



COME HAVE YOUR SAY

11 am - 1 pm



**FRIDAY 9TH
OCTOBER 2026**

Have you ever needed help, advice or support
and not known where to turn?

If you knew then what you know now,
what would have helped?

What services, support or advice do you wish
you had known about sooner?

Join a friendly creative workshop to share your
experience and help improve support for others.



Tollgate Stanway Foodbank

Upstairs on the mezzanine



Lunch provided



Colchester
Foodbank
Together with Trussell



**£40 CASH PAYMENT
FOR YOUR TIME**

University of
Kent

TOP