



Chingford Distribution
 161 Chingford Mount Road
 E4 8LT
Chingford Opening Times
 Monday 11am - 11:30am

Walthamstow Distribution
 1A Jewel Road
 E17 4QU

Walthamstow Opening Times
 Monday 6:30pm - 7:30pm
 Wednesday 6:30pm - 7:30pm
 Friday 6:30pm - 7:30pm

Please complete form in BLOCK CAPITALS or type.

Client First Name		Client Surname	
Client Address		Client Telephone (mobile preferred)	
		No. Adults (in words)	
		No. Children (under 16 in words)	
		Children's Ages	

Referrer Name		Authorised Signatory	
Referrer Organisation			
Referrer Email Address			
Referrer Telephone		Date	

Reason for Emergency Food Referral (tick one box only)

Benefit Changes	<input type="checkbox"/>	Benefit Delay	<input type="checkbox"/>	Debt	<input type="checkbox"/>	Low Income/No recourse to public funds	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	Homeless	<input type="checkbox"/>	Domestic Violence	<input type="checkbox"/>	Sick	<input type="checkbox"/>
School Holidays	<input type="checkbox"/>	Salary Delay	<input type="checkbox"/>	Other	<input type="checkbox"/>		<input type="checkbox"/>

Age Group

16-24	<input type="checkbox"/>	25-34	<input type="checkbox"/>	35-44	<input type="checkbox"/>	45-54	<input type="checkbox"/>	55-64	<input type="checkbox"/>	65 & over	<input type="checkbox"/>
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Data Protection Act 1998: I agree that my information will be retained by Eat or Heat. My personal details will remain confidential to Eat or Heat unless a referral is made on my behalf and with my consent. I understand that Eat or Heat will not pass my personal information to organisations for marketing and sales purposes

Please email this form to referrals@eatorheat.org. Any questions call 0800 772 0212. Please do not send the client to us, we will contact the client with details of where and when to collect their food parcel.

Registered Charity in England and Wales No.1154192