



SO:Linked

Supporting Southampton People & Communities

Food Provisions Venues in Southampton **Part 1 – Listed in Days of the Week**

Table of contents: (Colour coded)

In the list below, there are 4 types of Food Venues:

1. **SCM BASIC BANKS** - The Basics Bank service is available to people facing hardship who have a voucher issued by one of the many registered referral agencies in the city. The food package is planned to last for 4 days and you can visit a Basic Bank 12 times a year.
2. **FOOD MEMBERSHIP CLUBS** – Such as FareShare Pantries or SCM Marketplaces. Having filled out a membership form, new members will be invited for a membership chat and receive copies of the membership agreement and relevant policies. Members pay a weekly amount from £2.50 to £5.00 to be able to choose a good variety of food items to last a few days.
3. **FREE FOOD VENUES/FOOD PANTRIES/COMMUNITY FRIDGES** - These are for crisis situations or for people who have fallen on difficult times economically. You can just turn up and join the queue, bringing a bag or backpack with you. Sometimes a voluntary donation is requested.
4. **FREE MEALS** – These meals are made from donated food and for those in need of a hot home-cooked meal. Sometimes a voluntary donation is requested.

OPEN MOST DAYS

Mondays - Fridays Open 9.00 am -2.00 pm

Two Saints 30 Cranbury Avenue, Southampton **SO14 0LT**

Free Hot Breakfast and Lunch for those registered as homeless.

Visitors can also eat for between £1-£2.

Contact: 023 8022 3443

Monday -Sunday (Every day) Open 10 am – 4 pm

Park Life Café, at St. James Park in Shirley, **SO15 5SD**

Free Food pantry and normal-priced café. Activities are run too.

Contact: 023 8077 9763

Mondays – Sunday (Every Day) Open 8.00 am – 2.00 pm

Round About Café 12 Westfield Corner, Wide Lane, **SO18 2LE**

Food Club (Membership £1.00 - Fill in the form at cafe and then pay 10 items for £3.50 or 15 items for £5

Contact: 023 8067 2700

Thursdays - Saturdays Open 11.00 am- 3.00 pm

The Art House 178 Above Bar Street, **SO14 7DW.**

Food pantry (vegan only) **Donation £2.**

Contact: 023 8023 8582

Tuesdays – Fridays from 9.00am

Monty's Community Hub at 59 Montague Ave Sholing, **SO19 0QB**

Food Pantry (any donation appreciated). Activities also run.

Contact: 07493 306 046 check the schedule on their webpage.

MONDAYS

Group 1 -BASIC BANKS (Voucher needed)

Above Bar Church, Ogle St, **SO14 7FE** 10 am -3 pm

Contact: 023 8022 5473 for more information

Please note that from 24th July until 4th August, the Food Bank will operate from Shirley Baptist Church, SO15 5LG

Group 2 - FOOD MEMBERSHIP BANKS

FareShare Larder - 12:30 pm-2 pm at Harefield Primary School, Yeovil Chase, Harefield **SO18 5NZ**

£2.50 -£5.00 depending on the amount of food needed.

Contact: 07528 338104

Woolston Labour Club, Leighton Rd **SO19 2FS**

Time: 11.30-13.30 Southampton Social Aid Group

£3.50 for 10 items and £5.00 for 15 items

Contact: 023 8078 4069

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Hedge End Food Centre 10 am - 1 pm at Kings Community Church, Upper Northam Rd, Hedge End, **SO30 4BZ**. If you need a referral, come along and talk to one of the team.

Contact: 07543 925 959

Community Café 11 am- 1 pm at Northam Community Centre, Kent St, **SO14 5SP** Food items when available

Contact: Danielle on 07501 888 331

Group 3 FREE MEALS

Veg Out Pop-Up Community Vegan Café, October Books, 159 Portswood Rd, **SO17 2NF**

From 11.45 to 3.30. All our vegan meals are cooked from scratch, using fresh ingredients, and are free of charge although donations are welcome from those who can afford them.

Contact: 07759 623 463 or <https://www.facebook.com/popupvegan>

TUESDAYS

Group 1: BASIC BANKS (Voucher needed)

St Mary's Church, 49 St Monica Rd, Sholing, **SO19 8ES**

10 am - 3 pm.

