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

WEDNESDAYS

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
10.00 - 11.30	Storehouse	Family Session, with children up to 5 y/o	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Professional referral required Visit SECH Help In Hub for support
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
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 - 14.00	Storehouse	Womens only, food and games	Coleman Street, SS2 5AW WTW: ///upon.shorts.leaps	Free to access
13.00 - 15.00	Southend Foodbank	Foodbank	St Saviours Church, SS0 8LL WTW: ///door.stared.movies	Voucher required from Citizens Advice, SECH Help In Hub, schools, Childrens Centres, SAVS
17.15 – 18.15 (doors close at 18:30)	The One Love Project	Foodbank and community supermarket, Free fresh produce, low cost non-perishables, toiletries, home items and clothing for a small	Carnarvon Road SS2 6LR WTW: ///after.comb.lock	Free to Access, Non rereferral but pre-registration before attendance desired

		monetary donation		
18.30 – 20.00	SVP	Kindness Kitchen and Homeless Hub	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access