



DOCKLANDS COMMUNITY INITIATIVE

# Do you need help accessing food and personal essentials?

Docklands Community Initiative can help provide the essentials you may need at their hub. Open to anyone who needs support, no referral is necessary.

For immediate support,  
please speak to member of staff.

**Every Sunday**  
**12PM - 2PM**

Phoenix Court garages, Phoenix Court  
Mast House Terrace  
London, E14 3RE

Bring your own carrier bags - very limited supply available