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

SCM Marketplace Weston at Holy Trinity Church SO19 9HG

Tuesdays 10am – 1pm. £5 for 15 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries.

The catchment area for SCM Marketplace: Weston is in an SO19 7, SO19 8 or SO19 9 postcode.

Contact: Jacqueline on 023 8055 0435

Group 4: FREE MEALS

GEMS Brunch Club 10:30 am-11.30 at Kingsland Community Centre, Broad Green, **SO14 1LF.**

A selection of filled rolls and a hot drink and a place to keep warm.

Contact: 07961 808 110

WEDNESDAYS

Group 1: BASIC BANKS (Voucher needed)

Southampton Vineyard Church (The Old Chemist), 16 Manor Farm Rd, **SO18 1NP**.

10am – 3pm

Contact: 023 8055 0435

Group 2: FOOD MEMBERSHIP CLUBS

Totton FareShare Pantry: Totton Church, 283a Salisbury Rd, **SO40 3LZ**. Membership only. 9.30 – 11.30.

£2.50-£5.00 depending on the amount of food needed.

Contact: 023 8235 8585

Millbrook Marketplace. Run by SCM. Wednesday 10.00 am - 1.00 pm
All Saints' Church, All Saints Church, Sedbergh Rd, Southampton **SO16 9HJ**. £5 for 15 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries.

Contact: 023 8055 0435

Weston FareShare Pantry. Outside Oslo Towers, International Way, **SO19 9NY** 9.00 - 10.30. £2.50-£5.00 depending on the amount of food needed. Membership only.

Contact: 023 8235 8585

The Highpoint Food Hub, Highpoint Centre, Bursledon Road, Thornhill, **SO19 8BR** is open for Thornhill Residents every Wednesday from 10.00 am -12 .00 noon

There is a good variety of fresh, tinned, and chilled items for which you pay either £3.50 or £5.00. You need to bring proof of your Thornhill residency and a large bag or shopping trolley.

Contact: Mike on 023 8161 9191

Group 4: FREE MEALS

Food Cycle, Salvation Army (Sholing) 93 N.E. Rd, **SO19 8AF**

Opening 26th July 2023, a free meal at 6.00 pm. All are welcome!

THURSDAYS

Group 1: BASIC BANKS (Voucher needed)

Shirley Baptist Church, Church St, Shirley, Southampton **SO15 5LG**.

10am – 3pm

Contact: 023 8055 0435

Group 2: FOOD MEMBERSHIP CLUBS

SCM Marketplace: Saint Marys

10 am -2 pm at St Mary's Church, St Mary's Street, **SO14 1AQ**.

£5 for 15 items.

Note: membership is currently full* (*as of March 2023) but you can join the waiting list.

Contact:023 8055 0435

Stephens Dance Centre, Oakley Road, **SO16 4LG**. 11.30 am - 1.30 pm. Join our Southampton Social Aid Food Club and get weekly access to a range of food/household items.

£3.50 for 10 and £5.00 for 15 items.

Contact:023 8078 4069

SCM Townhill Park Marketplace at Townhill Park Community Centre, Meggeson Ave, Southampton **SO18 2FH**. 10.00 am - 1.00 pm
£5 for 15 items from the fridges, freezers, fresh fruit and veg, bakery, ambient food products and toiletries.

Contact: 023 8055 0435

Community Pantry at Highpoint Venue, Bursledon Rd SO19 8BR

Thursdays 9.30am – 5.30 pm. **NEW VENUE For Oasis Food Bank**

The membership fee is £5, for fresh, chilled food and toiletries.

Contact: <https://www.facebook.com/OasisHubEastSouthampton>

Group 3: FREE/SELF REFERRAL/EMERGENCY

James Street Church Food Bank - at James Street Church, **St Mary's, SO14 1PH** 10 to 11 am. Free food – queue and bring a bag.

Refreshments in the small hall until 11.30

Contact: 07730335750

Thursdays Together St Albans Church, Tulip Rd, **SO16 3BB**.
Open from 8.45 until 10.30. We have a variety of fresh and long-life foods each week.

