

Local Support

For Residents of Millbrook & Maker with Rame

@ The Rame Centre, Millbrook

**We can help
you with ...**

Grants & Bills

Prepaid Cards for essential costs
Grant Applications
Access to budgeting support / debt advice

Benefits

Advisors to help with
applications and queries

Food & Essentials

Rame Community Kitchen
Free food & frozen meals
Foobank access
Inc Toiletries, nappies..

Housing

Home Choice registration
Signposting

Mental & Physical Health

Support for isolated residents
Advocacy. Referrals to specific services

Free Counselling

Free & Confidential Service - Face to Face or by Phone

Contact us:

Call: 01752 823909 **Text:** 07487 791431

Email: rame.centre@thepeninsulatrust.org.uk

Visit: The Rame Centre : Tues - Fri 10.00 - 13.00