



BOW FOODBANK

**RAINES FOUNDATION SCHOOL, APPROACH ROAD,
BETHNAL GREEN, E2 9JU**

**MONDAYS
0800 – 1230**

**WEDNESDAYS
1400 – 1900**

NO REFERRAL NEEDED

If you are in crisis, you can just turn up to a session. We do not ask for ID and registration is simple – we ask for your name, address and a few other details, including why you need to access the Foodbank. We also ask for the number of children (under 18) being looked after at home.

There is a limit of **3 emergency visits per person**, which applies to everyone.

Clients who live in Tower Hamlets can bring a form of ID to show proof of their name and address and receive a total of 12 visits. Those from outside the borough can be supported to access local food services in their area.

We provide each adult with a set number of items and a small extra bag for their children.

It is important that all clients come to the session in person.

We are not able to offer home deliveries.

We don't allow others to pick up food on someone's behalf unless they have a disability and require a reasonable adjustment. We will give you a form.

If you struggle to queue please show or ask for a hidden disabilities sunflower lanyard.

If you are self-isolating or unable to get to a session...

... **call or WhatsApp us on 07930 015973 or email communitynetwork@bowfoodbank.org**

We will allow a friend, neighbour or volunteer (e.g. from a mutual aid group in your neighbourhood) to collect for you but only if there are genuine extenuating circumstances out of your control. They will need to give your details. They will need to wait in the queue the same as other visitors.

Buses 309 and D3 terminate outside Raines School or Bethnal Green tube station is a 5-minute walk.