

Help with Food - Organisations in Portsmouth offering free food for people in need

Organisation & Address	Service
Homeless Day Services Yew House, Milton Road (next door to Hope House) Portsmouth PO3 6BA 02392 298791 / 882689	Drop-in centre for people homeless, sofa surfing, inappropriately housed or at risk of becoming homeless Free, hot breakfast for service users: Monday to Friday 8.30 - 10.30am, Saturday/Sunday 9am - 12pm Day Service Opening times: Monday to Friday 8.30am - 1pm (2 - 4pm by appointment only) Saturday, Sunday 9am - 12pm
Buckland United Reformed Church 174 Kingston Road, Buckland (corner of Queens Rd/ Kingston Rd) 02392 697320	Buckland Soup Kitchen provides tea/coffee and a hot sit down meal in the hall at Buckland United Reformed Church. We generally have shoes and clothing available and occasionally sleeping bags Wednesday 6.30pm - 8.00pm
The LifeHouse 153 Albert Road (entrance in Harold Road) Southsea 07713 198045	Providing meals and support for the homeless, those living with addictions and vulnerable adults Breakfast - Wednesday mornings 9.00am Dinner - Thursday evenings 7.00pm
Family Church Empower Centre 83-87 Kingston Road Portsmouth 02392 662257	Caring Hands Thursday Drop-in 10.30am - 12.30pm Hot and cold drinks, snacks, biscuits, cakes Friendship, food & drink: all welcome
Family Church Mobile Kitchen Outreach	Offering hot food, emergency sleeping bags and clothing Monday & Friday available at: 7.30pm North End Post Office , Derby Road 8pm Craneswater Junior School (opposite Co-Op), Albert Rd 8.30pm The Hard , car park behind Tin Tin's Restaurant 9pm City Centre , opposite Matalan car park (station end)
FoodCycle Portsmouth 02392 892010 portsmouth@foodcycle.org.uk	We collect surplus food from retailers and our volunteers cook up a tasty, healthy 2 course meal for those in need, twice a week All welcome. Meals are free of charge (but donations are welcome) (Please contact us if you'd like to get involved) Tuesday 7pm: John Pounds Centre , Queens Street Thursday 6pm: King's Church , corner of Somers Rd / Fraser Rd
Portsmouth Food Bank King's Church Hall Somers Road, PO5 4QA 02392 987977	On production of a Food Bank Voucher from a referring agency, you will receive 3 days' worth of non-perishable food, plus household items for those in need Monday, Wednesday, Friday 12pm - 2pm
North End Food Bank North End Baptist Church 195 Powerscourt Road, PO2 7JH 02392 653635	On production of a Food Bank Voucher from a referring agency, you will receive 3 days' worth of non-perishable food Tuesday 5pm - 6pm Thursday 1pm - 3pm
Paulsgrove Food Bank Paulsgrove Baptist Church 1 Woofferton Road, PO6 4DW 02392 385047	On production of a Food Bank Voucher from a referring agency, you will receive 3 days' worth of non-perishable food Thursday 12pm - 2pm

<p>Portsmouth Welfare Assoc. Carnegie Library, PO1 5ZE (opposite St Mary's Church) 02392 811407</p>	<p>Some food available from donations but also offer help with clothing, bedding and household items, and provide Food Bank Vouchers No eligibility criteria for help, however appointments are required Monday, Wednesday & Friday 10am - 12pm</p>
<p>Pushing Change 3rd Floor Central Library Guildhall Square Portsmouth, PO1 2DX 02392 841384</p>	<p>For anyone who has had problems with drugs or alcohol and wants support. Come & talk to people who have been there... Friday Drop-in: 11am - 1.30pm Tea, coffee and light lunch provided Saturday Recovery Group: 10.30am - 2pm Recovery activities - light lunch provided</p>
<p>Salvation Army The Haven, Lake Road 02392 293793</p>	<p>Food parcels provided to those in need who drop in: Tuesday 1 - 3pm Friday 10am - 12pm</p>
<p>Salvation Army Lighthouse Community Centre 84 Albert Road 02392 821164</p>	<p>Portsmouth Food Bank Voucher via a Minister: Monday, Wednesday & Friday 9.30am - 1pm (to coincide with Portsmouth Food Bank opening days - outside of these times some food parcels can be provided) Both venues: Clothes & sleeping bags in emergencies</p>
<p>St Simon's Church Waverley Road Southsea PO5 2PW 02392 829440</p>	<p>Sunday Supper, free meal for homeless and vulnerably housed people, those with substance misuse problems, mental health problems or who are otherwise socially excluded. All are welcome Sunday 6pm - 7.30pm</p>
<p>St John's Cathedral Discovery Centre (opposite Victoria Park) Bishop Crispian Way, PO1 3QA 02392 870348</p>	<p>InSight is a community for people who are isolated and want a place to go to meet other people. People attending take part in activities and share a hot two course meal. Tuesday 10.30am - 1pm</p>
<p>Friday Fridge St Jude's Church Kent Road, Southsea, PO5 3EL 02392 750442 / 07804 942286</p>	<p>A safe welcoming place to relax, chat with friends, learn about God, seek Christian guidance – or just to chill out with a bacon sandwich, cheese toastie, tea or coffee. Open to all without discrimination. 1st, 2nd and 3rd Friday of each month, 9pm - 11.30pm</p>
<p>Trash Café Real Junk Food Project Buckland Community Centre Malins Road Portsmouth PO2 7BT</p>	<p>Trash Café work with food businesses to stop food waste At the café, you pay as you feel for meals and groceries, in volunteering time, cash, skills or item donations Visit www.trashcafe.com to find out more Pay As You Feel Café every Wednesday 4 - 7pm</p>

Help with Food - Weekly Timetable

Monday	Family Church Mobile Kitchen	F
	Homeless Day Services	F
	Portsmouth Food Bank	P
	Portsmouth Welfare Association	V
	Salvation Army Lighthouse	V
Tuesday	FoodCycle John Pounds Centre	F
	Homeless Day Services	F
	North End Food Bank	P
	Salvation Army Haven	P
	St John's Cathedral InSight	F
Wednesday	Buckland Soup Kitchen	F
	The LifeHouse	F
	Homeless Day Services	F
	Portsmouth Food Bank	P
	Portsmouth Welfare Association	V
	Salvation Army Lighthouse	V
Trash Café - Pay As You Feel Café	F	

Thursday	The LifeHouse	F
	Family Church Caring Hands Drop-in	F
	FoodCycle King's Church Hall	F
	Homeless Day Services	F
	North End Food Bank	P
	Paulsgrove Food Bank	P
Friday	Family Church Mobile Kitchen	F
	Friday Fridge (1 st , 2 nd , 3 rd Fri of month)	F
	Homeless Day Services	F
	Portsmouth Food Bank	P
	Portsmouth Welfare Association	V
	Pushing Change Drop-in	F
Saturday	Salvation Army Haven	P
	Salvation Army Lighthouse	V
	Homeless Day Services	F
Sunday	Pushing Change Recovery Group	F
	Homeless Day Services	F
	St Simon's Sunday Supper	F

***F** = Prepared Food; **P** = Food Parcel; **V** = Food Bank Voucher