













Food Support

<p>Southampton City Mission</p> 	<p>Referral only Food Bank.</p> <ul style="list-style-type: none"> • Central Baptist Church (Monday) • St. Mary's Church (Tuesday) • The Old Chemist (Wednesday) • Shirley Baptist Church (Thursday) • Lordshill Church (Friday) <p>(10am - 3pm)</p> <p>There is also a Marketplace: Request a membership and for £5 weekly subscription there is access to Marketplace café and a choice of 15 items from fridges, freezers, fruit and veg, bakery, ambient food products and toiletries:</p> <ul style="list-style-type: none"> • SCM Marketplace, Millbrook • SCM Marketplace, St. Marys • SCM Marketplace, Townhill Park <p>(10am – 1pm)</p>	<p>Basics Banks – Southampton City Mission</p> <p>About Us: Contact Info – Southampton City Mission</p> <p>Main Office: 02380550435</p>
<p>Two Saints</p> 	<p>Two Saints offer accommodation and support for young people and new parents. Referrals can be made through Southampton Homeless Unit at Gateway.</p> <p>Two Saints Day Centre offer free hot breakfast and lunch for those registered as homeless.</p> <p>Visitors can eat for £2.</p>	<p>Southampton Services Patrick House Young People Day Centre (twosaints.org.uk)</p> <p>Contact: 02380223443</p> <p>30 Cranbury Avenue, Southampton, SO14 0LT</p>




<p>GEMS Brunch and GEMS Wellbeing Club</p> 	<p>GEMS is a charity to support people, especially those in recovery. A selection of rolls and a hot drink is offered at their Brunch and no booking required. GEMS Wellbeing Club entails coffee, chat and activities as well as a 2-course free lunch at 1pm. Note: the club is closed third week of each month</p>	<p>Facebook: GEMS Contact: 07961808110 The.saturdaygroup@yahoo.com</p>
<p>The Big Breakfast Club</p> 	<p>Above Bar Church is a religious charity and church who help and support those around Southampton, offering Food Bank, Breakfast and Pastoral Support. No booking is required, aimed at the vulnerable and homeless.</p>	<p>Welcome to Above Bar Church Contact: 07984162426 Above Bar Street, 69 Above Bar, SO14 7FE Every THURSDAY 10am – 11am</p>
<p>Monty's Fry-up and Finance</p> 	<p>Monty's is a community hub, a place run by the local community for the community. It is designed for people to meet others, share life, get active and get help and advice. Monty's Fry-Up and Finance is free and open to all, breakfast included. A monthly meeting to support each other with money and finances.</p>	<p>Monty's Community Hub (montys.org.uk) 07493306046 anna@montys.org.uk 59 Montague Avenue, Sholing, SO19 0QB</p>
<p>St Andrews (New Community Church)</p> 	<p>A church service where everyone is welcome and after there is food from Tesco's Food Share which is distributed. All free of charge to those in need.</p>	<p>1b-Food-Provisions-Venues-Booklet-for-distribution.pdf (solinked.org.uk) 02380 237700 204 South East Road, SO19 8LW Sundays 12.30 – 1.15</p>





<p>Three Rivers Community Rail Partnership</p> 	<p>This project builds social cohesion in the Swaythling area and surrounding communities, brings people together, reuses spare rooms at the station, which otherwise would sit empty, promotes the railways in a positive light and reduces the impact of waste on our environment. The Free Shop at Swaythling Railway Station runs every Saturday morning from 1030 - 1230, handing out spare food from supermarkets and private donations to reduce food waste and help people access food without barriers. We do not charge and do not seek referrals or benefits statements, so everyone has the opportunity to take food without criteria on a first come, first served basis.</p>	<p>Three Rivers Community Rail Partnership Free Shop, Swaythling Neighbourly</p> <p>Mark Miller: 07900 103296</p> <p>info@threeriversrail.com</p> <p>Swaythling Station, Wessex Lane, SO18 2LB Saturdays 10:30 – 12:30</p>
<p>Carers in Southampton</p> 	<p>This service is for adults who provide unpaid care and support to a family member or friend who has a disability, illness, mental health condition, or who needs extra help as they grow older. 'Carers in Southampton' offer a Free Full English Breakfast for carers that need or want support in Southampton.</p>	<p>Saturday breakfast club Carers in Southampton</p> <p>02380 80399658</p> <p>admin@portswood.org.uk</p> <p>Breakfast Club Portswood Church, Portswood Road, SO17 2FY Every third Saturday 9am – 12pm</p>
<p>Poitiers Care</p> 	<p>Poitiers Care delivers food to those who live in and around the Southampton and wider Southampton area who are in need.</p>	<p>Poitiers Care — Southampton City Centre Catholics</p> <p>Brian Arthur: 07796161047</p>

