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

MONDAYS

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
08:45 - 10:30	Family Action	FOOD Club, family support	Friars Family Centre, SS3 9XX WTW: ///sneezing.confusion.cute	£5 FOOD Box, £1 Annual membership, geographical restrictions apply. Email southendfoodclubs@family-action.org.uk
09.30 - 11.30	Trinity Family Centre	Chat and Natter	Argyll Road, Westcliff, SS0 7HL WTW: ///gently.units.risks	Affordable, low-cost breakfast served until 11am
10:00 - 12:00	Storehouse	Foodbank and breakfast	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Free to access, open to all
10:00 - 14:00	Lifestreams	Community Fridge	213 Manners Way, SS2 6QS WTW: ///data.area.take	Free, closed bank holidays
10.30 - 16.30	SVP	Non Perishable Food Bags	Short Street, SS2 5BY WTW: ///tribe.twist.gold	For those experiencing food poverty and those in need. £6 donation preferred
11:30 - 13:30	SVP	Drop In	Short Street, SS2 5BY WTW: ///tribe.twist.gold	Free to access, lunch served 12.00 - 13.30
12.30 - 16.00	Trinity Family Centre	Over 60's Club	Argyll Road, Westcliff, SS0 7HL WTW: ///gently.units.risks	£2.50 entrance, includes exercise or entertainment from 2pm. Home cooked food until 13.30
13.00 - 15.00	Storehouse	Foodbank	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Free to access, open to all
16:00 - 17:15	The One Love Project	Women Only, 18+, food, showers, support	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///after.comb.lock	Free to access
17:00 - 18:30	Southend Foodbank	Foodbank	The Faith and Hope and Charity Shop, SS4 1UP WTW: ///dialect.intruders.brochure	Voucher required from Citizens Advice, SECH Help In Hub, schools, Childrens Centres, SAVS

18:30 - 20:00	The One Love Project	Mixed Service, food, showers, support	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///after.comb.lock	Free to access