


Y6 – What to
do if your
family need
help.



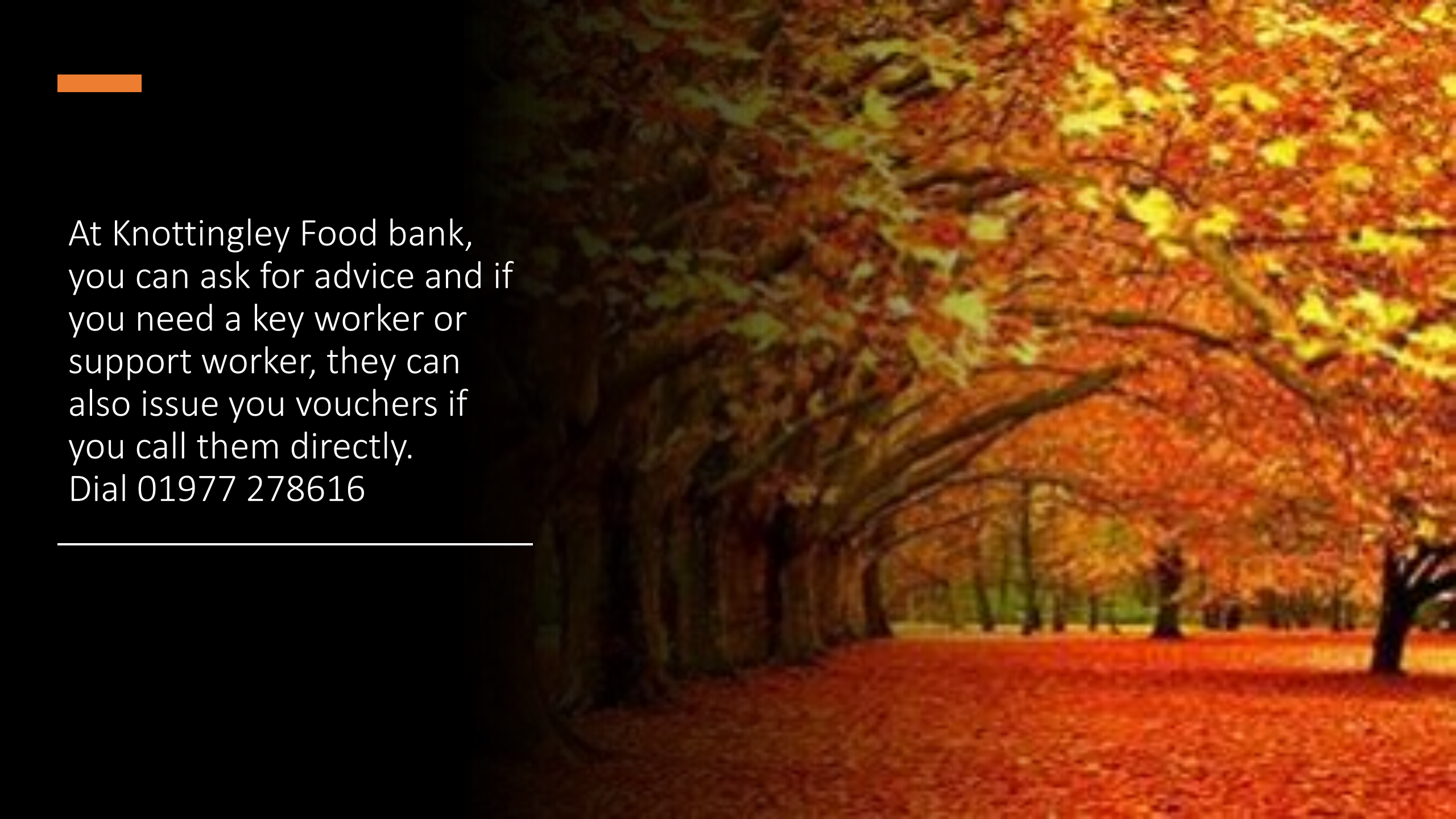
Food banks love it when you donate because, when people can't afford food/water, they can come to any food bank they can get to. When we see them smile it makes us happy!




You can also call their free helpline and talk to a trained advisor.

If you don't have enough money to buy food for you and your family, come to Trussle Trust and we will give you a food parcel.






At Knottingley Food bank,
you can ask for advice and if
you need a key worker or
support worker, they can
also issue you vouchers if
you call them directly.
Dial 01977 278616

A photograph of a tree-lined path in autumn. The trees are covered in vibrant orange and yellow foliage, creating a canopy over the path. The ground is covered in fallen leaves. The lighting is warm, suggesting a sunny day. The path leads into the distance, flanked by rows of trees.


The food bank is open
Monday to Friday,
between 9am and 5pm
but closed on public
holidays like Halloween,
Christmas etc.



Food bank clients bring their voucher to a food bank centre where it can be redeemed for 3 days to get emergency food.

