

Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

Norwich Foodbank at Wymondham Baptist, Wymondham

Distributing emergency food parcels to local people in crisis, under the Norwich Foodbank umbrella.

When?

Mondays (11am - 12pm) and Fridays (10 - 11am)

Where?

Wymondham Baptist
Queen Street, Wymondham, NR18 0AY

Wymondham Community Outreach Project

Our Help Point Foodbank is open on Tuesdays and Saturdays 11am- 1pm.

You don't need a voucher to seek support. •

The Community Outreach Project is a fully inclusive service. • You can follow us on Twitter or on Facebook

- We are based in Our Lady and St. Thomas of Canterbury Roman Catholic Church, 1 Norwich Road Wymondham NR18 0QE. Tel 01953 603104

- You can nominate someone to receive a Christmas food hamper from the Hub. This includes all of the ingredients to make a Christmas lunch. <https://www.hubproject.org.uk/projects/christmas-hampers-from-the-hub/>
 - If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
 - Find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
 - Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)
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Further information

- Contact [StepChange](#), if you're struggling with debt
- Contact [Shelter](#) if you're having issues related to housing
- Get free household goods on [Freecycle](#)
- Contact the [Salvation Army](#) for emergency assistance
- See if you're eligible for [grants from Turn2us](#)
- Single parents can get support from [Gingerbread](#)