

Food Sources (Updated December 2021)

Source	Contact and opening times	What
Bristol Refugee Rights	Call or text 07526 352 353 advice@bristolrefugeerights.org BRR at the Barton Hill Settlement The Wellspring Settlement Main Hall, 43 Ducie Road, Bristol, BS5 0AX Wednesdays 10.00-12.00 for advice Thursdays 10.00 to 13.00 for drop-in welcome centre/ social space Helpline: Tues & Weds 10.00-1.00pm	Can refer to foodbanks and food clubs. Interpreters available. Tea, coffee and snacks offered plus free hot lunch on Thursdays. There is also a list of culturally appropriate food provision available from BRR.
Borderlands	The Assisi Centre, Lawford's Gate, Bristol BS5 0RE Tuesday only 11.00 14.00 0117 904 0479	10.30 to 12.00 – Social Supermarket offering vegetables, fruit and groceries to members through internal referrals. 13.00 to 14.00 – hot Halal meal Can refer to foodbanks
Red Cross	Phone: 0117 941 5048 Mon and Fri from 09.00 to 16.30; Tues to Thurs 13.00 to 16.30 Or send a WhatsApp message to: 07739 863036 and will receive a call back (likely within 48hours) https://www.redcross.org.uk/get-help/get-help-as-a-refugee	Can refer to foodbanks Pre-pay MasterCard vouchers Destitution support: £20 per week for a maximum of £12 weeks. Can also arrange for a toiletries pack.
Aid Box Community	Call 0117 3368441 or email freeshop@aidboxcommunity.co.uk www.aidboxcommunity.co.uk 174b Cheltenham Road, Montpellier, BS6 5RE. Open Mon to Fri from 10.30 to 15.30	Available from Monday to Friday between opening hours. Basic goods free to take away such as oil, pasta, sugar, biscuits, etc. This is not given out to those staying in hotels.
The Trussell Trust Food Banks	https://www.trusselltrust.org/ Information available on their website about food bank vouchers.	Need a referral (from eg. BRR or Borderlands); the referral should be accompanied with details on when / how to claim vouchers.

		There is a helpline for anyone facing a food emergency: https://www.trusselltrust.org/get-help/
Bristol Sisters of the Church	82 Ashley Rd, St Paul's, Bristol BS6 5NT (Near Malcom X) https://bristol.sistersofthechurch.org/loaves-fishes-ministry https://www.facebook.com/sistersofthechurchinbristol/ 0117 941 3268 Mon - Wed 10.00-12.30	Ambient food parcel Open Mon, Tues & Weds from 10.00 – 12.30 1 parcel per week only, but drinks and sandwiches are also available every day that they are open. They close over holidays (eg Christmas) but will put a notice up. No referral or proof is needed; open to all.
Bristol Food Clubs for Families	15 sites across Bristol (see website for list). Families can join the club for a £1 a year membership fee and then pay £3.50-£4.00 for a bag of Fareshare produce which is usually worth around £15. Families can become members by applying through their Early Years setting or support worker or being referred by an outside agency.	Need to live within 15 mins walking distance of centres. bristolfoodclubs@family-action.org.uk www.bristolearlyyears.org.uk/health/bristol-food-clubs
Wellspring Settlement (Food Club)	https://wellspringsettlement.org.uk/a-visit-to-the-food-club/	Food Club Wednesday 1.30-3.00pm at the Settlement site on Dulcie Rd. £1 to register for a year then £3.50 per week for a food parcel (value £15) Must phone in advance on 0117 955 6971 for details to be passed to Harriet and will be allocated a time slot. Collection from Wellspring Settlement.
Staple Hill Food Services	Staple Hill Community Hub on 07467097175 hello@staplehillcommunityhub.org.uk	Food for people living in Staple Hill and the surrounding area. They tend to not cover Bristol as it's a different authority. Emergency food; no referral needed. Phone 01454 868 374 to go through details and make arrangements, or email: hello@staplehillcommunityhub.org.uk Mondays: 12-4 Tues, Weds & Thurs: 10-4 They also have a Facebook page which is monitored.

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Ignite Life	https://www.ignite-life.co.uk/services#food-support	Provides weekly food parcels to families at: 41 High Street, Staple Hill, BS16 5HD
Bristol City Council Local Crisis Prevention Fund	lcpf@bristol.gov.uk 0117 922 4500 Monday to Friday 9.00 -12.00 https://www.bristol.gov.uk/residents/benefits-and-financial-help/local-crisis-prevention-fund-emergency-payments-and-household-goods/apply-for-an-emergency-payment	Emergency payment supermarket vouchers (not cash), value depends on circumstances. Online applications or by phone (Mon-Fri, 9-12) Individuals can apply for themselves (or an organisation can apply on their behalf).
South Gloucestershire Council Welfare Grant Scheme Household Support Fund	South Glos Council Welfare Grant Scheme 01454 868899 Mon-Fri 8.45am - 2pm https://beta.southglos.gov.uk/welfare-grant-scheme South Glos also have a Household Support Fund https://beta.southglos.gov.uk/household-support-fund	Online applications or by phone (Mon-Fri, 8.45-2) Individuals can apply for themselves (or an organisation can apply on their behalf). For the Welfare Grant Scheme need to be eligible for public funds but the Household Support Fund may be able to support those who are not eligible for public funds (Nb. this fund is temporary to March 2022). Support available for food & utilities (once in 12 months) and goods for a new property (once in 24 months), however the scheme is currently low on funds so support for goods is limited.
inHope The Wild Goose	32 Stapleton Road, BS5 0QY. https://inhope.uk/the-wild-goose/ wild.goose@inhope.uk Call Mick (Wild Goose Manager) on 07941 414425 or 0117 405 7116 Mondays, Wednesdays, Thursdays, Fridays. – Breakfast – 09.30 -10.30 – Engagement support – 10.30 -11.30	Wild Goose drop-in centre provides free hot meals, shower facilities, clothing and toiletries four days a week. Breakfast and lunch: hot food takeaway. No referral needed; just turn up. No limit on frequency attended. Mon, Wed, Thurs & Fri (not Tuesdays) 09.30 to 14.00 Closed over holidays (eg Christmas 2021 closed from 25/12/21 to 05/01/22).

	- Lunch – 12.00 -13.30	inHope also run Life Recovery, to help people recovering from addiction and abuse (including mental health recovery, but not from specific trauma). See website for details: https://inhope.uk/life-recovery/
South and East Bristol food banks	https://eastbristol.foodbank.org.uk/locations/	