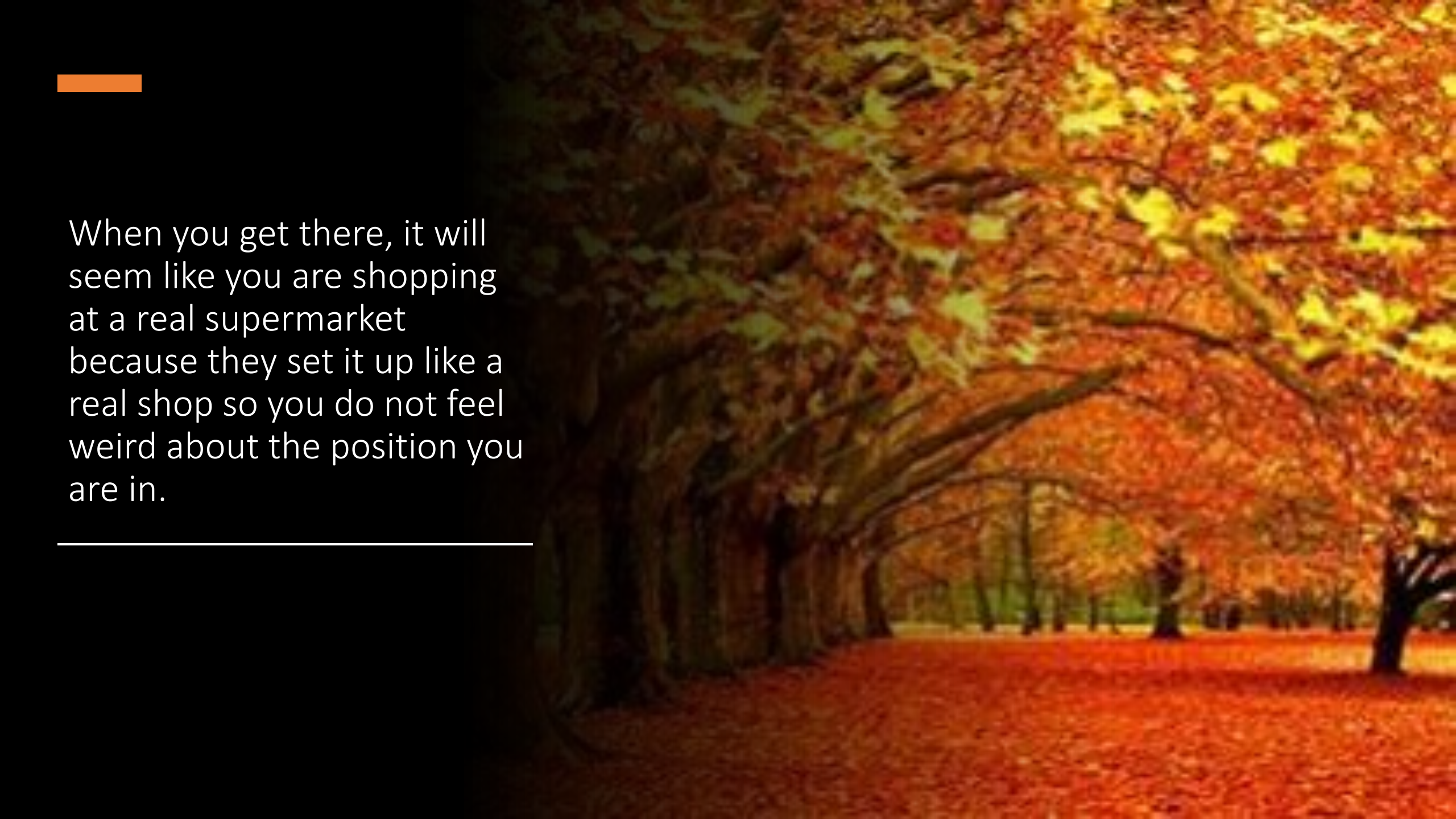
Volunteers meet clients over a warm drink or a free hot meal and they are able to sign post people to agencies who can help solve the long term problem.







We usually have a range of referral agencies within the food bank who you can speak with on the day of collecting your food parcel.

Or you can sit and have a cuppa with trained volunteers. Your food parcel will be prepared on arrival and will be ready for you when you are ready to leave.



When you get there, it will seem like you are shopping at a real supermarket because they set it up like a real shop so you do not feel weird about the position you are in.



You can go get food parcels at the closest ones to us:

Kellingley Social Club

Selby District Bank

Ferrybridge News and Booze

Royal Mail


Coop Food Ackworth

Knottingley Elim Food Bank


Castleford Post Office

Upton Premier

And the foods you can get are: pasta, rice, soup, tinned food, tea and coffee.

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This is a real life example:
Annija was working in education, when a problem with her tax credits meant she was forced to use a food bank.
“I was suddenly plunged into a financial nightmare not knowing how I was going to pay my bills, feed myself and my daughter or buy things that we needed. I remember sitting in the waiting room with my daughter waiting to be given a food parcel. I was holding back my tears not wanting my daughter to see me upset and thinking of how has it got to this?”

A photograph of a tree-lined path in autumn. The trees are covered in vibrant orange and yellow leaves, creating a canopy over the path. The ground is covered in fallen leaves. The lighting is warm, suggesting a sunny day. In the top left corner, there is a solid orange rectangular bar.

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