

# SERVICE SCHEDULE

## VINEYARD COMMUNITY & RICHMOND FOODBANK

### MON

- **Crisis Drop-in:** 9am-11am: food, showers, clothing, support work, help with (risk of) homelessness, healthcare, mental health support, employment, welfare, addiction recovery, debt advice
- **Support Work:** 9am-11am: for those experiencing (or at risk of) homelessness, complex crisis, food poverty, financial difficulty
- **Richmond Foodbank:** 1pm-3pm: emergency food provision, healthy hot meals, support work, and PA Housing tenancy support (first Monday of every month)

### TUE

- **Crisis Drop-in:** 9am-11am
- **Support Work:** 9am-11am
- **Embroidery Club:** 1pm-3pm: learning new skills, open to all abilities
- **Vineyard Community Refugee Hub:** 1pm-3pm: a space of connection and community for refugees in the Borough of Richmond (running every Tuesday aside from the first Tuesday of each month, when sessions will not operate)

### WED

- **Crisis Drop-in:** 9am-11am
- **Support Work:** 9am-11am
- **Richmond Women's Hub** (term-time only):
  - Sisterhood Choir: 11am-12:30pm
  - Sisterhood Sanctuary: 12:30pm-2:30pm: pampering activities, creative zone and nursing support
  - Psychotherapy Mental Health Support: 11am-3pm

### THU

- **Crisis Drop-in:** 9am-11am
- **Support Work:** 9am-11am
- **Food with Faith:** 11am-12:15pm: exploring Christianity through song, readings and food in a safe and open setting
- **Richmond Foodbank:** 1pm-3pm: including Citizens Advice Drop-In service
- **Crafty Minds Art Therapy Group:** 1pm-3pm: mental health support through art
- **Knitwits:** 1pm-3pm: local knitting community

### FRI

- **Crisis Drop-in:** 9am-11am
- **Support Work:** 9am-11am

All of our services above are free of charge and are based at Vineyard Community Centre in Richmond

Scan for more info on our services!



## Help in Crisis, Hope for Life...

At Vineyard Community & Richmond Foodbank, we believe every person should be given the opportunity to thrive, no matter where they come from or the challenges they face. Our **free services** are here to support local people in need, empowering them through tough times and towards the brighter future we know is waiting for them.

 Vineyard Community Centre, Richmond, TW10 6AQ

 [info@vineyardcommunity.org](mailto:info@vineyardcommunity.org)

 020 8439 9735

[www.vineyardcommunity.org](http://www.vineyardcommunity.org)



# NEED SUPPORT? WE ARE HERE TO HELP YOU



## VINEYARD COMMUNITY & RICHMOND FOODBANK

We are on a mission to provide **help in crisis, and hope for life**. If you're in need of food, support, warmth, friendship and community, come along to one of our **free services**, detailed overleaf, or get in contact below:

-  Vineyard Community Centre, Richmond, TW10 6AQ
-  [info@vineyardcommunity.org](mailto:info@vineyardcommunity.org)
-  020 8439 9735

scan me!

