

Summer 22 Holiday Food Support

We are all aware of how the cost of living has increased and we are all having to think differently about the way we spend.

We want to make sure everyone has what they need over the next few weeks so you can enjoy the summer holiday.

If you need any support, however big or small, whatever your situation over the holidays please do get in touch or just come along and see us.

Everyone is welcome

Your circumstances may have changed, you may never have used any of these services before, but please know

You are welcome!



Tuesday 26th July until Friday 26th August

You are very welcome to come to and pick up a free Summer Holiday food pack. This will include plenty of basic staples such as cereal, pasta, biscuits etc, some fresh items as well as some treats for the kids and of course the grown-ups! There will be recipe ideas and you will be given a free voucher that you can use at the Community Pantry.

You don't need an official referral for this, when you come just let us know you are here for a holiday bag, and we can get one sorted for you whilst you relax over a cuppa! We will just need to take some basic details from you for our records.

Please note that any families can come along, you don't have to have accessed any support previously - we all need a little bit of help sometimes!

We also have a Citizens Advice advisor at each of our Foodbank sessions as well as other support services.

Freedom Centre Romsey - Unit 6, Greatbridge Business Park, Budds Lane, SO51 0HA

Tuesdays, Wednesdays and Thursdays 1030 - 1230

**Community Life Centre, Flemming Avenue, North Baddesley SO52 9EJ
Fridays 10-12**

Phone Number: 07761 405870



You can visit the Community Pantry once a week and pay £5 Membership each time you visit allowing a minimum of £15 worth of food. There is a wide variety of good quality food available including fresh and frozen products.

Opening Hours

Monday – 09.30am to 12pm

Wednesday – 4pm to 6pm

Friday – 09.30am to 12pm

Location

No. 7 Dukes Mill
Broadwater Road
Romsey
SO51 8PJ



FREE FAMILY DAYS

RCS are pleased to provide free family fun days which includes 2 course hot meals.

4 weeks of fun starting Monday 25th July, Monday to Thursday 10am to 2pm

Children must be accompanied by parent/carer and be in receipt of free school meals

To book visit our website www.rcsservices.org.uk or call out office on 01794522106

Free Family Lunches

Friday 12th August 12 o'clock – 2 pm

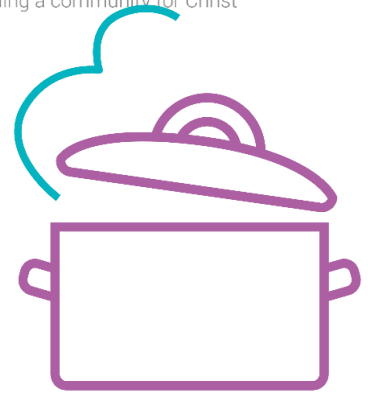
Friday 26th August 12 o'clock – 2 pm

Plus

Prepare and Pack your own Picnic Tea to take away

At Romsey Methodist Church, The Hundred.

(By the zebra crossing).



Bookings:

<https://lunchromseymethodist.eventbrite.co.uk/>

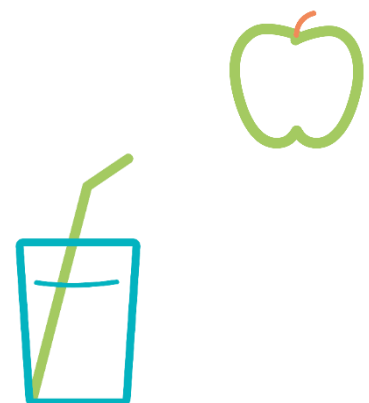


Pull up a seat, you are welcome!

School holidays can be so much fun... but they can also be a bit hard work!! We would love to take the pressure off by giving you a really great answer to the two big questions most kids have during the holidays: "what are we going to do today?" and "what's for lunch?"

At your local Make Lunch Club you'll get to meet a friendly team of volunteers, who are all safely recruited, and happy to make sure that there's plenty of food and fun activities to go around. Our sessions are free of charge.

 **make lunch**



Children must be accompanied by a parent/carer

Come and enjoy a free lunch with your brothers and sisters and your parent/carer. Then pack a picnic to take away.

For more information email info@romseymethodist.church