

## Meal Provision, Shopping and Cleaning- Community Resources

### Food Banks, Food Pantries and Free meal venues

#### **Free Meals-**

**Two Saints** 30 Cranbury Avenue, Southampton SO14 0LT Mondays – Fridays Open 9.00 am -2.00 pm  
Free Hot Breakfast and Lunch for those registered as homeless. Visitors can also eat for between £1-  
£2. Contact: 02380223443

**GEMS Free Brunch Club** Tuesday 10:30 am – 12noon at Kingsland Community Centre, Broad Green,  
SO14 1LF. A selection of filled rolls and a hot drink and a place to keep warm.Contact: 07961808110

**The Big Breakfast.** Thursday 9-10.30 am. At Above Bar Church 69 Above Bar SO14 7FE No need to  
book, just turn up. We particularly welcome anyone who is homeless and vulnerable. Contact: 07984  
162426

**GEMS Wellbeing Lunch Club** Thursday 10 am to 3 pm at Challis Court, King Street SO14 3DQ. Coffee,  
chat and activities for all. A 2-course free lunch is served at 1pm. No need to book or register. Just  
come. Contact: 07961808110. Note: The Club is closed on the third week of each month.

**Monty's Fry-up and Finances** Free breakfast and advice on the first Friday of each month from 9:00  
am-3:00 pm at 59 Montague Ave, Sholing, SO19 0QB Contact: 07493 306 046

**St Andrews** (New Community Church) Saturday 12.30 -1.15 at 204 South East Rd  
SO19 8LW. After the service, we have plenty of food to share from Tesco food share 12.30-1.15 pm.  
Don't forget to bring a bag. All totally free! Contact: 023 8023 7700

**Three Rivers Community Rail Partnership-** Saturday morning from 1030 - 1230, handing out spare  
food from supermarkets and private donations to reduce food waste and help people access food  
without barriers. Contact Details: Mark Miller: 07900 103296  
Address: Swaythling Station, Wessex Lane. SO18 2LB [Info@threeriversrail.com](mailto:Info@threeriversrail.com)

**Saturday Breakfast Club:** Week 1 and Week 2 Life Church, 11 Cranberry Terrace, SO14 0LH 8.30 pm  
– 10.30 am Free. All welcome. Contact Jon Lawn 02380676599. Week 3 and Week 4 Central Baptist  
Church Devonshire Rd, SO15 2GY 9am – 10.30 am. Free. All welcome. Contact 02380225473

**St. Mark's Institute,** Sunday Lunch Project -Church Hall, Weston. Doors open at 10.00, Food served  
from 12.00 to 13.00 Contact: 07716692359

**St Denys Church,** Sunday Lunch Project Dundee Rd, SO17 2ND from 10.00 to 12.30. The meal is free,  
no booking, no referral or name is required. Contact: 07716692359

**Sunday Afternoon Club** from 4:30 pm- 5:30 pm at the New Community Church, Central Hall, St Mary  
St, Southampton SO14 1NF. A free meal for the homeless and vulnerable residents of  
Southampton Contact: 023 8023 7700

**Langar Facility (Food) at the Gurdwara-** Langar or Food is served to the devotees who attend the Gurdwara Khalsa Darbar in Southampton. This is served all day long and 7 days a week and 365 days a year. You are welcome to have Langar when visiting the Gurdwara. Contact- 282-286 Burgess Road, Southampton, SO16 3BE, 02380 398631 or 07810 526495. [info@gkdarbar.org](mailto:info@gkdarbar.org)

### ***Food Banks-***

**Central Baptist Church**, City Centre, SO15 2GY Monday 10 am -3 pm. Contact: 023 8022 5473 for more information

**Hedge End Food Centre**, Monday 10 am – 1 pm at Kings Community Church, Upper Northam Rd, Hedge End, SO30 4BZ. If you need a referral, come along and talk to one of the team. Contact: 07543 925959

**St Mary's Church**, 49 St Monica Rd, Sholing, SO19 8ES Tuesday 10 am – 3 pm  
Referral needed. Contact: 023 8055 0435

**Shirley Baptist Church Basic Bank**, Church St, Shirley, Southampton SO15 5LG Runs on Thursdays  
Referral needed. Contact: 023 8055 0435