<p>James' Street Church Food Bank JAMES STREET CHURCH</p>	<p>Everyone is welcome to the church services and there is a Food Bank for those in need.</p>	<p>Search Results for "food bank" – James Street Church</p> <p>07730335750 James Street Church, St Mary's, SO14 1PH</p> <p>Thursdays 10-11am</p>
<p>St. Deny's Church</p>  <p>St Denys Church The Parish Church of St Denys, Southampton</p>	<p>St. Deny's Church is open to anyone who would like to attend the church services and there is a Food Bank where there are Free Food Packages.</p>	<p>Who we support St Denys Church, Southampton</p> <p>07853 238831</p> <p>Dundee Road, SO17 2NG</p> <p>Fridays 11 – 12:30</p>
<p>Thornhill Community Food Hub</p> 	<p>Thornhill Baptist Church offers a Community Food Hub where there is Free food packages, this service requires visitors to bring own bags. There is also a café that offers hot drinks and biscuits. No referral is needed although it is encouraged that those using the Food Hub live locally.</p>	<p>Community Food Hub - Thornhill Baptist Church (thornhillbc.org.uk)</p> <p>07952 904052</p> <p>Thornhill Baptist Church, Thornhill Park Road, SO18 5TR</p> <p>Fridays 13.45 – 14.45</p>
<p>Waterside Food Bank</p> 	<p>The Trussell Trust support a nationwide network of foodbanks and provide emergency food and support to people locked in poverty. This service is deliveries only and works on referral based agencies and can support food packages for three days. Local community organisations such as schools, GP's and advice agencies can refer you.</p>	<p>Waterside Foodbank - The Trussell Trust 07768 713 329</p> <p>info@waterside.foodbank.org.uk</p>




Clothing, Household and Utility Support



<p>Southampton City Mission</p> 	<p>Referral only Clothes Bank</p> <ul style="list-style-type: none"> Ascension Church (Wednesday) (10am – 3pm) 	<p>Basics Banks – Southampton City Mission</p> <p>About Us: Contact Info – Southampton City Mission</p> <p>Main Office: 02380550435</p>
<p>St Andrews (New Community Church)</p> 	<p>St Andrews offer a church service followed by food from Tesco's Food Share to ensure less food goes to waste. It is essential to bring own bags.</p>	<p>1b-Food-Provisions-Venues-Booklet-for-distribution.pdf (solinked.org.uk)</p> <p>Wessex Lane, Swaythling, SO18 2LB Saturdays 10:15 – 12:15</p>
<p>Three Rivers Community Rail Partnership</p> 	<p>This project builds social cohesion in the Swaythling area and surrounding communities, brings people together, reuses spare rooms at the station, which otherwise would sit empty, promotes the railways in a positive light and reduces the impact of waste on our environment.</p> <p>Good quality used and second hand clothes for those in need as well as a Baby Bank.</p>	<p>Three Rivers Community Rail Partnership Free Shop, Swaythlin Neighbourly</p> <p>Mark Miller: 07900 103296</p> <p>info@threeriversrail.com</p> <p>Swaythling Station, Wessex Lane, SO18 2LB Saturdays 10:15 – 12:15</p>

