



Middlesbrough Free Food List

Spring 2018



Monday

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough
4.30pm - 5.30pm	North East Help Link, Yew Street Car Park, Behind the Hope Foundation
7.30pm - 9.30pm	Columba Project, St Columba's Church, Wilson Street, Between the Hill Street Centre and Sainsburys, Middlesbrough

Tuesday

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough,
11.00am - 12.00pm	Breakfast at the Salvation Army, Southfield Road, Middlesbrough.
4.00pm - 5.00pm	Praise Christian Centre International, Brentnall Street, Close to Middlesbrough Bus Station.
7.30pm - 9.30pm	Columba Project, St Columba's Church, Wilson Street, Between the Hill Street Centre and Sainsburys, Middlesbrough

Wednesday

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough,
7.00pm - 8.00pm	Christian Life Missionaries, The Tunnel, Near Zetland Street Car Park, Close to St Columba's Church.

Thursday

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes 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

10.00am - 1.00pm	Neighbourhood Welfare, 11 Princes Road, Middlesbrough
5.00pm - 6.00pm	Recipe Evening Meal, Middlesbrough Community Church, Clifton Street, Middlesbrough
6.30pm - 8.30pm	Sowing Seeds Missionaries, The Basement, under the John Paul Centre, 55 Grange Road, Middlesbrough

Saturday

12.30pm - 1.30pm	The Upper Room Project, Behind the John Paul Centre, Grange Road. Access via the red door in the alley
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 Cafe opens on a fortnightly basis please see below for dates
5.00pm - 6.00pm	Guru Nanak's Free Kitchen (The Shikh Community). The Tunnel near Zetland Car Park, Close to St Columbus Church.

Off the Ground Coffee Shop are open 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

This list has been updated on the **17/03/2018**

If anyone becomes aware of new places providing food or any stopping
please let me know so I can keep the list updated

Email: jill.fidan@cgl.org.uk

Telephone: 01642 876323

Or call into the Live Well Centre, Dundas House, Dundas Arcade, Middlesbrough.