**Poitiers-** Poitiers Care is a Registered Charity that delivers food to people who live in and around the wider Southampton area, and who would otherwise go hungry. Food is delivered to your home by a volunteer. Contact- Brian Arthur on 07796 161047

**James Street Church Food Bank** – Thursday 10 to 11 am at James Street Church, St Mary's, SO14 1PH Free food – queue and bring a bag. Contact: 07730335750

**Thursdays Together** St Albans Church, Tulip Rd, Bassett Green SO16 3BB. Open from 9.15 until 10.30. We have a variety of fresh and long-life foods each week. Contact: 023 8055 4231

**Hedge End Food Centre** Thursday 10 am – 1 pm at Kings Community Church, Upper Northam Rd, Hedge End, SO30 4BZ Referrals preferred If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag, backpack or food trolley. Contact: 07543 925959

**Hope Centre Food Bank** Thursday 2 pm – 4 pm at Drayton Close, Weston SO19 9JN Part of the Hedge End Food Centre. If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag, backpack or food trolley. Contact: 02381780069

**Lords Hill Church**, Lordshill District Centre, Lordshill, Southampton SO16 8HY . Friday 10 am – 3pm  
Referral needed. Contact: 023 8055 0435

**St Denys Church** – Friday 11 to 12.30 at Dundee Rd SO17 2NG. Come and join the queue for a free food package. Bring a large bag. Contact: 07853 238831

**The Food Hub** Friday 1.45 TO 2.45 at Thornhill Park Rd SO18 5TR  
Just bring a bag for a good selection of basic food. Click on link for more  
information: Contact: 07952 904052

**Free Shop** at Swathling Station Wessex Lane Swaythling, SO18 2LB  
Saturday 10.15 -12.15. Bring a bag. Donations are welcome. They also have used clothing and a  
baby bank.

#### ***Food Pantries-***

**Fareshare Larder** – Monday 12:30 pm-2 pm at Harefield Primary School, Yeovil  
Chase, Harefield SO18 5NZ £2.50 -£5.00 depending on the amount of food needed. Contact: 07528  
338104

**The Art House** Food pantry (veg only) 178 Above Bar Street, SO14 7DW.  
Donation £2. Open Thursday-Saturday Contact: 023 8023 8582

**Park Life Café**, at St. James Park in Shirley, SO15 5SD Open Every day 10 am – 4 pm Food pantry  
(donation) and normal-priced café. Contact: 023 8077 9763

**Round About Café** 12 Westfield Corner, Wide Lane, SO18 2LE Open daily 8am-2pm Food Club  
(Membership £1.00 – Fill in the form at cafe and then pay 10 items for £3.50 or 15 items for £5

**Southampton Vineyard Church** (The Old Chemist), 16 Manor Farm Rd, SO18 1NP. Wednesday 9.30  
– 11.30. £2.50-£5.00 depending on the amount of food needed. Contact: 023 8055 0435

**Monty's Community Hub** at 59 Montague Ave Sholing, SO19 0QB Tuesdays – Friday Food Pantry  
(donation) Contact: 07493 306 046

**Stephens Dance Centre**, Oakley Road, SO16 4LG. Thursday 11.30 am – 1.30 pm. Join our  
Southampton Social Aid Food Club and get weekly access to a range of food/household items. Open  
to all – no referral needed. £3.50 for 10 items and £5.00 for 15 items. Contact :tel:02380784069

**Totton FareShare Pantry:** Totton Church, 283a Salisbury Rd, SO40 3LZ. Membership must be  
applied for. Contact: 023 8235 8585

**Weston FareShare Pantry.** Outside Oslo Towers, International Way, SO19 9NY Wednesday 9.00 –  
10.30. £2.50-£5.00 depending on the amount of food needed. Membership must be applied  
for. Contact: 023 8235 8585

**Marketplace.** (Basic Banks Mobile Pantry) Thursday 10 am -2 pm at St Mary's Church, St Mary's  
Street, St Mary's SO14 1AQ. £5 for 15 items. Note: membership is currently full but you can join the  
waiting list

**Social Aid Food Club** Tuesday 11:30- 1:30 pm at Unity Brewing Co, 23-27 Princes St, Northam, SO14  
5RP. Self-referral/£5.00 for 15 items/£3.50 for 10 items. Please note we do not stock refrigerated or  
frozen items. Contact: 07762 874272

