

Free and Low Cost Meals in Hebburn

<p>Independent Methodist Church</p> <p>80 Victoria Road Hebburn. NE31 1LR</p> <p>0191 422 3889</p>	<p>Monday to Friday 10.00 am to 1.00 pm</p>	<p>Free or Small Donation</p> <p>Sandwich or Toast</p> <p>Tea & Coffee</p>
<p>St Johns' Church</p> <p>Canning Street Hebburn. NE31 2UF</p> <p>07941073378</p>	<p>Tuesday 10.00 am to 12 noon</p>	<p>Small Donation</p> <p>Refreshments and Light Lunch</p>
<p>Hebburn Helps</p> <p>South Tyneside Children's Centre Campbell Park Road Hebburn NE311QY (Coleridge Square Entrance)</p> <p>07450656492 07927358801</p>	<p>Monday to Friday 10am to 4pm</p>	<p>Free or Small Donation Tea & Coffee</p> <p>Toast & Light Refreshments</p> <p>Wednesday - hot meal to takeaway for £1</p> <p>Packed lunch free or £1 voluntary contribution donation for all school children during the school holidays.</p>

Food Parcel: Citizens Advice Bureau, Edinburgh Building, 2 Station Approach, South Shields. NE33 1HR Phone: **0191 455 7958**

Monday 10 am to 1pm Friday 10 am to 1 pm

Food Parcel for young people - 16 to 24 year olds: Key, 116 Baring Street, South Shields NE33 2BA. Phone: **0191 496 9710**

Mon-Fri : 9.30 am to 4.30 pm

Produced by South Tyneside Community Foodbank

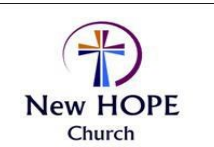
Where you can find.....



..... Free and Low Cost Meals

in

South Tyneside



May 2017

Free and Low Cost Meals in South Shields

<p>New Hope Church</p> <p>3 Robson Street South Shields. NE33 4PR</p> <p>0191 424 5462</p>	<p>Monday</p> <p>11.00 am to 12 noon</p> <p>Wednesday</p> <p>11.00 am to 12.30 pm</p>	<p>Free</p> <p>Hopes Kitchen</p> <p>Tea & Coffee</p> <p>Pot of Hope/Free Snacks</p>
<p>Salvation Army</p> <p>Wawn Street South Shields. NE33 4EB</p> <p>0191 496 7511</p>	<p>Tuesday</p> <p>10.00 am to 1.00 pm</p>	<p>Free</p> <p>2 Course Hot Meal</p> <p>50p donation optional</p>
<p>Westoe Road Baptist Church</p> <p>Romilly Street South Shields. NE33 2SP</p> <p>0191 427 9359</p>	<p>Tuesday</p> <p>10.00 am to 11.30 am</p>	<p>Donations</p> <p>Coffee & Cake</p> <p>Over 50's only</p>
<p>Harton Methodist Church</p> <p>227 Sunderland Road South Shields. NE33 6AS</p> <p>0191 427 9953</p>	<p>Thursday</p> <p>2 pm to 4 pm</p>	<p>Free</p> <p>Soup</p>
<p>Living Waters Church</p> <p>St Jude's Terrace Laygate South Shields NE33 5PB</p> <p>0191 427 5284</p>	<p>Wednesday</p> <p>9.30 am to 12 pm</p> <p>Friday</p> <p>11.00 am to 3.30 pm</p> <p>Both will be closed over the summer holidays July 21st - Sept 4th 2017</p>	<p>Wednesday -Breakfast Club</p> <p>Full Breakfast £3.70</p> <p>Friday - Olive Branch Café</p> <p>Toasties £2</p> <p>Cakes and Scones from £1.20</p>

Free and Low Cost Meals in South Shields

<p>Colliery Café</p> <p>West Harton Churches Action Station</p> <p>Boldon Lane South Shields NE34 OLZ</p> <p>0191 4558122</p>	<p>Monday to Friday</p> <p>9 am to 2 pm</p>	<p>Small Charge</p> <p>Bacon Sandwiches £1 .50</p> <p>Medium Breakfast £2.50</p> <p>Daily Meal - Small Meal £2.50</p>
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Free and Low Cost Meals in Jarrow

<p>Grange Road Baptist Church</p> <p>Grange Road Jarrow. NE32 3JA</p> <p>0191 421 7987</p>	<p>Wednesday</p> <p>10.00 am to 11.30 am</p> <p>Friday</p> <p>10.00 am to 11.30 am</p>	<p>Free</p> <p>Tea & Coffee</p> <p>Small Charge</p> <p>Bacon Sandwiches £1</p> <p>Teacake, Scones or Cakes</p>
<p>Primrose Community Centre</p> <p>Lambton Terrace Jarrow. NE32 5QY</p> <p>0191 424 9977</p>	<p>Monday</p> <p>9.00 am to 12.30 pm</p>	<p>Full English Breakfast with toast</p> <p>Tea & Coffee</p> <p>All for £3.25</p>

For Food Parcel: Citizens Advice Bureau, Tarn House, 8 Grange Road West, Jarrow. NE32 3JA Phone: 0191 455 7958

Tue: 10:00 — 13:00

Thu: 10:00 — 13:00