**Emergency Provision for Tower Hamlets residents with no money for food**

**Benefit checks and debt problems** should be referred to a local advice centre details: [**www.thcan.org.uk**](http://www.thcan.org.uk)

**Benefit advances, interim payments or crisis support** Tower Hamlets Resident Support Scheme may be available for residents who are either in or at risk of being in crisis, or who are in need of immediate help and have no source of financial support available to them.   The Residents' Support Scheme may help with short term living costs such as credit food and gas/electric prepayment metres. Advice centres will assess and assist. Local advice centres can also advise on benefit advance entitlements

**Foodbanks that provide free food packages**

**First Love Foundation** For clients experiencing crisis (no money and no food), have to be referred by an agency. Once a referral form has been sent, you receive an email reply with a voucher code. The client attends with the voucher code and proof of ID (Stepney Tuesday or Poplar Fridays)

For referral details and general queries 020 3069 9877 email distributor@firstlovefoundation.org.uk

**Christ Church**, Manchester Rd, E14 3BN Tuesdays 10.30am to 12.30pm

If urgent need before this day email tom.pyke@parishiod.org.uk or phone 07753616499

If he is on the Isle of Dogs, there is food available in E14 from the Christ Church Pantry <https://parishiod.churchdesk.com/page/22/island-gardens-food-bank-parish-pantry>

The quickest way to get food is to come (or send someone to collect for you) to Bow Foodbank session on Monday or the Bethnal Green session on Wednesday. No referral or ID needed, no residential, work/ benefits or immigration restrictions.

**Bow Foodbank:** info@bowfoodbank.org no referral needed

Bromley by Bow Centre, St.Leonards St, E3 3BT. Open from

9.30-12.30 every Monday.

Bethnal Green Foodbank: St Matthew's Bethnal Green, St Matthew's Row, E2 6DT

Open 2-7pm every Wednesday.

**St Lukes Foodbank** Open for non-perishables and some  baby supplies, every day Monday - Thursday,10am - 12noon; 020 7538 9862, or email **info@stlukesmillwall.org**

**Free meals**

**Foodcycle** Bow Road bowroad@foodcycle.org.uk

02077292775 The Methodist Church Tower Hamlets, 1 Merchant Street, London,E3 4LY

Fridays from 18:30pm (Food is served from 19:00pm)

Free meal made in a friendly, community environment - open to anyone

**Mudchute meals** Mudchute Park and Farm, Pier Street, E14 3HP

Wed & Thur 12.30 to 2pm (doors open 11.30am) events@mudchute.org or phone 0207 538 8456

**Simple Gifts** 117 Mansford Street, Basement Office, E2 6LX info@simplegiftsucsa.org.uk 0207 739 9930 Lunch cooked every Thursday free, between 12.00 and 2.00, lunch is served at 12.30

**Jesuit Refugee Service Day** centre for failed asylum seekers, receive a small ‘care package’ consisting of toiletries, a phone & travel card.  Referral only phone **020 7488 7310**.  [www.jrsuk.net/get-help/](http://www.jrsuk.net/get-help/)

**Tower Hamlets Community Church** hot free meal on Friday 1pm church@thcc.org.uk

[Lansbury Lodge,117 Ricardo Street, London E14 6EQ](http://thcc.org.uk/find-us)  Tel: 020 7515 7471  [www.thcc.org.uk/lunch/](http://www.thcc.org.uk/lunch/)

**Calvary Charismatic Baptist Church** at 119 East India Dock Road, E14 6DE.  Friday 1-3pm

0207 515 1616 info@ccb.org.uk

**The homelessness centers food**:

**Whitechapel Mission** 212 Whitechapel Road, London, E1 1BJ Tel: 03000 111 400 Breakfast each morning 8am from cereals to a full English. Charge of 50p for a standard breakfast and 20p for cereals. sue@whitechapel.org.uk

 **Providence Row,** Dellow Centre, 82 Wentworth Street, London, E1 7SA Phone: 020 7375 0020 info@providencerow.org.uk For rough sleepers in Tower Hamlets: breakfast, shower, care of address, access to internet and phone charging facilities. Also do referrals to food banks

**Others for homeless people check** <https://www.thepavement.org.uk/services?facility=17&city=1>

**Other**

**School holidays food/fund Bow foodbank** should be contacted for information on eligibility and provision during school holidays for food distribution parcels y Monday between 9.30am and 12.30. St Marys Church, Bow.

**Electricity/Gas top-up**

Bromley by Bow Centre St Leonard's St, E3 3BT [Phone](https://www.google.co.uk/search?q=bromley+by+bow+centre+phone&ludocid=4396993774698107928&sa=X&ved=2ahUKEwid2Z6uwPDjAhVjUxUIHW0_DrgQ6BMwFnoECAgQEQ): 020 8709 9700

Pre-payment top up vouchers for gas or electricity for clients in emergency situations such as had their benefits stopped or without food/money Attend Wednesday at 09.00am (first come first serve) May be eligible for £29 for clients who are single and £49 for those who live with family.

**Furniture**

Homestore: 0208 519 6264 homestore@qsa@org.uk cheap, secondhand (and new) furniture for low income people. Retail outlet, Unit 2 Maryland Estate, 26 Maryland Road, E15 1JW Mon to Fri 10am to 4pm [www.quakersocialaction.org.uk/we-can-help/your-house-and-home/homestore](http://www.quakersocialaction.org.uk/we-can-help/your-house-and-home/homestore)