	MONDAYS	
Name	What's available	How to use the service
Newcastle West End Foodbank Address: The Venerable Bede Church, West Road, NE4 8AQ Email: laura@nclwefb.org.uk Website: newcastlewestend.foodbank.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 10am to 1pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Vinnie's Support at St Vincent's Centre Newcastle Address: Newbridge Street, NE1 2TQ Email: stvincentsnewcastle@svp.org.uk Website: svp.org.uk/st-vincents-newcastle Telephone: 0191 261 6027	1 emergency food parcel     Free emergency packs of food, clothing,     toiletries and sanitary products for those in     need.      Free hot meal available on Tuesdays     Free Clothing Support available on     Thursdays	Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm Who can use it: all welcome How: Call or email to arrange collection They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.  You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.
Newcastle West End Foodbank Address: Galafield Centre Newbiggin Lane, Newbiggin Hall, Newcastle upon Tyne, NE5 1LZ. Email:laura@nclwefb.org.uk Website: newcastlewestend.foodbank.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 9am to 12pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.

		You are given a food bank voucher to swap for emergency food at the food bank.
Kenton Food bank Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE Mobile: 07540 272051 Telephone: 0191 286 4640	Food parcels for single people, couples and families. The parcel has enough food in for 7 days.	How to use this service: bring ID and proof of benefits Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel Open: Monday to Friday,10am to 1pm
	TUESDAYS	
Name	What's available	How to use the service
Newcastle West End Foodbank Address: Newcastle Foodbank Centre, Benwell Lane, NE15 6NG Website: newcastlewestend.foodbank.org.uk Email:laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 10am to 1pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: Lemington Methodist Church, 2 Loraine Terrace, Lemington, Newcastle upon Tyne, NE15 8EA Website: newcastlewestend.foodbank.org.uk Email:laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 9.30am to 11.30am Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.

		You are given a food bank voucher to swap for emergency food at the food bank.
Cornerstone Benwell Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU Email: cornerstonebenwell@gmail.com Telephone: 0191 226 0941 Website: cornerstonebenwell.com Facebook: Cornerstone Benwell	Emergency food parcel available with enough food to last for a few days. They can refer you to the West End Foodbank for further support.	Open: Tuesday, Wednesday, Thursday 9am to 2pm Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd. How to use service: You can turn up at one of the sessions to collect a parcel. Please contact them or leave them a message to let them know that you will be attending.
Connect25 Foodbank Address: Connect25 Food Bank, NE6 2AR Email: foodbank@thekcfoundation.co.uk Website: thekcfoundation.co.uk Tel: 0797 647 9111	Connect25 Foodbank Address: Connect25 Food Bank, NE6 2AR Email: foodbank@thekcfoundation.co.uk Website: thekcfoundation.co.uk Tel: 0797 647 9111	Open: Tuesday to Thursday 10am to 4pm Referral needed: from KC Foundation before 12pm on Wednesdays Who can use it: people who need it in Byker and Newcastle How: You can complete a referral form on their website. You can have 3 food parcels a year. When: Deliveries take place on Thursdays between 2pm and 5pm
Vinnie's Support at St Vincent's Centre  Newcastle Address: Newbridge Street, NE1 2TQ Email: stvincentsnewcastle@svp.org.uk Website: svp.org.uk/st-vincents-newcastle Telephone: 0191 261 6027	Free emergency packs of food, clothing, toiletries and sanitary products for those in need Monday to Friday 10am to 3pm.  Free hot sit in or take away meals cooked by volunteers 11am to 1pm	Open: Food parcels and essential supplies Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm Vinnie's Lunch Cafe Tuesdays: 11am to 1pm Who can use it: all welcome

