

**Places in Redbridge & Barking that may be able to help
with free food – (this is not guaranteed and varies from hot
meals to sandwiches)**

If STREET HOMELESS, please call Street link 03005000914
or if in Redbridge please go to Welcome Centre, St Marys Rd, Ilford IG1 1QX (Tues-Fri 10am-3pm)

This side - Weekdays

Day	Time	Place	Notes
Monday	5pm-6pm	ELIM CHURCH 93 Axe High Rd Barking IG11 7LZ	
Monday	6pm-9pm	CAPSTONE CHURCH 316 Ilford High Rd, Ilford, IG1 1QW	
Tuesday	5pm-6pm	ELIM CHURCH 93 Axe High Rd Barking IG11 7LZ	
Tuesday	7pm-7:30pm	SEVA – Hot veg meal 155 – 161 High Rd, Ilford, IG1 1DE	Outside FITNESS FIRST near Police Station
Wednesday	5pm-6pm	ELIM CHURCH 93 Axe High Rd, Barking, IG11 7LZ	
Wednesday	7pm	NISHAM SWAT - HOT FOOD Outside METRO BANK	
Thursday	5pm-6pm	ELIM CHURCH 93 Axe High Rd Barking IG11 7LZ	
Thursday	3pm-7pm	SHOLA RESTAURANT 190 Cranbrook Rd, Ilford, IG1	Near park - free food to homeless
Thursday	6pm-6:45pm	CLEMENTSWOOD CENTRE 14A Connaught Rd, Ilford, IG1 1RN	Opp PRINCE OF WALES PUB Car Park (Corner of Green Lane)
Thursday	3pm-7pm	DIXTERZ PERI PERI (Chicken & Rice/Chips) 190 Cranbrook Rd, Ilford, IG1 4LU	
Friday	5pm-6pm	ELIM CHURCH 93 Axe High Rd Barking IG11 7LZ	
Friday	6pm-6:45pm	CLEMENTSWOOD CENTRE 14A Connaught Rd, Ilford, IG1 1RN	Opp PRINCE OF WALES PUB Car Park (Corner of Green Lane)

Please see other side for Weekends

This side – Weekends

Day	Time	Place	Notes
Saturday	8:30am-10am	BIG BREAKFAST – Chadwell Heath Nursery 45 High Rd, Chadwell Heath, RM6 6QJ	Next to NATWEST BANK
Saturday	10am-11:30am	ILFORD SALVATION ARMY – Community Brunch 15 Clements Rd, Ilford, IG1 1BH	Adults Only
Saturday	6pm-6:45pm	CLEMENTSWOOD CENTRE 14A Connaught Rd, Ilford, IG1 1RN	Opp PRINCE OF WALES PUB Car Park (Corner of Green Lane)
Saturday	1pm-2:30pm	LIBERTY HOUSE 1 Clarks Rd, High Rd, Ilford, IG1 1UT	By Fire Station
First Saturday of the month	1pm-4pm	ST. CEDD'S CATHOLIC CHURCH (Goodmayes) 4 Blythswood Rd, Ilford, IG3 8SH	(Food is served in the Lower Hall)
Sunday	8:30am-10am	BIG BREAKFAST – Chadwell Heath Nursery 45 High Rd, Chadwell Heath, RM6 6QJ	Next to NATWEST BANK
Sunday	1pm-2:15pm	ST PETER & ST PAUL'S CATHOLIC CHURCH 342 High Rd, Ilford, IG1 1QP	Next to CARDINAL HEENAN CENTRE
First 3 Sundays of the month	11:30am-2:30pm	AL ANSAR CHAPTERS – Sunday Tea 833-835 High Rd, Goodmayes	
Last Sunday of the Month	11am-2pm	AL ANSAR CHAPTERS – Hot meal 833-835 High Rd, Goodmayes	
<u>Every day</u>	5am-8:30pm	GURDWARA KARAMSAR - ILFORD 400 High Rd, Ilford, IG1 1TW	
<u>Every day</u>	5am-8pm	SINGH SABHA LONDON EAST - SEVEN KINGS 722-730 High Rd, Ilford, IG3 8SX	