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

TUESDAYS

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 - 11.00	SVP	Food Market	St Lukes Community Hub, SS2 4AF WTW://crowned.glory.faster	£1 Membership for 12 months, £5 per shop Every 4 weeks, call 01702 592980 to confirm
10.00 – 14.00	Lifestreams	Community Fridge	213 Manners Way, SS2 6QS WTW:///data.area.take	Free to access
10.00 - 13.00	Storehouse	Rough Sleepers, showers, hot food, support	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Free to access
11.30 – 13.30	SVP	Drop In	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access
11.00 – 13.00	The Experience Project	Bingo, coffee and cake	Whittingham Avenue, Southend, SS2 4WA WTW: ///moved.bucked.aspect	Check The Whittingham Experience Project on Facebook for details. Closed 1st Tuesday of the month
11.50 – 13.15	Trinity Family Centre	Eat In Community Cafe	Argyll Road, Westcliff, SS0 7HL WTW: ///gently.units.risks	Low cost home cooked meals and puddings Main meals £3.60, pudding £1.90
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
13.00 - 15.00	Southend Foodbank	Foodbank	Belle Vue Baptist Church, SS1 2QZ WTW: ///margin.input.cheeks	Voucher required from Citizens Advice, SECH Help In Hub, Childrens Centres, SAVS
14.00 - 16.00	Shoebury Ark	Foodbank , meals and pantry shop	Friars Baptist Church, Shoebury, SS3 9RJ WTW: ///released/fortnight.former	Proof of address required, SS3 residents only

15.30 - 18.30	Trinity Family Centre	Family Club, food and games	Argyll Road, Westcliff, SS0 7HL WTW: ///gently.units.risks	Affordable, low-cost meals, last food order 5pm. £2 entrance charge
18.30 – 20.00	SVP	Kindness Kitchen and Homeless Hub	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access