



GATESHEAD

FREE OR AFFORDABLE FOOD



Who?	Where?	Contact	Offer	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
CENTRAL GATESHEAD										
Age UK Gateshead	215 High Street, NE8 1AS (old Barclays Bank)		Open every Monday - Friday, 8.30am to 4pm. Open every Saturday, 10am to 2pm. All are welcome to come along for warm drinks and light refreshments in an inviting, warm and friendly space.							
St Chads Community Kitchen	St Chad's Church, 195 Rawling Rd, Gateshead		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		12.00 noon – 1.00pm		11.00-1.00pm			
St Chads Community Market	21 Liddell Terrace, Bensham, NE8 1YN	edie@Stchadsc ommunityproj ect.org 0191 490 1032	A community market open to all. Membership costs £1 per week, you pay the first time you visit in the week but don't pay if you don't come. 5 items free once membership fee paid; other items cost with coloured stickers at very affordable prices.	1-5pm	1-5pm	1-5pm	1-5pm	1-5pm		
St Chads Community Project	21 Liddell Terrace, Bensham, NE8 1YN	0191 490 1032	Come and join us at Social Bites every Monday during term time. No booking required and FREE of charge two-course homemade meal. Come in for a chat, make friends and receive support from Citizens Advice Gateshead and Family Support services.	1-3pm						
Bensham Community Food Co-op	Corpus Christi Catholic Church, The Presbytery, Kelvin Grove, Gateshead NE8 4QP	benshamfoodc oop@gmail.co m	Free fresh fruit, vegetables and other food in a pop-up pantry in the church.		10:45 - 12:45					
Peace of Mind	Methodist Church-White Hall Road	07595 300326 peaceofmind4 55@gmail.com	Drop-ins every Wednesday, food parcel, free with the offer of help to Refugees and Asylum seekers.			12 - 2pm				



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Alive Church Hope House	Alive Church, St. Alive Church, St. George's Office, Hope House, Durham Road	0191 340 4844 hello@alivechurch.uk monday.ochi@alivechurch.uk	<i>Alive Welcome is a friendly space for refugees and asylum seekers to connect, get support, and thrive in their new community. In partnership with Gateshead Council, Citizens Advice, Mears, and the British Red Cross, we offer: English classes, Advice & info, Free lunch and cafe. We also offer Feeding Families emergency food provision: you can come to Alive Church between 9:30-5pm Monday-Thursday.</i>				10am - 1pm			
Alive Church Open Table	Alive Church, St. Alive Church, St. George's Office, Hope House, Durham Road		<i>Free weekly community meal 11am-1pm on Thursdays at Alive Church Gateshead, all welcome</i>				11am-1pm			
Basis	Aquila House, Warwick st	https://www.asiscommunityhousing.org/	<i>Hot food for those who are homeless 18+ only</i>		9am-2pm					
The Bread and Butter thing	Deckham Family Hub, Elgin Centre, NE9 5PA	familyhubs@gateshead.gov.uk 0191 433 6310 www.breadandbutterthing.org.	<i>£25 worth of food for £8.50. Anyone living in Gateshead can join The Bread and Butter Thing. There is no referral needed and membership is free. To register, text 07507 237 311 with your name, postcode, and nearest hub.</i>				12-12.30pm			



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Salvation Army	Salvation Army, Tennyson Court, Sunderland Road, Gateshead	facebook.com/ TSAGCC/ Email: gateshead@sa lvationarmy.or g.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@handcraf ted.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.		
The Bread and Butter thing	Deckham Family Hub And Teams Life Centre	Deckham Family Centre, Elgin Road, Gateshead, NE9 5PA Teams life Centre, NE8 2PW	<i>Weekly groceries at a low price. Sign up to be a member. https://www.informationnow.org.uk/organisa tion/the-bread-and-butter-thing-deckham/</i>				12- 12.30 Deckha m	12.45- 13.15 Teams Life Centre		
Bensham Court food bank	Bensham Court, NE8 1XY		<i>(Temporarily Closed) Food bank pantry, mostly store cupboard staples, some fresh food. Referral only</i>							
Comfrey Project	The Comfrey Project, Windmill Hills Centre, Chester Place	info@thecomfr eyproject.org.u k; 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 12.30p m	



