



GATESHEAD

FREE OR AFFORDABLE FOOD



Who?	Where?	Contact	Offer	Mon	Tue	Wed	Thur	Fri	Sat	Sun
CENTRAL GATESHEAD										
St Chads Community Kitchen	St Chad's Church, 195 Rawling Rd, Gateshead		<i>Tuesday: Free two course meal for eligible local residents, sit in or takeaway; Thursday: Sit-down two-course meal and activities for older & disabled people - £5.00 each</i>		12.00 noon – 1.00pm		11.00-1.00pm			
Bensham Community Food Co-op	Corpus Christi Catholic Church, The Presbytery, Kelvin Grove, Gateshead NE8 4QP	benshamfoodcoop@gmail.com	<i>Free fresh fruit, vegetables and other food</i>		10:45 - 12:45					
Peace of Mind	Methodist Church-White Hall Road	07595 300326 Email: peaceofmind455@gmail.com	<i>Drop-ins every Wednesday, food parcel, free with the offer of help to Refugees and Asylum seekers.</i>			12 - 2pm				
Gateshead community organisation	Fountain Court, Armstrong Road, Bensham	Email: corrina@gatesheadcommunity.org Tel: 07912 377228	<i>Free surplus food donation dependant- normally bread</i>		9am-2pm					
Alive Church Hope House	Alive Church, St. Alive Church, St. George's Office, Hope House, Durham Road	0191 340 4844 hello@alivechurch.h.uk	<i>Hope House Coffee is a place to come, catch up with friends and make new ones. We offer a free community lunch on Tuesdays. Hope House Pop-up Pantry is a social supermarket: anyone can join and get access to a broad range of high quality food and household goods all costing 50% less than the retail price</i>	10.30-12.00	11am – 1:00pm					



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A place of Welcome	Christ church Felling Carlisle street, Felling NE10 0HQ		<i>A place to go for a friendly face, hot/cold drinks, biscuits and activities are available along with a conversation if and when you need it. Emergency food parcels are available to those needing extra help.</i>			10.15-13.30				
Salvation Army	Salvation Army, Tennyson Court, Sunderland Road, Gateshead	facebook.com/TS AGCC/ Email: gateshead@salvationarmy.org.uk Phone: 0191 477 6994	<i>Between the bread: Low price full English breakfast, free tea/coffee every Friday, open to everyone</i>					9am-11am		
The Shakey Café	The Shakey Cafe 88-96 Fife Street Deckham Gateshead	0794 486 1604 neil@handcrafted.org.uk	<i>Come along to see a friendly face. Cafe open Monday to Friday, 09:00–12:00, and a free community meal each day at 12:00–13:00. Free wi-fi is also available.</i>	12:00-13:00.	12:00-13:00.	12:00-13:00.	12:00-13:00.	12:00–13:00.		
St Chads Community Project	21 Liddell Terrace, Bensham, NE8 1YN	jaskaur@stchadscommunityproject.org 0191 490 1032	<i>All are welcome to our 2 Soups Lunch Club every Monday, from 12.15pm to 2.15pm, for a free meal and a chance to chat with friendly faces. Pop up shop Wednesdays £1 on entry for bag of food you pick.</i>	12.15-2.15 pm		9.30-10.30 am				
Bensham Court food bank	Bensham Court, NE8 1XY		<i>Food bank pantry, mostly store cupboard staples, some fresh food. Referral only</i>				9.30-11.30 am			
Comfrey Project	The Comfrey Project, Windmill Hills Centre, Chester Place	info@thecomfreyproject.org.uk; 07795 320 706	<i>Fridays drop-in session with activities and free freshly prepared lunch. Saturday language cafe, drop-in with language and other activities, free refreshments and freshly cooked lunch.</i>					Drop-in from 10:30-lunch 1pm	Drop-in from 10:30-lunch 12.30pm	



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The Club House	Worchester Green, Gateshead, NE8 1NH.	Need to be a member: call 0191 440 9033 or email gateshead.clubhouse@gmail.com or Facebook	<i>Gateshead Clubhouse aims to provide a service where people with mental health . Café offering menu daily – with meals from £1</i>	11:00a m – 4:30pm	11:00a m – 4:30pm	11:00a m – 4:30pm	11:00a m – 4:30pm	11:00a m – 4:30pm		
Joe's Place	St Joseph's RC Church, Walker Terrace (Off High Street West), Gateshead,	Contact Nicola Milne on 0191 228 0111	<i>Free & low-cost hot and cold food and refreshments from a varied menu. Just pop along</i>			10am-1pm				
SOUTH GATESHEAD										
Wrekenton Community Café	Wrekenton Methodist Church, Springwell Avenue Wrekenton, Gateshead NE9 7JL	0191 491 0535	<i>Free homemade soup, bacon sandwiches and friendship.</i>				11:30a m – 1pm			
Callendar Court	Callendar Court Carnesville Beacon Lough NE96RR	corrina@gatesheadcommunity.org 07912 377 228	<i>A friendly cafe that is based within an over 55 independent living block. We offer meals and hot drinks which are all very reasonably priced, Plus deliveries We have a food sharing market every Tuesday which operates on a pay what you can basis. There is also free surplus food on Saturdays and Sundays.</i>	9AM - 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM



