

Here at the Peak we understand times can be difficult so please do reach out if you ever need support from a local food bank, below you will find contact details for your local food banks.

Equally Mrs Owen is able to issue E-Vouchers.

[eowen@thepeakacademy.org](mailto:eowen@thepeakacademy.org)

07845265036

Stroud— [Stroud District Foodbank | Helping Local People in Crisis](#)—01453367077

Gloucester—[Gloucester Foodbank | Helping Local People in Crisis](#)— 01452 309683

Cheltenham =- [Cheltenham Foodbank | Helping Local People in Crisis](#)—0 1242 570080

Forest of Dean— [The Forest Foodbank | Helping Local People in Crisis](#) — 07775 265 263

## Call our free national helpline

If you are in financial crisis and live in England or Wales, please call our free national helpline, Help through Hardship, on **0808 2082138** for free (open Monday to Friday, 9am-5pm, closed on public holidays) to talk confidentially with a trained Citizens Advice adviser. They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

### Translators and Relay UK

Please ask the adviser if you need a translator, this will be provided via Language Line. If you can't hear or speak on the phone you can use Relay UK. [Find out how to use Relay UK](#) →



**17,037**

In 2023-2024 we saw a 18.7% increase in demand for emergency food parcels



**2005**

the year that our foodbank opened



**6271**

(36.8%) emergency parcels were for local children