



New Forest Basics Bank

If you need help with food, New Forest Basics Bank can help...

We can provide a parcel consisting of food, toiletries and household cleaning products to last your household for a week.

To get help from us you will need to get a referral.

Referrals can be made by a range of organisations including these below:

- Churches
- Citizens Advice
- Jobcentre
- Schools
- NFDC

If you are having trouble working out which organisation to approach or how to do it, please phone or email us and we will do our best to help you.

We can be contacted as follows:

By Phone: **01590 610008** (please leave a message outside office hours)

By Email: admin@basicsbank.org.uk

**The food bank is currently open
Monday to Friday from 9:00 am to 3:00pm**

We are based in Lymington: **Cannon Street East Car Park, Lymington, SO41 9BR**

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Registered Charity no. 1150170