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The Club House	Worcester Green, Gateshead, NE8 1NH.	call 0191 440 9033 or email gateshead.clubhouse@gmail.com	Need to be a member. Gateshead Clubhouse aims to provide a service for people with mental health issues. Café offering menu daily – with meals from £1	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	Free & low-cost hot and cold food and refreshments from a varied menu. Just pop along			10am-1pm				
SOUTH GATESHEAD										
Wrekenton Community Café	Wrekenton Methodist Church, Springwell Avenue Wrekenton, Gateshead NE9 7JL	0191 491 0535 wrekontonmcc@gmail.com	<i>Community Lunch Club. Come along for fresh homemade soup, bacon sandwiches and friendship. All welcome.</i>				11:30a m – 1pm			
The Bread and Butter Thing Chowdene	Waverley Road, Gateshead, NE9 7TU, United Kingdom		<i>Weekly groceries at a low price. Sign up to be a member. https://www.breadandbutterthing.org/</i>		12:45-13:15					



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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</i>	9AM - 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM	9AM- 2PM
Birtley Community Centre	Birtley Community Centre Ravensworth Road Birtley	admin@birtleycommunitycentre.co.uk	<i>Tuesday Community Lunch from £5 Homemade food Hot main and Dessert. Soup kitchen Thursdays from 11am - 1pm and warm space free lunches Monday to Friday while we are open. 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		Soup kitchen 11am - 1pm			
Barley Mow Village all	Barley Mow Village Hall Bedford Avenue Birtley DH32AJ	barleymowvillagehall@gmail.com 0191 410 5334	<i>Warm Spaces Mondays and Wednesdays .Hot food both days plus social events .FREE</i>	10:30- 13:30		10:00- 13:30				



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Strong Point Low Fell	Strongpoint Centre Chowdene Chapel 660 Durham Road ne96ja	Stuart Hann Stuart.hann@chowdene.co.uk tel 07759785477	<i>Free Hot drink +soup. Also have access to Feeding Families Food parcels</i>			10:30-13:30				
Croftside community lounge	Durham road, Birtley, DH31LZ	Mick on 07926 076218	<i>Bacon breakfast sandwich for men (16+)</i>					10am-12pm		
Kibblesworth village	Millenium centre	Tel 0191 4111193	<i>Warm space, coffee morning Monday, 50p/£1. Wednesday coffee morning and meal</i>	10:30-14:30		Food 12pm-2pm				
The Family Hub Birtley	Harras bank, Birtley, Chester-le-Street, DH3 2LN	Tel: 0191 492 0434 Email: familyhubs@gateshead.gov.uk	<i>Emergency feeding families boxes</i>	9am-4pm	9am-4pm	9am-4pm	9am-4pm	9am-4pm		
FACT	Springwell Road, Wrekenton, Gateshead NE9 7AY	Info@cancersupport.co.uk 01914420833	<i>Free Tea, Coffee, and Toast every Wednesday morning. Everyone welcome, bring a friend, make new friends. Our charity shop will be open, too.</i>			9am - 11am				
INNER WEST										



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Who?	Where?	Contact	Offer	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Big Local Gatshead	Rose Street at Tyne view Health Hub NE8 2LS	hello@BLGateshead.org.uk; facebook.com/BigLocalGatesheadUK	<i>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</i> SOON TO OPEN community cafe – watch this space!					1pm - 3pm		
WEST GATESHEAD										
The Pickle Palace	Greenside Social Club Lead Rd, Greenside, Ryton NE40 4SR	Tel: 07753759476	<i>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.</i>				10:30am – 11:30m			
Rowlands Gill Café and Market	Strathmore Road Methodist Church	minister@rowlandsgill.org.uk	<i>Food Market, Pay as you feel Café and Citizens Advice Surgery. Pay as you Feel Café where you'll receive a warm welcome. Food choices vary according to what is available from our rescued food market.</i>	10.00am - 1.00pm						
Winlaton Centre	The Winlaton Centre, North Street, Winlaton, Blaydon, NE21 6BY	Telephone 0191 414 4718 Email winlatoncentre1@outlook.com	<i>Pay-as- you feel market for those living in NE21 area.</i>		10:30– 12.30				10:30- 12.30	
Trinity Methodist Blaydon	Lucy Street, NE21 5AF	rachel.charter@swtyneseide.org.uk; 07410 701942	<i>Free drinks, biscuits and toast on a Monday morning from 10 then from 12-1.30 serve a soup lunch</i>	10am – Lunch from 12- 1:30pm						



