniforms, shoes and coats
admin@leveltrust.org
07480 753905



for food and advice
discoverislamlutonian@gmail.com
01582 452356



for digital poverty
admin@lutonlearninglink.org
01234 511 511



THE COURTNEY
FOUNDATION

for clothes, shoes, towels and bedding
info@thecourtneyfoundation.org
07311 063676



for advice, support and foodbank vouchers
advice@lutoncab.org.uk
0808 278 7847



for food, clothing and debt advice
luton@salvationarmy.org.uk
01582 450038



for grants, food vouchers and utility support for Farley Hill residents of all ages.
farleybiglocal@ageconcernluton.org.uk



for advice on mental wellbeing
info@ourmindsmatter.org.uk
www.ourmindsmatter.org.uk



for hot food and advice for the homeless
01582 728416
www.noahenterprise.org



for support with physical and emotional health 0300 555 4152
www.totalwellbeingluton.org