

# TOWER HAMLETS FOOD SUPPORT

March 2022 update



POWERED BY  
**Wen.**

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# FOOD PROVISION

## FOOD BANKS

### Drop-in/Open access:

#### **Bethnal Green and Bow Food Banks**

Bethnal Green:

Wednesdays 2-7pm at Raine's Foundation School, Approach Road, E2 9LY.

Contact [bethnalgreenfoodbank@gmail.com](mailto:bethnalgreenfoodbank@gmail.com) @BethnalFoodbank

Bow:

Mondays 8.30-12.30 at the Bromley by Bow Centre, E3 3BT. Entrance through the park on Bruce Road or St.Leonards Street.

Contact [info@bowfoodbank.org](mailto:info@bowfoodbank.org) 07934 734603 (call or text) @bowfoodbank

**Neighbours in Poplar**, St Matthias Community Centre, 113 Poplar High St, Poplar, E14 0AE. Open every day 10am-1pm. Walk-in service, though helpful if people call with requests for support.

Contact 020 7987 0257 @Nip\_Poplar

**Osmani Centre**, 58 Underwood Road, London, E1 5AW. Open Wednesdays 12-3pm.

Contact 020 7247 8080 [eet@osmanitrust.org](mailto:eet@osmanitrust.org)

**Salvation Army**, Kerbey Street, E14 6AJ. Thursday 10.30-12.30.

Contact David 020 7987 9405

**St Dunstan's Food Bank**, Stepney High St, London E1 0NR is supporting 40 families and individuals. Open for donations and to collect food Tuesday to Friday 10am-4pm and Saturday 10am-3pm.

Contact 020 7702 8685 @DunstanST

**St Luke's Food Bank**, Alpha Grove, London E14 8LH. Tuesdays and Thursdays 10am-12pm. Contact 07810 748534 [fuzz@stlukesmillwall.org](mailto:fuzz@stlukesmillwall.org)

**Weavers Food Bank COVID-19 Crisis Support Service** Weavers Community Centre, 10 Shacklewel Street, Bethnal Green E2 7EG. Thursdays 2-3:30pm

Contact 020 7739 8568 [info@weaversforum.org](mailto:info@weaversforum.org)

## **Area-specific/registration required:**

**Christ Church**, 151 Manchester Rd, Island Gardens, Isle of Dogs, London E14 3DR  
Distributing food to vulnerable individuals in the Isle of Dogs via local volunteers.  
Contact Fr Tom Pyke 02034884594

**Dorset Community Association**, Diss Street, London E2 7QX (for residents of Dorset Estate and Columbia Road area). Thursday 2-4pm.  
Contact Nazrul 07984 966565

**Ensign Youth Club**, Wellclose Square(off the Highway), London E1 8HY. Collection Monday, Wednesday and Friday 10am-1pm. For residents of St Katharine area.  
Contact Shafee 07949 573 730/ 020 7702 3340.

**Food for Aldgate**, Toynbee Hall, 28 Commercial St, London E1 6LS. Fridays 1.30-3pm. For residents of Aldgate area. Registration required.  
Contact Paul [paul.wilson@eastendhomes.net](mailto:paul.wilson@eastendhomes.net) 07904670658

**Good Shepherd Mission**, 17 Three Colts Lane, Bethnal Green, E2 6JL. For individuals and families near Weavers Field in Bethnal Green/Whitechapel.  
Mondays 12-2pm. Contact Darren Prince [darren.prince@goodshepherdmission.org.uk](mailto:darren.prince@goodshepherdmission.org.uk) OR Emily Bennett [emily.bennett@goodshepherdmission.org.uk](mailto:emily.bennett@goodshepherdmission.org.uk)

**Jesuit Refugee Service**. Supports destitute Asylum Seekers who have had their initial claim for asylum refused and are not entitled to any statutory support  
Contact Rhiannon 020 7488 7310, [uk@jrs.net](mailto:uk@jrs.net)

**Limehouse Project Food Hub**, Burdett Road Unit 419 (Arch), London E3 4AA  
Saturdays - Pick from 11am - 2pm and deliveries from 11am - 5pm.  
Contact Momina Begum [m.begum@limehouseproject.org.uk](mailto:m.begum@limehouseproject.org.uk), 07946 391 570.

**Royal Foundation St Katherine's**, 2 Butcher Row, Limehouse, London E14 8DS.  
Supporting a limited number of families. Contact [foodbank@limehouseaid.org](mailto:foodbank@limehouseaid.org) for more information.

**St George in the East church**, 16 Cannon Street Road, Shadwell, E1 0BH. Thursdays 1-3pm for people living in E1 area. Contact 07957 695993 [office@stgeorgeintheeast.org](mailto:office@stgeorgeintheeast.org)

## HOT MEALS (walk-in /delivery)

**Methodist Church Tower Hamlets**, 1 Merchant Street, London E3 4LY. FoodCycle runs a takeaway meal service every Friday 7-8pm.

**Neighbours in Poplar**, St Matthias Community Centre, 113 Poplar High St, Poplar, E14 0AE delivers hot meals to residents.

**St John on Bethnal Green**, 200 Cambridge Heath Rd, Bethnal Green, London E2 9PA 'Tuesday Night Bites' hot meal provided every Tuesday 6-7pm.

