



# Weymouth Keep In Touch

Essential aid and listening ear project  
Continuing to offer support  
for all those in need

## Food Help

- ✓ A new package of food and store cupboard basics
- ✓ Ready cooked nutritious meals (that do not need to be frozen or refrigerated).
- ✓ Fresh meat packs available
- ✓ A weekly hot lunch

All our food and meals are subsidised and are delivered to your door free of charge by volunteers.

**Struggling to pay?** Do still contact us and we can help you.

## Prescription Collection

Prescription collection & delivery to your door.

## A Listening Ear

Do you just need to talk to someone or need advice?

## For all of the above

Call us on **07980 730 029** or **07514 114 680** or email Julie on: [juliehursthouse@weymouthtowncouncil.gov.uk](mailto:juliehursthouse@weymouthtowncouncil.gov.uk)

## Help Lines

### Emergency Food

Weymouth Food Bank  
07531 167 465

### Medical Help

Call 999 in an emergency or 111 NHS helpline

### Transport

Weymouth Community Volunteers  
01305 830255

### Citizens Advice

0344 4111 444

For all other needs call the **Dorset Council Helpline** on 01305 221000

*Here to support  
Weymouth's residents*

