**Covid-19 – Food in Tower Hamlets – 3 April update**

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**Food Aid**

**Food Banks**

*Three of Tower Hamlet’s food banks remain open to provide food. Please note First Love Foundation is by referral only. Food banks are needing to purchase additional food due to uncertain stock levels and higher demand. Please donate to their crowdfunders if you can.*

**First Love Foundation (referrals 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](mailto:distributor@firstlovefoundation.org.uk)

**Bow Food Bank** **(drop-in)** St Mary’s Church, 230 Bow Road, London E3 3AH

Mondays, 9.30am - 12.30pm.

[info@bowfoodbank.org](mailto:info@bowfoodbank.org)

**Bethnal Green Food Bank (drop-in)** St Matthew's Church, St Matthew's Row, London E2 6DT

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

[rector@st-matthews.co.uk](mailto:rector@st-matthews.co.uk), 0207 739 7586

**Foodcycle** The Methodist Church, 1 Merchant Street, E3 4LY.

Takeaway service on Fridays at 7pm

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.

**School food**

*This is a mixed picture. A large number of schools will be offering food bags to children living in households in receipt of benefits. LBTH has a* [*list of these schools*](https://www.towerhamlets.gov.uk/lgnl/health__social_care/health_and_medical_advice/Coronavirus/Schools/Free_school_meals.aspx)*.*

*Free school meals are being replaced either by meals for collection/deliver or a £15 voucher to redeem in a supermarket. The voucher scheme has not yet begun. Hopefully more details will be available next week.*

*In the meantime, schools are providing/preparing their own emergency response:*

**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 School**will 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.

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

**Healthy Start**

As of 6 April, Healthy Start applications **will not** require a medical professional signature.

Applications can be printed online or collected from Children’s Centres, along with vitamins.

The Children’s Centres currently open are:

* Isle of Dogs CC - 020 7364 1179
* Chrisp Street CC  - 020 7364 2856
* Overland CC - 020 7364 1925
* Meath Gardens CC - 020 7364 0349
* John Smith - 020 7364 0537

It’s advisable to call them first as they may not be operating full hours.

If applications are collected, a FREEPOST envelope will be included. Applicants can ignore the part about needing a signature.

**Buying Food**

*Support your local businesses! The government has advised that people who are not self-isolating can visit shops (as infrequently as possible) for essential items such as food and medicine. Most shops selling essentials are still open and advising customers on social distancing. Many are also offering delivery services. Please note this list is not exhaustive – thanks to Andy Philpott for the Weavers ward info!*

**Visiting shops and markets**

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.

Iceland is open from 9 to 11am every Wednesday exclusively for the elderly and vulnerable people in the community.

**Takeaway and delivery (restaurants)**

* [**Al-Amin Restaurant**](http://alaminrestaurant.com/), Cambridge Heath Road
* Al-Amin is open for takeaway or delivery. Offering a 50% discount to those working in the NHS and over 60. Tel: 02077297415
* [**A Portuguese Love Affair**](http://www.aportugueseloveaffair.co.uk/)
* Portugese food on Columbia Road. Deliveries on Thursday and takeaway orders.
* [**Viet Grill**](https://www.vietgrillrestaurant.co.uk/)
* Vietnamese food on Kingsland Road, delivery and takeaway.
* [**Campania**](https://www.instagram.com/campaniaandjones/?hl=en)
* Italian food on Ezra Street open for takeaway. Tel: 020 7613 0015
* [**Laxeiro**](https://jhera.org/local-coronavirus-response/)
* Spanish food on Columbia Road open for takeaway. Tel: 020 7729 1147
* **The Nelson’s Head**
* British food on Horatio Street open for takeaway. Tel: 020 7729 5595

