



# Volunteer with us!

- **Help at the food bank**

About three hours, morning or afternoon, on Tuesdays.

- **Deliver to local addresses**

Use your own car to deliver food parcels to three or four homes. An hour to 90 minutes in the middle of the day on Tuesdays. Or one-off collections/deliveries early morning or late afternoon on Tuesdays.

- **Admin support**

Helping keep records, apply for grants, maintain databases. However much time you can give, whenever convenient.

**If you can help,  
get in touch!**

- Email: [mutualaidfoodwillesden@gmail.com](mailto:mutualaidfoodwillesden@gmail.com)
- Phone: 07899 276966