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Who?	Where?	Contact	Offer	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Blaydon Community Larder	St Joseph's Church House Garage, Shibdon Road, Blaydon, NE21 5AE		<i>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</i>			1:30pm -3pm				
The Bank Chopwell	19-21 Derwent chopwell St NE17 7HU	01207 261119	<i>Café- Wed, Thurs, Fri and Sat Shop/ food pantry-Thurs, Fri and Sat</i>			9am-3pm	9am-3pm	9am-3pm	10am - 3pm	
Chopwell Community Centre	Derwent Street, Chopwell, NE177HS	01207 562462; info@chopwellcommunitycentre.co.uk	<i>Emergency food parcels on request, eligibility applies. Lunch club fortnightly on Mondays for members - call to enquire.</i> <i>The Bread and Butter thing Thursdays: £25 worth of food for £8.50. Anyone living in Gateshead can join The Bread and Butter Thing. There is no referral needed and membership is free.</i> <i>To register, text 07507 237 311 with your name, postcode, and nearest hub.</i>	Lunch Club 12pm Fortnightly			TBBT bags 12:30-13:00			



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EAST GATESHEAD										
Christ Church Felling	Carlisle Street Felling NE10 0HQ	info@christchurchfelling.org 0191 440 1473	<i>A place to go for a friendly face, hot/cold drinks & biscuits available and a conversation if and when you need it..</i>			10.15-12noon				
St Andrews Community Café	Whinbrooke, Leam Lane	Contact Ann McCarthy, 01914693625	<i>Offering soup and a roll, and light snacks.</i>			10:30am – 12:30pm				
Embells at St Andrews Church Hall	Whinbrooke, Leam Lane	07453615139 embellscic@outlook.com	<i>Free three course hot meal and refreshments available. No booking, everyone welcome.</i>	11am - 1pm						
Embells Community Support	<i>Based upstairs in the onebodyforlife fitness studio Fewster square, Leam Lane, NE10 8XQ</i>	07453615139 embellscic@outlook.com	<i>Friday community pop up Market. The local community can pick up a £4 food bag worth 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.</i>					11:30am – 2.00pm Market		
Food Cycle Felling	Felling Community Centre, Smithburn Road, NE10 9DU (the old Heworth Minors Hall)	felling@foodcycle.org.uk	<i>FREE three-course delicious home made hot meal available to anyone. No need to book, just turn up on the day</i>					12:30pm		



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Felling Food Network	Felling Cadet Building, Dexter Way (off Wellington Street) Felling	fellingfoodnetwork@gmail.com_07718 696 512	<i>The Felling Food Network is only open on the 2nd Wednesday and 4th Wednesday of each month.</i> <i>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>			10:00am – 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	8:30am – 11:30am	8:30am – 11:30am
Vinnie's	Blackfriars @ The Ouseburn, New Bridge Street		Free Lunch Service		11am - 1:30pm					
REfUSE Café	143b Front Street, Chester-le-Street, DH3 3AU Tel: 07419749045	info@refusedurham.org.uk; 07419 749045	Pay As You Feel café open to all. Breakfasts served 10am until 11.30, Lunches 12 until 2.45pm		9am-3pm	9am-3pm	9am-3pm	9am-3pm	9am-3pm	

FOR MORE INFO AND TO UPDATE YOUR DETAILS ON A PUBLIC WEBSITE, GO TO www.ourgateshead.org/food