<p>Baby Necessities Baby Bank</p> 	<p>A non-profit organisation started by local mums during the pandemic of 2020. The creation of Baby Necessities came from a motivation to help alleviate child poverty after watching a documentary on the growing need for baby banks in the UK.</p> <p>Good quality, pre-loved items such as clothes, toys and equipment are collected and distribute them to families in need across Southampton and the surrounding areas</p> <p>This Baby Bank is from referral, providing starter kits, hospital kits and clothes.</p>	<p>Baby Necessities - Baby Bank</p> <p>01794 765240</p> <p>info@babynecessities.co.uk</p> <p>Unit C1 The Premier Centre, Premier Way, Romsey, SO51 9DG</p>
<p>Baby Equipment Bank</p> 	<p>Baby Bank from referral, offering second hand equipment.</p>	<p>Basics Banks: Baby Equipment – Southampton City Mission</p> <p>babyequipment@rccgsouthampton.org</p> <p>07879 236456 (checked and answered Mondays)</p> <p>Oasis of Life Centre, 118 -120 Lodge Rd, Southampton, SO14 6QS (Monday – 11.30 – 12.30)</p>
<p>Freecycle</p> 	<p>Sign up only for a free membership for free and discounted recycled furniture.</p>	<p>Freecycle: Front Door</p>

<p style="text-align: center;">Scratch</p> 	<p>Dorcas Project provides basic furniture and household items to individuals and families who are suffering poverty and disadvantage who live in Hampshire. The furniture package costs for the financial year 2022 / 23 is £170 and is discounted in Southampton to £100.</p>	<p>DORCAS Project - Projects - SCRATCH (scratchcharity.co.uk)</p> <p>023 8077 3132 33 Mount Pleasant Industrial Estate, Southampton, SO14 0SP</p>
<p style="text-align: center;">Jamie's Computers – recycling</p> 	<p>Jamie's professionally and ethically recycle a wide range of IT and computer equipment. All equipment is cheaper and more affordable.</p>	<p>Jamies Computers - Professional & Ethical IT Recycling</p> <p>enquiries@jamies.org.uk</p> <p>02380 632198</p> <p>32 Mount Pleasant Industrial Estate, Southampton, SO14 0SP</p>
<p style="text-align: center;">British Gas Energy Trust</p> 	<p>British Gas Energy Trust offers grants for those with utility bill arrears. There is an online form to apply.</p>	<p>Visit the British Gas Energy Trust website for more details</p>
<p style="text-align: center;">Southern Water</p> 	<p>Reduced bills for those struggling to afford the cost.</p>	<p>What if I can't pay my bill? (southernwater.co.uk)</p>




Accommodation





<p>Two Saints Young People and Parents Service</p>  <p>TWO SAINTS</p>	<p>Two Saints offer accommodation and support for young people and new parents. Referrals can be made through Southampton Homeless Unit at Gateway.</p>	<p>Two Saints Homeless Services Accommodation Advice & Support</p> <p>02380232450</p>
<p>Southampton City Council Homelessness Advice</p> 	<p>For advice and support</p>	<p>Homelessness advice & housing options (southampton.gov.uk)</p> <p>homelessness.advice@southampton.gov.uk</p> <p>02380233344 (emergency)</p> <p>One Guildhall Square, Southampton SO14 7FP.</p>
<p>Step by Step Young People</p> 	<p>Step By Step support local young people who are going through hard times. Taking a unique step by step approach, providing help with accommodation, personal development opportunities, specialist support services, help with mental health, drugs and alcohol dependency problems.</p>	<p>Young People Charity: Homeless Prevention and Advice (stepbystep.org.uk)</p> <p>01252346100</p> <p>info@stepbystep.org.uk</p>




<p>CityLife Church Street Support</p> 	<p>CityLife Church has the vision to provide accommodation for those homeless and living on the street. CityLife works with other churches to provide winter bed provision for people sleeping rough.</p>	<p>Home - City Life Church - Southampton</p> <p>info@citylife.org.uk</p> <p>02380 234000 City Life Church, Southampton, SO18 2FH</p>
<p>YMCA Southampton</p> 	<p>YMCA support 40,000 children, young people and families across Hampshire and Isle of Wight.</p>	<p>Contact Us - YMCA (ymca-fg.org)</p> <p>01489 785228</p> <p>info@ymca-fg.org</p> <p>YMCA, Fairthorne Manor, YMCA, Southampton SO30 2GH</p>

