**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,

Local advice centres can also advise on benefit advance entitlements: [**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 in need of immediate help and have no source of financial support.   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 to claim or you can claim online yourself. [residentsupportscheme@necsws.com](mailto:residentsupportscheme@necsws.com) **or call 020 7520 7217** <https://www.towerhamlets.gov.uk/lgnl/advice_and_benefits/Residents_Support_Scheme.aspx>

**Foodbanks that provide free food packages**

St Dunstans and All Saints Stepney Church food bank   
Open for donations and withdrawalsTuesday 11-2 and Friday 11-2

[Food Bank - St Dunstan and All Saints Stepney](http://www.stdunstanstepney.com/food-bank.html)

Lunch club at Simple Gifts Unitarian Church - [Programmes - Simple Gifts](https://simplegiftsucsa.org.uk/programmes/)

St George-in-the-East - Open Table [The Open Table | St George-in-the-East](https://www.stgeorgeintheeast.org/the-open-table)

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

If urgent need before this day email [tom.pyke@parishiod.org.uk](mailto: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

**Bow Foodbank:** [About Us – Bow FoodBank](https://www.bowfoodbank.org/about/#bow-foodbank)

Bow Community Hall, William Place, London E3 5ED

Email: [Info@bowfoodbank.org](mailto:Info@bowfoodbank.org) Telephone 07398 776145

**Dockland Community Initiative** have a food bank at Phoenix Court E14 3RF. It is on Sundays from 12-2pm

**Toynbee food bank** is every Thursday 5-6pm but would advise people to come around 4.30pm as there is usually a long queue by then. It is on the grounds of Toynbee and run by another organisation.

No criteria, people just present themselves and wait to be served.

**Free meals**

**Foodcycle**  Bow Road [bowroad@foodcycle.org.uk](mailto: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

**Jesuit Refugee Service Day** center for failed asylum seekers, receive a small ‘care package’ consisting of toiletries, food parcels, 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](mailto: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/)

**Homelessness centers food**:

**Providence Row,** Dellow Centre, 82 Wentworth Street, London, E1 7SA Phone: 020 7375 0020 [info@providencerow.org.uk](mailto: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

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