



**Middlesbrough Free Food List**

**Spring 2019**

**Monday**

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| 10.00am – 12.00pm | St Barnabas Church, St Barnabas Road, Middlesbrough, |
| 10.00am – 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough |
| 4.30pm – 5.30pm | North East Help Link, Yew Street Car Park, Behind the Hope Foundation |
| 7.30pm – 9.30pm | Columba Project, Columba Project, Between Sainsburys and Hill Street Centre Car Park |

**Tuesday**

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| 10.00am – 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough, |
| 10.00am – 12.30pm | Salvation Army breakfast buns, tea and toast, Southfield Road, Middlesbrough | Breakfast at the Salvation Army, Southfield Road, Middlesbrough |
| 7.30pm – 9.30pm | Columba Project, Columba Project, Between Sainsburys and Hill Street Centre Car Park |

**Wednesday**

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| --- | --- |
| 10.00am – 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough, |
| 7.00pm – 8.00pm | Christian Life Missionaries, The Tunnel, Near Zetland Street Car  Park, Close to St Columba’s Church. |

**Thursday**

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| 10.00am – 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough |

**Friday**

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| 10.00am – 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough |
| 5.00pm – 6.00pm | Recipe Evening Meal, Middlesbrough Community Church,Clifton Street, Middlesbrough |
| 6.30pm – 8.30pm | Sowing Seeds Missionaries, The Basement, under the John Paul Centre, 55 Grange Road, Middlesbrough |

**Saturday**

**Saturday**

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| 12.30pm – 1.30pm | The Upper Room Project, Behind the John Paul Centre, Grange Road. Access via the red door in the alley |
| 6.00pm – 6.30pm | One Ummah, Breckon Hill Community Centre, Breckon Hill Road, Close to the Longlands, Middlesbrough |

**Sunday**

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| 5.00pm – 6.00pm | Guru Nanak’s Free Kitchen (The Sikh Community). The Tunnel near Zetland Car Park, Close to St Columbus Church. |

This list has been updated on the 14/05/2019

If anyone becomes aware of new places providing food or any stopping please let me know so I can keep the list updated

Email: [jill.fidan@cgl.org.uk](mailto:jill.fidan@cgl.org.uk) Telephone: 01642 876323

Or call into the Live Well Centre, Dundas House, Dundas Arcade, Middlesbrough.

**Neighbourhood Welfare Kitchen**

This kitchen is there to help people who have issues with homelessness and those that are having issues with their benefits and have no income. If you are working with agencies like Breaking Boundaries, Rivers House, Probation, CGL, or the Job Centre you can ask them to give you a letter or referral slip explaining your circumstances and take it with you.

**Please note that the food providers on this list do not allow children to attend the kitchens.**