

Name	Address	Type of Service	How To Access	Open Hours	Contact Details (Telephone/Email)
Neighbours in Poplar	St Matthias Community Centre, 113 Poplar High St, Poplar, London E14 0AE	Food Bank	Visit the centre or call to access the service - Calling in advance is recommended	Friday 11-1pm	T: 020 79870257
St. Dunstan's Foodbank	Stepney High St, London E1 0NR	Food Bank	Visit the centre or call to access the service - Name and address/ method of contact requested	Tuesday 10-4 Friday 10-4	T: 0207 7028685
Dorset Community Assosiation	Diss Street, London E2 7QX	Food Hub	Visit the centre or call to access the service - Dorset Estate & Columbia Road residents only	Food/hot meal delivery: Thursday 2pm-4pm & Sunday 2pm-4pm	T: 020 77399371
Ensign Youth Club	Wellclose Square (off the Highway), London E1 8HY	Food Distribution	Visit the centre or call to be added to the distribution list - Contact details requested (no fixed address required) - For residents of St Katharine area	Collection: Monday, Wednesday and Friday 10am-1pm	T: 07949 573 730/ 020 7702 3340
Jesuit Refugee Service (JRS)	2 Chandler St, London E1W 2QT	Asylum Seeker support inc. food and toiletries distribution	Must be registered with JRS to use the services - Call to register (no fixed address required)	Collection: usually once a month from London office	T: 020 74887310, E: uk@jrs.net
Whitechapel Mission	212 Whitechapel Road, London E1 1BJ	Hot meals, computing, showers, clothes and referral to night shelters	Visit or call for breakfast service and advice services - Contact details requested	Mon-Sun 6am-11am (breakfast from 7am)	T: 0300 0111400
St John on Bethnal Green	200 Cambridge Heath Rd, Bethnal Green, London E2 9PA	Hot Meal and Food Distribution	Visit or call to access the service	Tuesday 6.30pm - 7.30pm and Saturday 2pm - 4pm	T: Tom - 07787555290

Methodist Church Tower Hamlets (FoodCycle)	1 Merchant Street, London E3 4LY	Vegetarian Hot Meal	Visit or call to access the service	Friday 7pm-9pm	T: 0208 8807301 E:admin@mcth.org.uk
Women's Inclusive Team	Mayfield House, 202A Cambridge Heath Road, London, E2 9LJ	Hot Meals/ Food Packages	Call or visit the centre to go through the assesment process - Completion of eligibility form required	Community Kitchen: Monday - Friday approx. 1pm (cooked meal provided once a day) Foodbank: Wednesday 12pm - 2pm	T: 07708 379 575/ 020 7790 E:filsane@wit.org.uk
Refugee Kitchen Hackney	Hackney Town Hall, Mare St, London E8 1EA	Hot Meals	Visit the centre to access the service	Monday 8pm	E:info@refugeecommunitykitchen.org
Aishah Help	Queensberry Pl, London E12 6UN	One off food parcel per household	Visit the website and apply for a one off food parcel via the application form.	N/A	T: 020 8088 7650 E:info@aishahhelp.com
Our Forgotten Neighbours	Unit 3S - 6 Osborn Street LONDON E1 6TD	Soup Kitchen	Visit the centre to access the service	Thursday 5pm - 6.30pm	T: 07496530878 E:info@ourforgottenneighbours.net
Praxis	Pott St, London E2 0EF	Support for migrants and refugees	Call advice line: Wednesdays 2pm-4pm and Thursdays 10am-12.30pm (0207 7497608)	Wednesday 2pm-4pm and Thursday 10am-12.30pm	T: 020 7729 7985 E:tiffany.karatziola@praxis.org.uk
Providence Row	82 Wentworth St, London E1 7SA	Hot food and Advice	Visit the centre for assesment and to access services - Monday - Friday 8.30am - 1pm - Primarily for people experiencing rough sleeping	Breakfast 8.30am - 10am and Lunch 12pm - 1pm	T: 020 7375 0020 E:info@providencero.w.org.uk
Prideaux House	10 Church Crescent, London E9 7DL	Lunch Club and Support Services	Call or visit the centre to access the services - (£10 for non members, £5 for members, £2 for soup and bread)	Every Friday from 12pm	T: 020 8986 6000 E:contact@prideauxhouse.org
Manorfield Primary School	Wyvis St, London E14 6QD	Food Pantry	This service is for students attending Manorfield Primary School	Parents can access support through the school	020 7987 1623 admin@manorfield.to werhamlets.sch.uk

