

Discipline of Psychology and Counselling



Stock the Shelf – Phoenix Centre – Townhill Food Bank

The Phoenix Centre is located in Townhill, Swansea and operates a Food Bank for the community. The Centre is a hub for many projects that support individuals and families. They support the older person and have youth programmes. They are a beacon of hope for many and have a delightful café that offer a low-cost meal and a lovely cuppa.

Unfortunately, as you all know, food poverty is a real issue for many in our local communities including our student population. Recognising this and wanting to support a local project during this Holiday Season, we would like to help the Townhill Food Bank with ***stocking their shelves*** with non-perishable food items.

How can you help: During the week of **4th December and up until the 13th of December** we invite you to bring in a can or non-perishable food items to help stock the shelves (only if you are able) to the IQ Building.

Drop off point: *Psychology Lab area or with your lecturer.*

We will take the items to the Phoenix Centre During the Week of the 11th. (Need a Volunteer or two)

Suggested Items: **Non-perishable food items**, such as: pasta, rice, canned goods, coffee, biscuits, etc...



Further Information: Contact Ruth Groff (ruth.groff@uwtsd.ac.uk)