**Access to food**

First Love Foundation – referral by agency only. Offering deliveries to vulnerable individuals who are self-isolating or experiencing income shock. Fill out advance referral form which needs to be submitted to

distributor@firstlovefoundation.org.uk

First Love Foundation needs additional funds to purchase and distribute fruit, vegetables and tinned food to the most vulnerable and deprived across the borough. [Donate here](https://www.spacehive.com/firstlovefoundation)

Bow Food Bank Mondays, 9.30am - 12.30pm.

St Mary’s Church, 230 Bow Road, London E3 3AH

info@bowfoodbank.org

Bow Food Bank also needs funds to purchase additional food to meet growing demand caused by COVID-19. [Donate here](https://www.spacehive.com/bowfoodbank)

Community Fridge

Where: Bromley-by-Bow Centre (Connection Zone), St Leonard’s Street, London, E3 3BT

When: Wednesdays, 9:30am until supplies last

More info: Drop in. Kate Coules on 07983 290940.

Bethnal Green Food Bank

Where: St Matthew's Church, St Matthew's Row, London E2 6DT

When: 1st and 3rd Friday of the month, 10am-12pm

More info: Drop in. rector@st-matthews.co.uk, 0207 739 7586

Foodcycle

Takeaway’ service; on Fridays at 7pm at the Methodist Church, 1 Merchant Street, E3 4LY. This service is open for anyone with a special emphasis for those who may be vulnerable. They are looking to setup a home delivery service especially for the elderly and are currently talks with their corporate partners which they will trial out next week.

Stebon Primary School are planning to offer a food bank not only to their parents but also to the local community.

Clara Grant School is going to be providing catering for their vulnerable pupils and the keyworkers during the coming weeks

Other organisations are likely to become food distribution hubs in the coming weeks. Watch this space…

***If you know of other foodbanks or emergency food distribution activities, or updates on any of the above, please let me know.***

**Other requests for financial donations**

Mulberry School for Girls is fundraising to prepare and deliver packs of food and personal care products to support its vulnerable families. [Donate here](https://www.gofundme.com/f/help-mulberry-fund-essentials-for-families-in-need)

Manorfield Primary is fundraising for its own emergency response to support families who need it most. The school intends to distribute food and other essentials (including materials to support learning) from Monday 30th March. [Donate here](https://www.peoplesfundraising.com/donation/covid19-emergency-response-for-manorfield)

Old Ford Primary Schoolwill be providing free school meals for all of their pupils in Reception - Year 4. All of the pupils will be able to collect their free school meal from the main entrance from 12 to 1.30 each day. They have also arranged to open the School with a skeleton staff for children who are vulnerable and children of key workers.

***If you know of other organisations seeking donations, let me know.***

**Markets and shops**

Iceland will be opening their store from 9 to 11am every Wednesdays exclusively for the elderly and vulnerable people in the community.

The borough’s food markets remain open for purchasing fruit and vegetables. Traders are concerned that their usual suppliers are running low on stock, and alternatives are being explored. The council is keen to keep traders selling fresh and affordable produce.

***If you have more info on markets and shops, let me know.***

**Offers of support**

Kawser, Avid and Bassir have offered to deliver food to elderly residents in need from ASDA Crossharbour. Call 07930 822182/07931 722968

Limehouse Aid Offers food and errand runs for anyone vulnerable and/or self-isolating. Phone/text 020 3322 7452

limehouseaid@gmail.com

Isle of dogs COVID 19 Support groupOffers food and errand runs for anyone vulnerable and/or self – isolating Phone 020 3488 4594

Islandgardens.covid19@gmail.com

Covid-19 Mutual Aid Bow (E3)

<https://www.facebook.com/groups/643367883166920>

Royal Docks COVID-19 Mutual Aid

<https://www.facebook.com/RoyalVictoriaDocksCovid19>

Tower Hamlets Covid19 Community Support

<https://www.facebook.com/groups/2740546326063053/>

***If you know of other groups supporting vulnerable people, let me know.***

**Supporting your community**

**Volunteer**

Volunteer Centre Tower Hamlets have a variety of roles to support the local community during the Covid-19 pandemic. Find all the details you need on [here](https://u1584542.ct.sendgrid.net/mps2/c/5wA/ni0YAA/t.30b/YMPMAC6HTD6zDHkv0eR7mw/h9/-2Bd9GBh8syCpgF5zetAsl-2FGIRNj6ojKR8ekG3jQ0pOldUboNXvCw9xzqqrkzagMuZPFSV0bpfzyIpTVPyd-2BSuTTrjMT2PX1nmGv5PEu2gkd-2FXa0RFhQ0DjyeECSZ7ZyGAB-2Bz2HDQa94iCvcj7-2FZZZkOIvbnmTnz4Z2E3xhR2pB6njK2P-2BSNRCIBWKi4edAOI-2FPOGF8y-2FLlbq53p3JGZHfmRCEI9wiI-2Fk23-2B65bbVr4xKTpYtLGSwelIFVOFiRttppsempp6yNFFRf3CYfWsDCk2F4JR49YNDAKY-2BCfUwkUhXu-2B6mdw6kTKmtrBXtRUgG-2FzPhCR5OpafvZ6gaQrsrUCw-3D-3D/K0dS).

[GrowTH](http://thisisgrowth.org/), a night shelter in Tower Hamlets need volunteers. If you know anyone who interested in volunteering, people can help for an evening, stay overnight, or help with breakfast in the morning.

The NHS continues to look for [volunteer responders](https://www.goodsamapp.org/NHS) in a number of roles.

**Register someone (or yourself) as extremely vulnerable to the government for coronavirus support**

Register if you have a medical condition that makes you extremely vulnerable to coronavirus. For example, you’ll be able to ask for help getting deliveries of essential supplies like food. If you’re not sure whether your medical condition makes you extremely vulnerable, register anyway. You can register yourself, or on behalf of someone else. [Register](https://www.gov.uk/coronavirus-extremely-vulnerable).

***This info was collated by Jo Wilson, Tower Hamlets Food Partnership, on 27th March 2020.***