

# Get free advice & support

If you are experiencing any type of hardship or financial difficulties, please speak to our advisers who can talk through the options you have.

advisers@lutonfoodbank.org.uk  
Clare 07736993223  
Nicola 07736993225

Appointments available Mon-Fri  
10am-3pm, *subject to availability.*



info@lutonfoodbank.org.uk  
01582 725838



# If you're struggling, we can help...



For non-perishable food parcels  
info@lutonfoodbank.org.uk  
01582 725838



For hot food and advice for the homeless  
01582 728416



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



For food and advice  
01582 452356



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



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



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



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



For digital poverty  
admin@lutonlearninglink.org  
01234 511 511



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

[www.lutonfoodbank.org.uk](http://www.lutonfoodbank.org.uk)