

## Breakfast Served all day

All day breakfast (bacon, egg, sausage Mushrooms, beans, tomatoes and toast)	£6.00
Beans on Toast	£2.00
Egg on toast	£2.00

Every penny you spend goes towards  
helping local people....

## Meals

Homemade Chicken tikka kebab served in pitta bread with salad	£4.50
Homemade Lamb Kebab served with pitta bread and salad	£4.50
Salad of the week (please ask a member off staff)	£4.00
<b>Jacket potato</b> (served with salad and homemade coleslaw)	£4.00
Cheese, tuna mayonnaise, beans, ham) extra filling each	£0.50

## Toasties

(Cheese, ham, tuna) served with salad and homemade coleslaw)	£4.00
extra topping	aq£0.50

## Today's Cakes

£2.00 Choose from a selection of homemade cakes \*

\* Many of our cakes contain **Allergens**, these will be clearly labelled on the service counter for your convenience and a server will be happy to advice you on your choice.

## Drinks

### Coffee

	Regular	Large
Cappuccino	£1.80	£2.30
Caffe Latte	£1.80	£2.30
Coffee Mocha	£2.00	£2.50
Americano	£1.30	£1.70
Espresso	£1.10	£1.60
Extra shot	£0.50	
Syrup	£0.50	

Cans of pop	£0.85
Water bottles	£1.00

### Tea

Teas (Pot per person)	£1.20
Specialty Teas	£1.50

### Helping Hands Hot Chocolate

Hot chocolate	£2.20
With cream	£2.50
Marshmallows	£0.30



Pay it forward.....

### Suspended Drinks & Meal Options

Suspended Hot Drink	£2.00
Suspended Breakfast	£3.00
Suspended Lunch	£4.00
Suspended Cake	£2.00

We guarantee that only people in genuine need will benefit from your generosity.



**SUSPENDED  
COFFEES**

It's about more than the coffee

**At Helping Hands, we restore faith, by highlighting the simple acts of kindness happening all around us, and encouraging others to do the same.**

Kindness can come in many forms, including the purchase of a *Suspended meal or coffee*, which is the very idea that inspired this movement. A suspended coffee is the advance purchase of a cup of coffee for someone who needs it, no matter why. But it really is about so much more than the coffee. It can provide physical comfort, conversation, a **smile** or even a **laugh** and a sense of **belonging**. A suspended coffee can change lives, sometimes even save them.

The spirit and ambition of the **Suspended Coffees Movement** is supported by thousands of cafés around the world, places that are at the hub of local **communities**, serving suspended coffees (and more) and **sharing** goodwill and **compassion** every day.

**We invite you to join our journey as we change the world, one cup of kindness at a time.**

**Helping Hands** is a registered charity set up in 2013 to assist people in our local community who are in need (Kenilworth, Leamington and Warwick). Our service is completely confidential. Between us we can help others who are struggling, young and old.

We are not here to judge you (or others) we simply want to help. With the generous donations we receive from the local community, we are able to provide and meet some of the practical needs of local people who may be referred due to issues such as **debt, low income, redundancy, unemployment, homelessness, domestic violence, ill health, depression** etc. We take donations of household goods, toiletries, clothing, toys, bedding and unperishable food. (Please provide photos of all household items and also dimensions for larger/heavy household items, so we can assess transport need).

We take referrals from local agencies who also come into contact with those who have an urgent need, such as Children's Centres, Social services, Schools, Probation, Churches, Refuges, Hostels, G.Ps, other local charities etc. We also receive a number of direct requests from individuals and families, who we assess on an individual basis.

We also run a 3 x weekly **soup kitchen** to the homeless and vulnerable people in Leamington Spa on a Monday, Tuesday and Thursday evening & plan to start this shortly in Warwick, giving out donated food, snacks, drinks as well as clothing, shoes, sleeping bags, blankets, toiletries, rucksacks etc.

We encourage our service users to become **volunteers** with us, so we can help them to develop work experience and their CVs. We are passionate about transition and enabling people to move onwards and upwards with their lives. We opened a charity shop in October 2016 and added a drop-in café at the back of the shop that enables us to offer further work experience opportunities and the chance to do NVQs in catering, hospitality and coffee barista workshops.

We work closely and partner with other local services and we are able to signpost and refer our people to other great local community projects, such as to the local Food Bank, CAP (debt advise - Christians against Poverty), CAB (Citizens Advise Bureau), Counselling, Parenting Skills courses, Rehabilitation, Detox facilities and other helpful agencies and projects. We want to be able to support people in their time of need, as well as helping them out of their circumstances where possible.

To get in touch with us:

**SUPPORT/REFERRALS** should be emailed to:- [Helpinghandsreferral@gmail.com](mailto:Helpinghandsreferral@gmail.com) (For any agencies, please email us and we will send you our referral form to fill in).

**DONATIONS**, please email to:- [Helpinghandslwkdonation@gmail.com](mailto:Helpinghandslwkdonation@gmail.com) or phone 07809906912.

**VOLUNTEERING** and getting involved, please use:- [Helpinghandsvolunteering@gmail.com](mailto:Helpinghandsvolunteering@gmail.com) And

**OTHER** general enquiries, the email is:- [Helpinghandslwk@gmail.com](mailto:Helpinghandslwk@gmail.com)

Please Join Us and Together **We Can make "Fresh Coffee & Fresh Starts"**.

*Lianne Kirkman & The Helping Hands Team*

**Join us every Wednesday, Thursday & Friday 10am—4pm**