



Middlesbrough Free Food List

Winter 2020

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 - 12.00 | Salvation Army breakfast buns, tea and toast, 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, |
| 5.00pm - 7.00pm | Mithai Mahal 125 - 127 Abingdon 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 |
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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 - 8.00pm | Sowing Seeds Missionaries, The Basement, under the John Paul Centre, 55 Grange Road, Middlesbrough |

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. |
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This list has been updated on the 07/01/2020

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@ntlworld.com

Neighbourhood Welfare Kitchen

This kitchen is there to help people who are homeless and those that are having issues with their benefits and have no income. For further details about how you can use the kitchen please drop in to see Sue. It is also possible to email: nhw_executive@hotmail.co.uk

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