



# WE HELP YOU

## SOLVE EVERYDAY PROBLEMS

Receive helpful guidance on everyday legal matters, including money, housing, family or benefits by calling our Helpline and speaking to a Telephone Information Specialist.

**Call our free Helpline on 08088 021 122  
or visit [www.groceryaid.org.uk/get-help](http://www.groceryaid.org.uk/get-help)**



**Free and confidential support for grocery colleagues  
24/7, 365 days a year  
We're Always Open**

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