



Middlesbrough Free Food

Winter/Spring 2018

Monday



4.30pm - 5.30pm	North East Help Link. Yew Street Car Park, behind the Hope Foundation
7.30pm - 9.30pm	Columba Project, Columba Church, Between Sainsbury's and Hill Street Centre

Tuesday

11.00am -12.00pm	Breakfast at the Salvation Army, Southfield Road, Middlesbrough
4.00 pm - 5.00pm	Praise Christian Centre International, Brentnall Street, close to the Bus Station, Middlesbrough
7.30pm - 9.30pm	Columba Project, Columba Church, Between Sainsbury's and Hill Street Centre

Wednesday

7.00pm - 8.00pm	Christian life Missionaries, near Zetland Street Car park (the tunnel) Close to St Columba Church, Middlesbrough
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Thursday

9.30am - 10.30am	Breakfast Club at St Marys Centre, Corporation Road, Middlesbrough
7.00pm - 8.00pm	Hugs for The Homeless, Breckon Hill Community Centre, Breckon Hill Road, Just off Marton Road near the Longlands.

Friday

5.00pm - 6.00pm	Recipe Evening Meal, Middlesbrough Community Church, Clifton Street
6.30pm - 8.30pm	Sowing Seed Missionaries Food Bus, Near Cash Converters, Grange Road

Saturday

1.00pm - 2.00pm	Upper Rooms Project behind the John Paul Centre, Grange Road, Access via red door in alley Middlesbrough
6.00pm - 6.30pm	One Ummah, Abingdon Road International Centre, Middlesbrough

Sunday

4.30pm - 5.30pm	Off the Ground Coffee Shop, Grange Road, Middlesbrough. (This food is provided fortnightly please see over the page for dates)
5.00pm - 6.00pm	Middlesbrough Sheiks, near Zetland Street Car Park (the tunnel) Close to St Columba Church.

Off the Ground Coffee Shop Provides Food on the following Sundays

January 14 th & 28 th	February 11 th & 25 th	March 11 th & 25 th
April 8 th & 22 nd	May 13 th & 27 th	June 10 th & 24 th
July 8 th & 22 nd	August 12 th & 26 th	September 9 th & 23 rd
October 14 th & 28 th	November 11 th & 25 th	December 9 th & 23 rd

Compiled January 2018 by Jill Fidan from CGL Change Grow Live Middlesbrough.

Contact: jill.fidan@cgl.org.uk or visit the Live Well Centre, Dundas House, Dundas Arcade Middlesbrough.