

FOOD ACCESS CHEVIOT



1 **Kelso Community Larder**

42 Bowmont Street, Kelso, TD5 7JH

www.facebook.com/KelsoCommunityLarder

kelsocommunitylarder@gmail.com

Monday & Thursday 10am-12noon

*also 4pm-6pm depending on stock levels

2 **Kelso Foodbank** **

St Andrew's Scottish Episcopal Church,
Belmont Place, Kelso, TD5 7JB

3 **Cheviot Youth - Kelso**

The Planet, Abbotseat Road, Kelso, TD5 7SL

www.cheviotyouth.org/the-hubs

info@cheviotyouth.co.uk

4 **Jedburgh Foodbank** **

St John the Evangelist, Pleasance, Jedburgh, TD8 6DJ

www.stjohnsjedburgh.org.uk/jedburgh-churches-food-bank



** Referrals to foodbanks can be made via SBC's Financial Support and Inclusion Team, your GP, Citizens Advice Bureau, Housing Officers, Social Worker or Health Visitors.

FOOD ACCESS BORDERSWIDE



- 1 Free School Meals**

Meals are available to children P1-S6 who meet certain income criteria.

Visit webpage below for details:
www.scotborders.gov.uk/fsm
- 2 Best Start Foods**

Best Start Foods is a prepaid card that can be used in shops or online to buy healthy foods.

Visit webpage below for details:
www.mygov.scot/best-start-grant-best-start-foods
- 3 Money Worries App**

This app contains a digital directory with information about support services available nationally and locally in the Scottish Borders.

Download 'NHS Borders Money Worries App' on Apple App Store or Google Play Store.
- 4 Citizens Advice Scotland**

Free, confidential and impartial advice to support people with various problems in Scotland.

Visit webpage below for details:
www.citizensadvice.org.uk/scotland
- 5 Independent Food Aid Network**

Worrying about money? Resources and support are available via the following webpage:
www.worryingaboutmoney.co.uk/scottish-borders
- 6 The Food Train**

The Food Train is here to support older people across the Borders to retain some independence and live well in their homes by offering a weekly food shopping delivery, providing access to fresh food of their choice. The service provides early intervention through welfare checks and monitoring for malnutrition
www.thefoodtrain.co.uk
scotborders@thefoodtrain.co.uk
- 7 Abundant Borders**

Basic Cooking Skill Classes
REHIS Cooking Certification
Food Growing Courses
Community Gardens
Food Hygiene Courses
Food Waste Workshops
Low and Slow Cooking Classes
Food Preservation Workshops

www.abundantborders.org.uk
info@abundantborders.org.uk