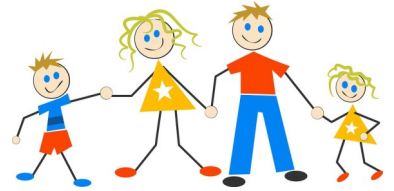




# Some sources of support for families during cost-of-living crisis



1. **ASDA**– Asda's Kids Eat for £1 is available all day every day.
2. **MORRISONS**– Children aged under 16 eat for free when an adult spends £4.99 on a meal
3. **DUNELM**– one free main meal, plus two snacks and a drink for every £4 an adult spends in the café, Monday to Friday after 3pm
4. **BEEFEATER**– Two children under 16 eat for free with every adult breakfast purchased (£9.50)
5. **BREWERS FAYRE** (SandPiper)- Two children under 16 eat for free with every adult breakfast purchased (£9.50)
6. **NEW STEPNEY**– Up to two children can eat for £1 with every one full paying adult on Mondays
7. **Free Christmas dinner** (12– 3pm) on Christmas Day (served in a quality foil tray with all the trimmings, mince pies, puddings and crackers). Anyone is welcome to come along! Location– Chooselife, Copperworks Road, Llanelli

## Useful information– local help:

- **Tyisha Food Bank**– 07561 566456
- **Sosban Soup Station**– Open between 6.30–7.30pm every Sunday evening from Paddock Street Hall, Llanelli
- **Llanelli Foodbank** (The Trussell Trust) @ Myrtle House– 01554 752731 (voucher referral system)
- **Antioch Foodbank**– 01554741674
- **Llanelli Salvation Army**– 01554 775278
- **Llangennech Warm Hub**– 9–5pm Llangennech Community Centre
- **Warm Places**– Llanelli library
- **FOOTHOLD CYMRU**– The Lord Arthur Rank Centre, Trostre Road 01554 779910 Live Well- (Fresh and healthy food that doesn't break the bank)