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Birtley Community Centre	Birtley Community Centre Ravensworth Road Birtley	Tel Office Manager Amey Lee 01914102343 AdminManager@birtleycommunitycentre.co.uk	<i>Tuesday Community Lunch from £4 Homemade food Hot main and Dessert</i> <i>Community shop including toys and cloths plus access to unsold food and Feeding Family parcels – open every weekday</i>		Lunch Club 12:00-13:00					
Barley Mow Village all	Barley Mow Village Hall Bedford Avenue Birtley DH32AJ	barleymowvillagehall@gmail.com 0191 410 5334	Warm Spaces Mondays and Wednesdays .Hot food both days plus social events . FREE	10:30-13:30		10:00-13:30				
Strong Point Low Fell	The Strongpoint Centre Chowdene Chapel 660 Durham Road Gateshead ne96ja	Stuart Hann Stuart.hann@chowdene.co.uk tel 07759785477	Free Hot drink +soup. also have access to Feeding Families Food parcels			10:30-13:30				



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INNER WEST										
Big Local Gatshead	Rose Street at Tyne view Health Hub NE8 2LS	hello@BLGateshead.org.uk; facebook.com/BigLocalGatesheadUK	Pop up shop for fresh and tinned food, pay what you can come to get food that has been donated by local community groups or collected from Fare Share. Drop in, no referral needed. Suggested donation £1					2pm - 4pm		
WEST GATESHEAD										
The Pickle Palace	Greenside Social Club Lead Rd, Greenside, Ryton NE40 4SR	Tel: 07753759476	Surplus food market. Note change of venue in 2025: from cricket club to social club. Doors open at 10am, market open at 10.30. Fill a bag for £5.				10:30am – 11:30m			
Rowlands Gill Pay As You Feel Café and Community Hub	Strathmore Road Methodist Church	minister@rowlandsgill.org.uk	Food Market, Pay as you feel Café and Citizens Advice Surgery. Pay as you Feel Café where you'll receive a warm welcome. We serve cereals, pastries, cake, biscuits, soup, tea, coffee and cold drinks in a pleasant room overlooking the garden. Food choices vary according to what is available from our rescued food market.	10.00am - 1.00 pm						
Winlaton Centre	The Winlaton Centre, North Street, Winlaton, Blaydon, NE21 6BY	Telephone 0191 414 4718 Email winlatoncentre1@outlook.com	Pay-as- you feel market for those living in NE21 area.		10:30– 12.30				10:30- 12.30	



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Trinity Methodist Blaydon	Lucy Street, NE21 5AF	rachel.charter@swtyneside.org.uk; 07410 701942	Free drinks, biscuits and toast on a Monday morning from 10 then from 12-1.30 serve a soup lunch	10am – Lunch from 12-1:30pm						
Blaydon Community Larder	St Joseph's Church House Garage, Shibdon Road, Blaydon, NE21 5AE		Food available for a small donation. No referral needed. We receive food donations from the congregations and fresh food from local suppliers that would otherwise be wasted. The Larder is situated at the corner of West View and Shibdon Road, part of St Joseph's presbytery			1:30pm - 3pm				
Chopwell Community Centre	Derwent Street, Chopwell, NE177HS	01207 562462; info@chopwellcommunitycentre.co.uk	Emergency food parcels on request, eligibility applies. Lunch club fortnightly on Mondays for members - call to enquire	Lunch Club 12pm Fortnightly						

EAST GATESHEAD										
St Andrews Community Café	Whinbrooke, Leam Lane	Contact Ann McCarthy, 01914693625	At present we are offering soup and a roll, and light snacks.			10:30am – 12:30pm				
Embells at St Andrews Church Hall	Whinbrooke, Leam Lane	07453615139 embellscic@outlook.com	free 3 course hot meal	11am - 1pm						
Embells Community Support	Based upstairs in the	07453615139 embellscic@outlook.com	Friday community pop up Market. The local community can pick up a £4 food bag worth	11am - 1pm				11:30am – 2.00pm		



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	<i>onebodyforlife fitness studio Fewster square, Leam Lane, NE10 8XQ</i>		<i>over £20+ We also have a range of pre loved clothing / shoes starting from just £1.00. There is no Criteria to meet everyone is welcome to come along and use this service. Also now run a free community hot lunch from St Andrews church hall.</i>							
Food Cycle Felling	Felling Community Centre, Smithburn Road, Gateshead, NE10 9DU (the old Heworth Minors Hall)	felling@foodcycle.org.uk	FREE hot meal available to anyone. No need to book, just turn up on the day					12:30p m		
Felling Food Network	Felling Cadet Building, Dexter Way (off Wellington Street) Felling	Cllr Sonya Dickie: Cllr.SDickie@Gateshead.gov.uk 07718 696 512	<i>The Felling Food Network is only open on the 2nd Wednesday and 4th Wednesday of each month. The Felling Food Network provides short term food support by appointment only on a Wednesday to either individuals or families in need of help and support by providing a three-day emergency food parcel for a period of up to 3 weeks.</i>			10:00a m – 1pm 2nd and 4th Wednesday of the month				
OUTSIDE GATESHEAD										
People's Kitchen	Alison Centre, 56 Bath Lane, Newcastle upon Tyne, NE4 5SQ	Tel: (0191) 222 0699	Free hot & cold food	8:30pm – 6:30pm	8:30pm – 6:30pm	8:30pm – 6:30pm	8:30pm – 6:30pm	8:30pm – 6:30pm	8:30a m – 11:30a m	8:30am – 11:30am



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Vinnie's	Blackfriars @ The Ouseburn, New Bridge Street		<i>Free Lunch Service</i>		11am - 1:30pm					
REfUSE Café	143b Front Street, Chester- le-Street, DH3 3AU Tel: 07419749045	info@refusedurham.org.uk; 07419 749045	<i>Pay As You Feel café open to all. Breakfasts served 10am until 11.30, Lunches 12 until 2.45pm</i>		10am- 4pm	10am- 4pm	10am- 4pm	10am- 4pm	10am- 4pm	