

How to get a Cathedral Foodbank referral

Ask your Support Worker to email lesley.beckton@yahoo.co.uk with your details : – your name, address, why you need a referral, and whether you're single, a couple, or a family (include number and ages of children). Their email will count as your referral.

If you don't have a Support Worker:-

Contact any of the following, depending on your situation, and **ask them to email lesley.beckton@yahoo.co.uk** with your details. Their email will count as your referral.

- Your GP, Health Visitor, District Nurse, School Nurse, CPN or other health professional
- Local councillor, college or university tutor, church clergy
- Gwynedd Council – 01766 771000 www.gwynedd.llyw.cymru
- North Wales Housing – 01492 572727 and ask for Outreach Team.
Or email OutreachandResettlementTeam@nwha.org.uk
- Citizens Advice Bureau – 0808 278727 or online enquiry form at www.cabgwynedd.org
- CAIS – 0345 061 2112 www.cais.co.uk
- Hafan Cymru 01267 225555 www.hafancymru.co.uk
- Adra – 0300 123 8084 www.adra.co.uk
- Job Centre Plus – 0845 604 3719
- Kaleidoscope – 01248 372688 www.kaleidoscopeproject.org.uk
- GISDA – 01286-671153 www.gisda.org.uk
- Gorwel/Grwp Cynefin (Domestic Abuse/Homelessness) 0300 111 2121 www.grwpcynefin.org
- NACRO – 0300 123 1999 www.nacro.org.uk
- Hafal Gwynedd 01792 816600 www.hafal.org
- N Wales Recovery Communities (Penrhyn House) 01248 352771
- Probation Service 01286 682310 Gethin.Green@justice.gov.uk

An email referral is needed for each visit to the Foodbank.