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

THURSDAYS

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
09.45 - 11.00	SVP	Food Market	St Helens Church Hall, SS0 7JP WTW://sculpure.turned.locker	£1 Membership for 12 months, £5 per shop
10.00 – 14.00	Lifestreams	Community Fridge	213 Manners Way, SS2 6QS WTW:///data.area.take	Free to access
11.30 - 13.30	SVP	Drop In	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access, lunch served 12.00 - 13.00
11.30 - 12.30	The One Love Project	Foodbank	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///scar.dive.librarian	Free to access, adults only
12.00 - 14.00	Southend City Baptist Church	Toast, tea, coffee and biscuits	Clarence Road, Southend, SS1 1AN WTW: ///fool.cash.hope	Free to access
12.00 - 14.15	The Experience Project	Foodbank	The Whittingham Mission, SS2 4WA WTW: ///moved.bucked.aspect	SS24 residents only. Please bring proof of address. Closed 1st Thursday of the month
12.30 - 14.30	Southend Foodbank	Foodbank	Shoeburyness and Thorpe Bay Baptist Church SS3 9JD WTW: ///regard.dose.byers	Voucher required from Citizens Advice, SECH Help In Hub, schools, Childrens Centres, SAVS
13.00 - 14.00	The One Love Project	Foodbank and community supermarket	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///after.comb.lock	Free to access for adults with children
18.30 - 20.00	The One Love Project	Evening service, food, showers, clothing, support	Hollybrook, Carnarvon Road, SS2 6LR WTW: ///after.comb.lock	Free to access, mixed service