



## Helping families in crisis

Are you finding it difficult to manage because of low income?  
Do you have an unexpected bill you have to pay?  
Are you still waiting for your benefit?

If you need some extra help to tide you over, please get in touch with us:

Telephone or text **07803 818322** or  
Contact an agency such as Social Services, a Health Worker or Job Centre

We are open in

## Parklands Church Hall

Maes y Gollen, Sketty Park, SA2 8HQ

**Food Parcel Distribution: Wednesdays 11am - 2pm**

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Sketty Foodbank provides emergency food supplies and toiletries to families in crisis, with referrals coming from agencies such as Social Services, the Health Service, and Citizens Advice Bureau. We also offer help to those who contact us directly.

**The Foodbank relies on donations from the public** - from individuals, schools, churches, supermarkets, and community groups. **We always need long life foods & toiletries:** tinned food, pasta, cereals.

**Please donate in person:** Tuesdays 11am – 1pm and Wednesdays 10am – 3.30pm.

**Please donate in baskets:** CK's (Parkway), Co-Op (Sketty Cross), Co-Op (Tycoch), Co-Op (Killay Precinct)

**Volunteers help us** at the Church on two days a week, organise Street Collections of food in their area, and deliver food parcels.

Website: [skettyfoodbank.co.uk](http://skettyfoodbank.co.uk)



If you would like further information,  
please contact **07803 818322** or email  
**skettyfoodbank@gmail.com**.

