



# Middlesbrough Free Food List Summer 2018



## Monday

10.00am - 12.00pm	St Barnabas Church, St Barnabas Road, Middlesbrough,
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

## 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 (This is now on fortnightly the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of every month)

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

This list has been updated on the **23/05/2018**

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

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