Money Support, Benefits, Debt and Credit

<p>No Limits</p> 	<p>No Limits is an award-winning, local, independent charity providing a unique combination of prevention, early intervention and crisis support to young people, based on a nationally evidenced model.</p> <p>We provide information, advice, counselling and support through a range of services available 'under one roof'.</p>	<p>About No Limits (Award Winning, Local, Independent Charity) (nolimitshelp.org.uk)</p> <p>02380 224224</p> <p>enquiries@nolimits.org.uk</p> <p>13 High Street, Southampton, SO14 2DF</p>
<p>Southampton City Council</p> 	<p>Support fund for Winter 2022.</p>	<p>Household Support Fund (Winter 2022) (southampton.gov.uk)</p>
<p>Citizen's Advice</p> 	<p>provides free, independent, confidential, and impartial advice to everyone on their rights and responsibilities.</p>	<p>Citizens Advice Southampton - Help and advice for everyone chiefofficer@sotoncab.org.uk</p> <p>08082787863</p>

<p>Advice in Southampton</p>  <p>Advice in Southampton</p>	<p>Advice in Southampton provides a directory of local advice services and how to contact them.</p>	<p>Get Advice – Advice In Southampton</p> <p>info@adviceinsouthampton.org.uk</p>
<p>Universal Credit Advance</p> 	<p>Help with:</p> <ul style="list-style-type: none"> - emergency household costs such as replacing a broken cooker - getting a job or staying in work - funeral costs <p>You'll repay it through your regular Universal Credit payments - these will be lower until you pay it back. If you stop getting Universal Credit, you'll have to repay the money in another way.</p>	<p>Universal Credit advances - GOV.UK (www.gov.uk)</p>
<p>Life Church Southampton</p> 	<p>Christians Against Poverty (CAP) is an award winning, national debt counselling charity offering free help and advice through a network of debt centres based in the local church.</p>	<p>Christians Against Poverty – Life Church Southampton (lifesouthampton.org)</p> <p>02380 981023</p> <p>office@lifesouthampton.org</p> <p>The Boathouse, 11 Cranbury Terrace, Southampton SO14 0LH</p>

<p style="text-align: center;">SARC</p> 	<p>Specialising in welfare benefits and employment law advice. This service is free, impartial and confidential. Depending on certain funding criteria we can provide a full service, from simple form filling, to representation at Social Security Tribunals, Employment Tribunals.</p>	<p>SARC</p> <p>admi@sarc.org.uk</p> <p>02380 431435</p> <p>11 Porchester Road, Woolston, Southampton, SO19 2BJ</p>
<p style="text-align: center;">Action for Children</p> 	<p>Protect and support children and young people, providing practical and emotional care and support. Ensuring their voices are heard, and campaign to bring lasting improvements to their lives.</p>	<p>Action For Children Children's charity For safe and happy childhoods</p> <p>Ask.us@actionforchildre.org.uk</p> <p>0300 123 2112</p>
<p style="text-align: center;">NEA</p> 	<p>National Energy Action is the national charity working to end fuel poverty in <u>England</u>, Wales and Northern Ireland.</p>	<p>National Energy Action (NEA) - the UK's leading fuel poverty charity</p> <p>08003047159</p>
<p style="text-align: center;">Turn2Us</p> 	<p>Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations</p>	<p>Fighting UK Poverty - Turn2us</p>

<p style="text-align: center;">Ofgem</p> 	<p>Ofgem is the office of Gas and Electricity Markets. Offering advice on saving energy, schemes and grants</p>	<p>Save energy and reduce your bills - schemes and grants Ofgem</p>
<p style="text-align: center;">Joseph Rowntree Foundation</p> 	<p>The Joseph Rowntree Foundation is an independent social change organisation working to solve UK poverty. The main idea is to support working families in poverty.</p>	<p>JRF responds to Labour Party's pledge to eliminate in-work poverty JRF</p>
<p style="text-align: center;">Advice and Support for those impacted by the Benefit Cap</p>	<p>Being impacted by the Benefit Cap can mean a reduction in the amount of Housing Benefit or Universal Credit you receive to help towards your housing costs. Southampton City Council are committed to ensuring no family is made homeless as a direct result of the Benefit Cap. If this affects you or someone you support, there is help and support available to help you find a solution.</p>	<p>FM.Homelessness@southampton.gov.uk 07917557149</p>
<p style="text-align: center;">AGE UK</p> 	<p>The rising cost of living crisis is having a huge impact on many people's financial situations, especially older people. AGE UK have information and advice that may be able to help.</p>	<p>Welcome to Age UK Southampton 02380 368636 info@ageuksouthampton.org.uk</p>