

Where to get free/pay as you feel meals Info correct and up to date as of 19.2.21

Mondays

Toast Club 8-10am Church of Annunciation 89 Washington St BN2 9SR	Brighton Light Trust 12-1pm Holland Rd Baptist Church
St Anne's Centre 12pm Upper St James St BN2 1PR	

Tuesdays

Toast Club 8-10am 89 Washington St BN2 9SR Church of Annunciation	CASE. World Food Project Crestway Parade BN1 7BL 10-1.30	St Anne's Centre 12pm Upper St James St BN2 1PR
Real Junk Food Project St Lukes Church 64 Old Shoreham Rd BN1 5DD 12.30 - 1.45	Real Junk Food Project 12.30 - 3 Brighton Table Tennis Club Food Bank St John the Baptist Church, Bristol Road, BN2 1AP	

Wednesdays

Toast Club 8-10am 89 Washington St BN2 9SR Church of Annunciation	CASE. World Food Project Crestway Parade BN1 7BL 10-1.30	St Anne's Centre 12pm Upper St James St BN2 1PR
Sussex Homeless Support 5pm Clock Tower North Street Also some clothes available	Safehaven Men 1pm St Peter's Church car park York Place BN1 4GU Term-time only	Real Junk Food Project St Lukes Church 64 Old Shoreham Rd BN1 5DD 12.30 - 1.45

Thursdays

Toast Club 8-10am Church of Annunciation 89 Washington St BN2 9SR	CASE. World Food Project 10-1.30 Crestway Parade BN1 7BL
St Anne's Centre 12pm Upper St James St BN2 1PR	Real Junk Food Project 12-3 The Gardener Gardner St in The Lanes
Real Junk Food Project 12.30-3 Brighton Table Tennis Club St John the Baptist Church BN2 1AP	Peace Statue Hove Seafront 6pm

Fridays

Toast Club 8-10am Church of Annunciation 89 Washington St BN2 9SR	CASE. World Food Project 10-1.30 Crestway Parade BN1 7BL
St Anne's Centre 12pm Upper St James St BN2 1PR	Real Junk Food Project 12-3 The Gardener Gardner St in The Lanes

Saturdays

Stopover 8-9am St Peter's Church Car Park York Place BN1 4GU	Real Junk Food Project 12-3 The Gardener Gardner St in The Lanes
St Peter's Church Car Park York Place Brighton BN1 4GU Saturday 6-7.30 Term time.	

Sundays

Stopover 8-9am St Peter's Church Car Park York Place BN1 4GU	Sussex Homeless Support 1pm Clock Tower North Street
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Drop-in Food Banks - no referral needed

<p>Cornerstone Community Centre, Palmeira Square, Hove Saturday 12-4</p>	<p>Old Boat Corner Community Centre, Hollingbury, Carden Hill, Brighton, BN1 8GN Community fridge. Tuesday 10-12</p>
<p>Brighton Table Tennis Club Food Hub, Parish Hall, St John the Baptist Church, 2 Bristol Rd, Brighton BN2 1AP Tuesday & Thursday 12.30-4.30, Sunday 12.30-2.30</p>	<p>Balfour Mutual Aid Food Bank, St. Peters Cricket Clubhouse in Preston Park, Preston Drove, Brighton BN1 6LA Tuesday to Thursday from 1:30 – 3:30</p>
<p>Vegan Food Bank, The Cowley Club, 12 London Road, Brighton BN1 4JA. All food is vegan but you do not need to be vegan to receive a parcel. Tuesdays 1-3pm.</p>	<p>Brighton Women's Centre, 22 Richmond Place, BN2 9NA. Women can self-refer by emailing dropinservices@womenscentre.org.uk or by calling the helpline on 01273 698036 on Mon 2-4pm, Weds 2-4pm or Thurs 10-12pm.</p>
<p>East Brighton Food Co-op. Delivering daily nutritious meals in East Brighton. To order food delivery call: 01273 885068 or email: eastbrightonfoodcoop@gmail.com</p>	

Support Services

StreetLink. Help for people sleeping rough. **Phone: 0300 500 0914** www.streetlink.org.uk

Register with a GP for rapid access to support services. **Morley Street Surgery** registers patients who are homeless or in temporary accommodation in the Brighton and Hove area. Morley Street Surgery Brighton BN2 9DH **Phone: 01273 003930**

First Base Day Centre. Support for people who are sleeping rough or insecurely housed St Stephen's Hall, Montpelier Place, Brighton, BN1 3BF **Phone: 01273 326844** Rough Sleepers session: 8am – 11am, Monday to Friday
Activity sessions: 11am – 1pm on Monday, 11am - 3:30pm Tuesday-Friday

Brighton Council Discretionary Fund. Help with getting food vouchers, other food access, fuel and financial assistance and help getting a food bank referral. **Phone: 01273 293 117**

Money Advice Plus. Free debt and benefits advice, money support services and help with getting a food bank referral. **Phone 08081 963 699 and ask for Nick, Julia or Heather.**

Samaritans. You can get in touch about anything that's troubling you, no matter how large or small the issue feels. **Freephone: 116 123**

Sussex Mental Healthline 24/7 phone service offering listening support, advice, info and signposting to anyone experiencing difficulties with their mental health. **Phone: 0300 500 0101**

RISE is an independent, Brighton-based registered charity that helps people affected by domestic abuse. **Phone: 01273 622 828. 9am-5pm, Monday-Friday.**

NSPCC helpline. If you're worried about a child, even if you're unsure, contact professional counsellors for help, advice and support. **Freephone: 0808 800 5000**

Adult Social Care Brighton & Hove. Call if you're worried about a vulnerable adult. **Phone: 01273 295 555** Monday to Friday, 9am to 4.30pm. Phone number for after 4.30pm in an emergency: 01273 295 555. Your call will be answered by Carelink Plus.

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