**Whitechapel Mission**, 212 Whitechapel Road, London E1 1BJ - serves breakfast Monday-Sunday 6-11am.

**Women's Inclusive Team**, Mayfield House, 202 Cambridge Heath Road, London, E2 9LJ.

Hot meal Monday to Friday. All meals are Hala. All new members should fill in an [eligibility form](#) if possible. Contact Shakila Ali [Shakilaa@wit.org.uk](mailto:Shakilaa@wit.org.uk) 07458 307355

## COMMUNITY PANTRIES AND FOOD COOPS

Community food pantries are membership schemes offering weekly discounted food, as well as advice and support. Eligibility differs from service to service - contact individual services for more information.

**The Food Store**, Limborough House, Burdett Estate, Thomas Rd, London E14 7AW. Provides subsidised food to local residents. Fridays and Saturdays. Referral only. Also doing deliveries for vulnerable residents. Contact Masoom Ahmed [thefoodstoreburdett@outlook.com](mailto:thefoodstoreburdett@outlook.com)

**Manorfield Primary School** running a weekly food pantry offering subsidised food to families. if your child attends Manorfield Primary School and would like to access the Food Pantry, contact the school main reception, or e-mail [admin@manorfield.towerhamlets.sch.uk](mailto:admin@manorfield.towerhamlets.sch.uk)

**Fieldgate Mansions Community Centre**, 15 Romford Street, London E1 1HX. Thursdays 10am-12pm. To become a member, you must live or work within 15 minutes of the clubs. Contact [Laura.McHugh@family-action.org.uk](mailto:Laura.McHugh@family-action.org.uk) for more details.

**Cyprus Street Estate**, Cyprus Street, Tower Hamlets, London, E20NW. Wednesday 2-4pm. To become a member, you must live or work within 15 minutes of the clubs. Contact [Laura.McHugh@family-action.org.uk](mailto:Laura.McHugh@family-action.org.uk) for more details.

**Women's Inclusive Team**, Mayfield House, 202a Cambridge Heath Road, London, E2 9LJ.

Tuesdays 12-2pm. All new members should fill in an [eligibility form](#) if possible.

Vulnerable community members can talk to the team about delivery arrangements.

WIT operates a food bank service as well. Contact Shakila Ali [Shakilaa@wit.org.uk](mailto:Shakilaa@wit.org.uk)  
07458 307355

**St Hilda's Food Coop**, 18 Club Row, London E2 7EY. Offers fresh fruit and vegetables at affordable prices to the local community. Thursdays 11am-3pm.

Contact Yolande [yolande@sthildas.org.uk](mailto:yolande@sthildas.org.uk) or Cindy [foodcoop@sthildas.org.uk](mailto:foodcoop@sthildas.org.uk)

## MARKETS

**Markets** are a great source of low-cost produce, including imported culturally-appropriate fruits and vegetables. The following markets have fruit & veg stalls:

- Stroudley Walk, E3
- Whitechapel Road, E1 (plus fish)
- Watney Street, E1
- Chrisp Street, E14 (plus fish)
- Bethnal Green, E2

# FOOD SUPPORT

## HEALTHY START VOUCHERS

Healthy Start vouchers are going digital.

If you are more than ten weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk.

Visit <https://www.healthystart.nhs.uk/> to learn more and apply.

If you are already receiving Healthy Start vouchers, the way you receive this will soon change from paper voucher to prepaid card. You should have been contacted about this change already by letter or leaflet within your voucher pack.

Whether you are applying for the first time, or currently receiving paper vouchers, you must go online now to apply for your prepaid card. If your application is successful, you will typically receive your prepaid card within seven working days of your application.

Read the [FAQs](#) or more details.

[Apply now >](#)

## FREE SCHOOL MEALS

All infants and primary school children in Tower Hamlets are entitled to free school meals regardless of the parent(s) income.

Nursery and secondary school children may be able to get free meals if they are in receipt of benefits.

Read the Tower Hamlets Council [information page](#) for more details.

## EASTER HOLIDAY FOOD AND ACTIVITIES PROGRAMME

A range of organisations are offering free fun activities and a meal this Easter – and places are available for children in reception up to Year 11 (inclusive).

To find out more download the [Easter holidays activities programme](#).

## COMMUNITY HUBS

The following organisations offer support services, including picking up shopping/ medication; a friendly phone call; weekly activity pack with word searches, crosswords; and cooking and delivering a meal:

**Burdett FC** - delivering medication, food and other essentials or support to high-risk or vulnerable families in the Burdett area. Contact 07930 983651

**Neighbours in Poplar** - contact 020 7987 0257 [nip65@msn.com](mailto:nip65@msn.com)

**St Hilda's East** referral only – contact Tower Hamlets Homes Support Line for more info 020 7364 5015



# HOW TO HELP

## DONATE

**Bow Food Bank** needs funds to purchase additional food to meet growing demand caused by COVID-19. It is also accepting donations of food on Sundays 12:30 – 3:00 pm and Mondays 9:00 – 12:30 pm. See their [list of popular items](#) and keep checking their [website](#) for updates.

**First Love Foundation** needs donations of **non-perishable** food items and toiletries. The warehouse is open for food donations on **Tuesdays and Thursdays, 9am – 12pm and 2pm – 4pm**. [More details](#). Or [donate funds](#).

**St Dunstan's Food Bank** accepts food. List of [most needed items](#) on their website. [Donate funds](#) via Paypal.

**Women's Inclusive Team** is providing grocery shopping and hot food to Afghanistan refugees. Help them do more by [donating](#).

## VOLUNTEER

[Tower Hamlets Volunteer Centre](#) has a variety of roles to support the local community.

[Women's Inclusive Team](#) are running a food delivery and community assistance service and are looking for volunteers.

**Wen (Women's Environmental Network)**  
**20 Club Row, London, E2 7EY**

**Edited by**  
**Jo Wilson**

[Email Jo](#) with updates or additions



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