facebook.com/ otterylarder

E-Mail: help@ottery.online



The Institute Yonder Street Ottery St Mary EX11 1HD

01404 600013

Please come and visit us - **EVERYONE IS WELCOME**.

We are **not** a Food Bank. Our volunteers collect food from supermarkets in the evenings and we receive food deliveries from various other associates.

Instead of good quality food going to landfill, it comes to us.

We want to encourage as many people as possible to get in the habit of visiting us and picking up **free food** as and when they require it.

## You do not need to bring any identification, no nothing....Just yourself and a bag.

Check us out on Facebook - Book your 10 minute slot and turn up. Make sure you like and follow our page and then, you will be kept up to date with any special deliveries. ©



Our 'regular' slots for appointments are:-

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Day	1100 -	1100 -	1100 -	1100 -	1100 -	1100 -	1100 -
	1230	1400	1400	1400	1400	1300	1300
Evening		1800 -	1800 -	1800 -			
		1930	1930	1930			

When you visit us, you will also have access to Uplift as they share a room with us. Uplift can provide clothes for under 5's, nappies, wipes, books and other items completely free to those who need them.

## We are at **The Institute, Yonder Street, Ottery St Mary, EX11 1HD**.

You have the option of street parking but you must check any parking restrictions.

Parking is also available at the following locations:-

Brook Street Car Park	Located directly behind The Institute.		
Brook Street	Charges do apply.		
EX11 1EZ	ParkMobile code: 2941		
///revise.decorated.retailing			
Sainsburys Car Park	About 310 yards to The Institute.		
Hind Street	4 minute walk.		
EX11 1BW	Up to 2 hours parking only.		
///connected.brambles.roses			
Canaan Way Car Park	About 705 yards to The Institute.		
Canaan Way	8 minute walk.		
EX11 1EQ	Charges do apply.		
///strongly.miss.alley	ParkMobile code: 2942		

We hope to see you soon.