

## Carecent

**Breakfast Centre for the  
Homeless and Vulnerable**

**Monday to Saturday  
8.30am - 10.45am**



## Carecent

Central Methodist Church  
St Saviourgate  
York YO1 8NQ

01904 624244 (during opening hours)

[www.carecent.org](http://www.carecent.org) / email [admin@carecent.org](mailto:admin@carecent.org)

Carecent is an internal organisation of  
York Methodist Circuit

# Friends of Carecent

**Food  
Clothing  
Support  
Community**

## Welcome to Carecent

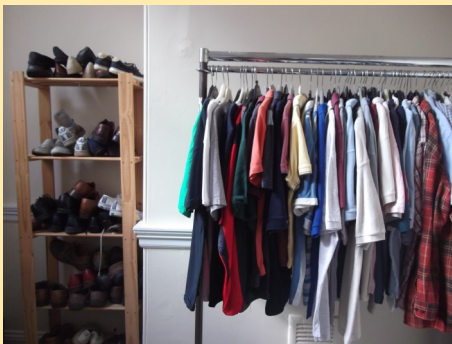
Carecent is a breakfast centre for all homeless, unemployed and socially excluded members of our community.

We are open six mornings a week:  
Monday to Saturday from 8.30am to 10.45am.

We provide food, clothing, toiletries and fellowship, free of charge, in a clean, friendly environment, and our volunteers are always ready to listen and offer help and advice where we can.

We welcome other agencies who can offer professional advice on housing problems, substance dependency issues and other types of help and support, but our main function is to provide food and shelter to those who need it without requiring anything from them in return.

**“Why do I volunteer?  
Because there, but for the grace of God, go I.”**  
- A, volunteer for 7 years



## Please will you help us?

For over thirty years, Carecent has been completely reliant on donations of money, food, clothing and toiletries.

Our running costs have increased significantly over the last couple of years, and we now need to secure regular income alongside continuing donations in order to carry on helping the vulnerable people who rely on us.



## Friends of Carecent

We are looking for “Friends” - supporters who will commit to a regular monthly contribution to Carecent in order to provide us with a more secure income.

**Could you make a regular donation and become a “Friend of Carecent”?**

A regular “Friends” newsletter will keep you up to date with Carecent, and explain how your donation is being put to good use.

If you would like to become a Friend of Carecent please email [admin@carecent.org](mailto:admin@carecent.org) and ask for a Friends Form.

**Thank you!**

## The Carecent Community



**“Every morning you come in for breakfast, you ask for something and the staff give it to you straight away. I’ve been coming for 8 years. I walk over in the mornings, and it’s peaceful.”**  
- G, customer

**“I wanted to offer something, but the more I do it, the more I enjoy it. I like the company!”**  
- B, volunteer for 4 years

**“The staff are fantastic and will talk to you about problems. They make you feel safe. They take us on trips and they can refer you to other agencies who will help you.”**  
- O, customer



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