	Free Clothing Support available on Thursdays	How to access Food Parcel: Call or email to arrange collection They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.  You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.  How to access free meal: Drop in for free hot meal on Tuesdays
Kenton Food bank Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE Mobile: 07540 272051 Telephone: 0191 286 4640	Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.	How to use this service: bring ID and proof of benefits  Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel  Open: Monday to Friday,10am to 1pm
CDW Food Bank Address: West Denton Church, Middlegate, West Denton, NE5 5AY Email: cdwfoodbank@gmail.com Website: cdwfoodbank.co.uk Main Telephone: 07493 056 985	Free emergency food parcels for people who need them	How to use this service: You can turn up without an appointment Or contact them on Facebook or their website to arrange to collect a food parcel.  Cost: free Open: Tuesdays and Thursdays, 12.30pm to 2.45pm
Holy Spirit Church, Denton Address: Holy Spirit Church, West Denton, Dunblane Crescent, West Denton, NE5 2BE	Free emergency food parcels for people who need them. With enough food for 2 or 3 meals.	Who is it for: anyone who needs it How to use this service: you can turn up without an appointment. (drop in) Cost: free

Website: achurchnearyou.com/denton-holy-spirit Mobile: 079 9001 9355 Facebook	Parcels are available for single people, couples and families. They include dried, tinned foods and snacks.  Refreshments are available during this session  Information is available from West End Foodbank and Your Homes Newcastle during the session	Open: Tuesdays 10am to 12pm
	WEDNESDAYS	
Name	What's available	How to use the service
Newcastle West End Foodbank Address: The Food Bank Centre, Benwell, NE15 6NG Website: newcastlewestend.foodbank.org.uk Email:laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open:10am to 1pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: Galafield Centre Newbiggin Lane, Newbiggin Hall, Newcastle upon Tyne, NE5 1LZ. Email:laura@nclwefb.org.uk	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 9am to 12pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank

Website: newcastlewestend.foodbank.org.uk Telephone: 0191 275 3019		voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: Heaton Baptist Church Heaton Road, Newcastle upon Tyne, NE6 5HN Email:laura@nclwefb.org.uk Website: newcastlewestend.foodbank.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 2pm to 3.30pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Cornerstone Benwell Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU Email: cornerstonebenwell@gmail.com Telephone: 0191 226 0941 Website: cornerstonebenwell.com Facebook: Cornerstone Benwell	Emergency food parcel available with enough food to last for a few days. They can refer you to the West End Foodbank for further support.	Open: Tuesday, Wednesday, Thursday 9am to 2pm Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd. How to use service: You can turn up at one of the sessions to collect a parcel. Please contact them or leave them a message to let them know that you will be attending.
Connect25 Foodbank Address: Connect25 Food Bank, NE6 2AR Email: foodbank@thekcfoundation.co.uk Website: thekcfoundation.co.uk Telephone: 0797 647 9111	Emergency food parcel delivery	Open: Tuesday to Thursday 10am to 4pm Referral needed: from KC Foundation before 12pm on Wednesdays Who can use it: people who need it in Byker and Newcastle

		How: You can complete a referral form on their website. You can have 3 food parcels a year.  When: Deliveries take place on Thursdays between 2pm and 5pm
Vinnie's Support at St Vincent's Centre Newcastle Address: Newbridge Street, NE1 2TQ Email: stvincentsnewcastle@svp.org.uk Website: svp.org.uk/st-vincents-newcastle Telephone: 0191 261 6027	Free emergency packs of food, clothing, toiletries and sanitary products for those in need.  Free hot meal available on Tuesdays Free Clothing Support available on Thursdays	Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm Who can use it: all welcome How: Call or email to arrange collection They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.  You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.
Kenton Food bank Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE Mobile: 07540 272051 Telephone: 0191 286 4640	Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.	How to use this service: bring ID and proof of benefits  Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel  Open: Monday to Friday,10am to 1pm
Byker Mutual Aid Email: bykercovid19@outlook.com Address: Byker Mutual Aid, C/o St Michael's Centre, NE6 2AL See their Facebook page for updates	Local people helping people in Byker Food parcels and occasional cooked meals	Who is it for: people living in Byker Cost: Free Open: Wednesdays 3pm to 4pm How to use this service: Contact them

	THURSDAYS	
Name	What's available	How to use the service
Walker and District Foodbank Address: City of God Christian Centre, 25 Church Walk, Walker, NE6 3DP Email: info@walkerdistrict.foodbank.org.uk Website: walkerdistrict.foodbank.org.uk Telephone: 07517 846 366 Mobile: 07496 803150	Emergency food parcel	Open: 11am to 1.30pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are then given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: The Venerable Bede Church West Road, NE4 8AQ. Website: newcastlewestend.foodbank.org.uk Email: laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holidays	Open: 10am to 1pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: St Silas' Church, Clifford Street, Byker, Newcastle Upon Tyne, NE6 1PG Website: newcastlewestend.foodbank.org.uk Email: laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holiday	Open: 2pm to 3.30pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.