**Redbridge Community School**, Cuckmere Lane, SO16 9RJ Friday 1 pm – 2.30 pm £2.50-£5.00 depending on amount of food needed. Membership must be applied for. Contact: 023 8235 8585

## Meal Delivery

**City Catering Southampton**- Independent Charitable company operating Southampton City Councils Meals on Wheels Service. Providing hot meal delivery and welfare checks. Southampton City Care meals will supply a hot meal directly to your home, five days a week, Monday to Friday. City Care Meals cater for all dietary requirements. If meals are required at weekends, frozen meals can be provided to be reheated. This also depends on your circumstances, such as, available freezer, cooker or microwave, required to defrost and reheat meals. Email- [care@citycateringsouthampton.co.uk](mailto:care@citycateringsouthampton.co.uk) Phone: 023 80 83 38 66 Website: <https://www.citycateringsouthampton.co.uk/care>

**Roast Out Catering**- Home Cooked Hearty Meals Delivered With Love- We are a family run Hampshire based business delivering nutritious, freshly cooked hot lunches to people who have difficulties preparing food themselves. For us the service is as much about the people as it is about the food. Our menu is prepared and delivered to the ones you love by people who care. People who will arrive with a friendly smile and are happy to help. To find out more call 023 8032 6664

**Oakhouse**- A huge selection of meals delivered frozen to your door. Taster packs available for £23.00. Contact details: 0333 370 6700 or order online at [www.oakhousefoods.co.uk/all-meals.html](http://www.oakhousefoods.co.uk/all-meals.html)

**Wiltshire Farm Foods**- A selection of 340 frozen ready meals delivered straight to your door. [www.Wiltshirefarmfood.com](http://www.Wiltshirefarmfood.com) Tel-0800 0773100

**Easy TZ**- Using surplus food from FareShare, The Big Difference and other food suppliers to create six dishes a week, catering to allergens and dietary requirements such as vegan and low carb/gluten-free to tackle food waste. Our meals are on a tiered pricing structure so for example six meals costs £13.50 with delivery being charged based on your postcode, or free if you collect! The full menu goes live every Monday ready for collection or delivery on the following Wednesday between 4-6! Orders must be placed by Midnight that Monday for a guaranteed order. Email us at [ez.tz.meals@gmail.com](mailto:ez.tz.meals@gmail.com) for more information!

## Shopping

**60+**— Referral from Practitioner is required. They support to find a shopping/domestic service, also basic IT lessons can be arranged through them to assist with online shopping. Tel 02380 915154

**Morrisons telephone shopping service**- Tel 034506110611 opt 5, they deliver food and you can pay through chip and pin on the doorstep. They also provide a service to Amazon prime customers.

**Sainsburys assist online and Telephone shopping service**- Tel 0800 328 1700 Mon-Fri 9am -5pm.

**Communicare** – Good neighbour scheme can provide volunteer's for shopping subject to availability of volunteers at the time. Tel 02382 500050

**M&S-** The food team will support with telephone orders and delivery. Tel 0333 014 8222

**MHA Shopping** - Charge £2.50 per week to do shopping or £5.00 per month Tel 07563 556 090.

**SCM Marketplace-** A new community food membership scheme has recently been launched to complement the well established SCM basics bank. It gives access to a range of good quality food items, for a small weekly membership subscription fee, this is ideal for those clients that require less urgent, longer term food aid support other than that provided by the food banks. Tel 02380 550435

**Red Cross Community Connectors** Tel 077342 86336

**Townhill Helping Hub-** Covering SO18 postcodes, the group run weekly food exchange scheme, whereby you can drop off an unwanted/unopened/in-date item and in return can take 3 items from the shelf. [www.so18biglocal.org.uk](http://www.so18biglocal.org.uk)

## Cleaning

**60+**- Referral from Practitioner is required. They support to find a shopping/domestic service. Tel 02380 915154

**SoLinked-** Community Navigators that are able to support in identifying free or low cost solutions for both cleaning and shopping. Further details on their website. Tel 02380 216050

**Communicare-** Small one off tasks, DIY and one off cleans. Tel 02382 500050