



Middlesbrough Free Food List

Spring 2019



Monday

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

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough,
11.00am - 11.45pm	Salvation Army Breakfast, Southfield Road, Middlesbrough
4.00pm - 5.00pm	Praise Christian Centre International, Brentnall Street, Close to Middlesbrough Bus Station (1 st and 3 rd Tuesday every month)
7.30pm - 9.30pm	Columba Project, Columba Project, Between Sainsburys and Hill Street Centre Car Park

Wednesday

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

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough
------------------	---

Friday

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

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

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 03/04/2019

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 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 River's House, Probation, or the Job Centre you can ask them to give you a letter or referral slip explaining your circumstances and take it along .

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