



Middlesbrough Free Food List Revised Autumn 2018



Monday

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| 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 |
| 7.30pm - 9.30pm | Columba Project, Columba Project, Between Sainsburys and Hill Street Centre Car Park |

Tuesday

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| 10.00am - 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough, |
| 11.00am - 12.00pm | Salvation Army Breakfast, Southfield Road, Middlesbrough |
| 4.00pm - 5.00pm | Praise Christian Centre International, Brentnall Street, Close to Middlesbrough Bus Station (1 st and 3 rd Tuesday every month) |
| 7.30pm - 9.30pm | Columba Project, Columba Project, Between Sainsburys and Hill Street Centre Car Park |

Wednesday

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| 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

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| 10.00am - 1.00pm | Neighbourhood Welfare, 11 Princes Road, Middlesbrough |
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Friday

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| 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

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| 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

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| 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 is open on the following dates

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| 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 **08/09/2018**

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.