**Delivery (local shops)**

**Leila’s Shop**

* Located on Calvert Avenue, Leila’s Shop is taking orders between 10am and 12pm and asking people to collect after 1pm. Leila’s shop is also doing free delivery for those vulnerable and isolating in Weavers Ward. Leila is offering a free treat to anyone self-isolating and alone. Leila can be reached at 020 772 99789
* [**Love Shack**](https://www.loveshackldn.com/love-in-store)
* Located on Cambridge Heath Road, this plastic-free vegan restaurant delivers fruit, vegetables and other necessities in E2.
* [**Chef’s Choice**](https://chefschoiceltd.co.uk/?fbclid=IwAR3s_QAQ8mTCcWtiIPwEIctjFTRvlAX4lXLiYo5DVGCw9z6OxUj32j2WHA0)
* Restaurant now offering delivery of fresh vegetables, fruits and essentials
* [**Tower Green Hamlets**](https://towergreenhamlets.com/)
* Delivers weekly fruit and vegetable boxes for East London residents.
* [**Steve Hatt Fishmonger**](https://www.facebook.com/essexroad/)
* Offering free delivery in the Weavers Ward area. Tony, one of the owners, will take orders and process card payment over the phone. Tony can be reached at 0207 226 3963.
* [**Karma**](https://karma.life/)
* App offering delivery of surplus food from restaurants, cafes and grocery stores at discounted price.
* A few people have offered to deliver food to elderly residents in need from ASDA Crossharbour. Call 07930 822182/07931 722968
* [**List of essential good providers**](https://docs.google.com/spreadsheets/d/1xUWa8qUnYjas0mBqa4i2PBxI7Pf9yY-VwAqOqs1ARQg/edit?fbclid=IwAR3u8gboaGMt50GNlZRbQ4YRqZ5HDVtsBNcMkEGxq6fw7WXRc9kGLGpCFS0#gid=0)
* Crowdsourced list of essential goods providers who offer a delivery service in London, not all necessarily deliver to Tower Hamlets. Please feel free to add to the list.

**Delivery (large retailers)**

Morrison’s is selling food boxes (vegetarian and meat options) online for £35. The boxes should feed two people for a week.

**Community Support**

*Mutual Aid groups are being formed to share hyper-local information and organize to support the most vulnerable in communities. We are in the process of figuring out the best way to coordinate activities with these groups.*

**Mutual Aid Facebook groups**

* 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/>

There is a [searchable list](https://covidmutualaid.org/local-groups/) of ward/neighbourhood/estate/street level Facebook/What’s App groups.

**Offers of support**

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

[limehouseaid@gmail.com](mailto: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](mailto:Islandgardens.covid19@gmail.com)

**How to help**

**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)

**Donate to your local food bank**

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

**Volunteer**

[Volunteer Centre Tower Hamlets](https://www.vcth.org.uk/?gclid=CjwKCAjwvZv0BRA8EiwAD9T2VSBiYiv5-BppCX18Ss8cA5nq8P24sRxzdTnzP67-BVMN4tHxlU2ZMxoCwf4QAvD_BwE) have a variety of roles to support the local community during the Covid-19 pandemic. Find all the details you need here.

[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.

**Covid-19 response funding (for charities and service-providers)**

*Service providers in urgent need of funding should look at the following sources…*

[London Funders](https://londoncommunityresponsefund.org.uk/funding/) has coordinated a joint funding pot, the London Community Response Fund. Organisations can bid for up to £5K for immediate/urgent projects. A further round of larger grants will be available to bid for later in April.

East End Community Fund has launched an [East End Emergency Appeal](https://eastendcf.us4.list-manage.com/track/click?u=9bcc1e8a80671dd2a8539cd9f&id=127c54da53&e=49d48df99a), aligned with the National Emergencies Trust (NET) Coronavirus Appeal, to increase the funding available to support immediate and emergency responses to the pandemic. Phase 1 grants are up to £5K for immediate relief activities, such as:

* Emergency support for vulnerable older people in their homes, providing food, medicine and tele-befriending
* Emergency support for residents particularly vulnerable to the coronavirus e.g. those with pre-existing medical conditions, homeless residents, refugees and asylum seekers, vulnerable children and young people
* Collaborative and coordinated community responses to meeting immediate needs e.g. food, shelter, washing, clothing etc.

[Grants Online](https://www.grantsonline.org.uk/coronavirus.html) has a full list of Coronavirus response grants

***This info was collated by Jo Wilson, Tower Hamlets Food Partnership, updated on 3rd April 2020.***