Contact: 023 8055 4231

Hope Centre Food Bank at Drayton Close, **Weston SO19 9JN** Part of the Hedge End Food Centre. From 1.30 pm – 3.30 pm If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley.

Contact: 023 8178 0069

Hedge End Food Centre at Kings Community Church, Upper Northam Rd, **Hedge End, SO30 4BZ** From 10 am - 1 pm

If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley.

Contact: 07543 925959

Group 4: FREE MEALS

The Big Breakfast. At Above Bar Church 69 Above Bar **SO14 7FE**

From 9-10.30 am No need to book, just turn up. We particularly welcome anyone who is homeless and vulnerable.

Contact: 07984 162426

GEMS Wellbeing Lunch Club at Challis Court, King St **SO14 DQ**.

From 10 am to 3 pm. Coffee, chat and activities for all. A 2-course free lunch is served at 1pm for £1. No need to book or register. Just come.

Contact: 07961808110.

Note: The Club is closed on the third week of each month.

FRIDAYS

Group 1: BASIC BANKS (Voucher needed)

Lords Hill Church, Lordshill District Centre, Lordshill, **SO16 8HY**.

From 10 am - 3pm Referral needed.

Contact: 023 8055 0435

Group 2: FOOD MEMBERSHIP CLUBS

Redbridge Community School, Cuckmere Lane, **SO16 9RJ**

1 pm – 2.30 pm, £2.50-£5.00 depending on amount of food needed. Membership must be applied for.

Contact: 023 8235 8585

Group 3: FREE/SELF REFERRAL/EMERGENCY

St Denys Church - at Dundee Rd **SO17 2NG**.

From 11 to 12.30 Come and join the queue for a free food package.

Bring a large bag.

Contact: 07853 238831

The Food Hub at Thornhill Baptist Church, Thornhill Park Rd **SO18 5TR**

From 1.45 TO 2.45 Just bring a bag for a good selection of basic food.

Contact: 07952 904052

Group 4: FREE MEAL

Monty's Fry-up and Finances at 59 Montague Ave, **SO19 0QB**

Fridays 9:00 am-3:00 pm Free breakfast and financial advice **on the first Friday** of each month. This is a peer supported group.

Contact: 07493 306 046.

SATURDAYS

Group 2: FOOD MEMBERSHIP CLUBS

Food/Clothing Shop at Swathling Station, Wessex Lane, **SO18 2LB**

From 10.00 -12.00 Bring a bag. Donations are welcome.

They also have used clothing and a baby bank.

Membership £10 a year per household!

Facebook: <https://www.facebook.com/HRASouthampton/?fref=ts>

Group 4: FREE MEALS

Saturday Breakfast Clubs

Week 2 and Week 4 Life Church Southampton, The Boathouse, 11 Cranbury Terrace, **SO14 0LH**

Contact: 02380981023

SUNDAYS

Group 3: FREE/SELF REFERRAL/EMERGENCY

Sholing Elim Church, 77 St Monica Rd SO19 8EF

Sundays from 12.00 – 12.30. Free supermarket food run by New Community, Sholing. Don't forget to bring a bag. All totally free!

Contact: 023 8023 7700

Group 4: FREE MEALS.

(Targeting the homeless and vulnerable residents of Southampton)

Sunday Lunch Project:

St Denys Church, Dundee Rd, SO17 2ND from 10.00 to 12.30.

The meal is free, no booking, no referral or name is required.

Contact: 07716 692 359

St. Mark's Institute, Church Hall, Weston SO19 9DY (Entrance via red door between shops).

Doors open at 10.00, Food served from 12.00 to 13.00

Facebook: Southampton Sunday Lunch Project

Sunday Afternoon Club from pm at the New Community Church, Central Hall, St Mary St, **SO14 1NF** From 4:30 pm- 6.00. The Community Café is offering a free hot meal to anyone in need.

Contact: 023 8023 7700

Food Parcel Deliveries to your Door

Poitiers Care provide food parcels in emergencies. You need to be referred.

Contact Brian Arthur on **07796 161047**