SECH
WE'RE ALL ABOUT YOU

A guide to free and low-cost meals and food support in Southend

FRIDAYS

TIME	HOST	SERVICE	ADDRESS	COST / REFERRAL REQUIRED
08.00 - 12.00	HARP	Breakfast	Bradbury Centre, SS1 2DL WTW://hero.demand/gossip	For verified rough sleepers
09.30 - 11.30	Trinity Family Centre	Drop In, babies and toddlers welcome	Argyll Road, Westcliff, SS0 7HL WTW: ///gently.units.risks	Affordable, low-cost breakfast. £2 entrance charge
10.00 – 14.00	Lifestreams	Community Fridge	213 Manners Way, SS2 6QS WTW:///data.area.take	Free to access
10.00 - 11.30	SVP	Vinnie's Pick and Mix	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	£1 Membership for 12 months, £5 per shop
10.00 - 12.00	Storehouse	Foodbank and breakfast	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Free to access, open to all
11.00 - 13.00	Southend City Baptist Church	Toast, tea, coffee and biscuits	Clarence Road, Southend, SS1 1AN WTW: ///fool.cash.hope	Free to access
12.00 - 13.30	SVP	Drop in and Lunch, served until 13.00	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access
13.00 - 15.00	Storehouse	Men only, social support session	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///scar.dive.librarian	Free to access
13.30 – 15.20	Family Action	Food Club and family support	Centre Place, Southend, SS1 2JD WTW: ///raft.snows.slot	£5 FOOD Box, £1 Annual membership, geographical restrictions apply. Email southendfoodclubs@family-action.org.uk
18.30 - 20.00	SVP	KIndness Kitchen	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access