		You are given a food bank voucher to swap for emergency food at the food bank.
Newcastle West End Foodbank Address: Lemington Methodist Church, 2 Loraine Terrace, Lemington, Newcastle upon Tyne, NE15 8EA Website: newcastlewestend.foodbank.org.uk Email: laura@nclwefb.org.uk Telephone: 0191 275 3019	Emergency food parcel which gives 3 days of nutritionally balanced food. Closed Bank Holiday	Open: 5pm to 6.30pm Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle. You are given a food bank voucher to swap for emergency food at the food bank.
Cornerstone Benwell Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU Email: cornerstonebenwell@gmail.com Telephone: 0191 226 0941 Website: cornerstonebenwell.com Facebook: Cornerstone Benwell	Emergency food parcel available with enough food to last for a few days. They can refer you to the West End Foodbank for further support.	Open: Tuesday, Wednesday, Thursday 9am to 2pm Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd. How to use service: You can turn up at one of the sessions to collect a parcel. Please contact them or leave them a message to let them know that you will be attending.
Connect25 Foodbank Address: Connect25 Food Bank, NE6 2AR Email: foodbank@thekcfoundation.co.uk Website: thekcfoundation.co.uk Tel: 0797 647 9111 Opening Times: Tuesday to Thursday 10am to 4pm	Emergency food parcel delivery to those who need it in Byker and Newcastle.	Open: Tuesday to Thursday 10am to 4pm Referral needed: from KC Foundation before 12pm on Wednesdays Who can use it: people who need it in Byker and Newcastle

		How: You can complete a referral form on their website. You can have 3 food parcels a year.  When: Deliveries take place on Thursdays between 2pm and 5pm
Vinnie's Support at St Vincent's Centre Newcastle Address: St Vincent's Blackfriars @ The Ouseburn, NE1 2TQ Email: stvincentsnewcastle@svp.org.uk Website: svp.org.uk/st-vincents-newcastle Telephone: 0191 261 6027	Free emergency packs of food, clothing, toiletries and sanitary products for those in need.  Free hot meal available on Tuesdays Free clothing support available on Thursdays	Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm Who can use it: all welcome How: Call or email to arrange collection They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.  You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.
Kenton Food bank Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE Mobile: 07540 272051 Telephone: 0191 286 4640	Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.	How to use this service: bring ID and proof of benefits  Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel  Open: Monday to Friday,10am to 1pm
CDW Food Bank Address: West Denton Church, Middlegate, West Denton, NE5 5AY Email: cdwfoodbank@gmail.com Website: cdwfoodbank.co.uk Main Telephone: 07493 056 985	Free emergency food parcels for people who need them	How to use this service: You can turn up without an appointment Or contact them on Facebook or their website to arrange to collect a food parcel.

		<b>Open</b> : Tuesdays and Thursdays, 12.30pm to 2.45pm
Name	FRIDAYS What's available	How to use the service
Kenton Food bank Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE Mobile: 07540 272051 Telephone: 0191 286 4640	Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.	How to use this service: bring ID and proof of benefits  Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel  Open: Monday to Friday,10am to 1pm
Vinnie's Support at St Vincent's Centre Newcastle Address: St Vincent's Blackfriars @ The Ouseburn, NE1 2TQ Email: stvincentsnewcastle@svp.org.uk Website: svp.org.uk/st-vincents-newcastle Telephone: 0191 261 6027	Free emergency packs of food, clothing, toiletries and sanitary products for those in need.  Free hot meal available on Tuesdays Free Clothing Support available on Thursdays	Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm Who can use it: all welcome How: Call or email to arrange collection They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.  You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.