Longer- term food supply in Tower hamlets and surrounding areas:

* Providence row

82 Wentworth Street, London E1 7SA

Offer breakfast and lunch

* The Tab Centre

20 Hackney Road, Shoreditch, E2

020 7613 3232

Friday: 9.30am-12.30pm, Thurs: 8.00-10.00

Offer food supply

* Whitechapel Mission

212 Whitechapel Road, E1

020 7247 8280

Mon, Tues, Wed, Thurs, Fri, Sat, Sun: 6am-11am (cooked breakfast 8am-10am)

Their facilities: Bathroom/showers, clothing, food supply, medical services, outreach worker links

• Choral Hall Life skills Centre

310 Barking Road, Plaistow, E13

020 7511 8377

Mon-Fri: 10am-2pm

Their facilities are: Alcohol workers, benefits advice, bathroom/ showers, counselling, clothing, drugs workers, food supply, foot care, laundry, medical services

• Hackney 180 First Contact & Advice

Venue 1: Hackney Methodist Church,

219 Mare St, E5

0208 985 6707

Breakfast club: Mon-Thurs; 8am-9.30am

Venue 2: St John's at Hackney

Lower Clapton Rd, E5

Mon-Wed; 10.30am-12.30pm (Advice): 1.30pm-3pm (Appointments)

Their facilities are: Benefits advice, bathroom/showers, clothing, education/training, food supply, housing/accommodation advice, Internet access, medical services

• Shoreditch Community Project (SCT) The Tab Centre

St Leonard's Church, Shoreditch High Street, E1

020 7613 3232

Mon, Wed, Fri: 9.30am-12.30pm; Tues: 2pm-4pm

food supply, benefits advice, outreach worker links, Pavement stockist

• Emmanuel Church (Stratford)

Corner of Romford Rd & Upton Lane

Thurs: 7.30am - cooked Breakfast- no payment needed

* Hackney Hub

Ainsworth Rd, London, E9 7LP

Our weekly meal takes place on a Monday lunch time at the New Kingshold Centre on Ainsworth Road. We cook and serve a 3 course vegetarian meal for anyone who would benefit from it.

Thursdays, 12:30pm

• Tower Hamlets Community Church

Lansbury Lodge

117 Ricardo Street

London, E14 6EQ

Friday - 1:00pm - 2:30pm

Lunch club – no payment needed

• Teen challenge bus ministry

Teen Challenge London have a mobile canteen which they bring to Whitechapel tube station 8-11pm on Monday nights to reach out to people on the streets.

Office number: 020 8553 3338

• Good Shepherd Mission -First & Third Sunday meal

Good Shepherd Mission run a twice monthly church meeting and social time with food, from 5.30–8pm on the first and third Sundays of the month.

Contact for more info:

ryan.lynch@goodshepherdmission.org.uk

Mobile: 07436102474

Office: 0207 7393881

Good Shepherd Mission

17 Three Colts Lane

Bethnal Green

London E2 6JL

• Salvation Army

The Scout Centre

65 Copley Street

Stepney E1 3DF

-Brunch church - breakfast, conversation, prayer and worship

Sunday -10.30am

-Think BG - youth house group (for 11-15s) – food provided - no payment needed fun and discussion:

26 Ernest Street, Stepney E1 5LS

Sunday - 5pm

* Alpha courses offer free hot meals

Alpha is an exciting course exploring the meaning of life in a relaxed and inviting atmosphere.

Churches that offer Alpha with hot meal are:

Alpha at Tower Hamlets Community Church

Lansbury Lodge, 117 Ricardo Street

Poplar

London E14 6EQ

Each evening starts promptly at 7pm with a delicious two course meal. Everyone is very welcome!

-Call church office for information when Alpha starts: **020 7515 7471**

Alpha at Quay Stone Church

Island House Community Centre, Roserton Street,

London E14 3PG

-Call for information when the next alpha course is: **0207 093 3146**

Alpha at St Pauls Shadwell

649 Commercial Rd,

London E14 7LW

At Alpha we eat great food

Join us!

-Call office number to find out about when it will take place: **02076802772**