

Free Food Support in Medway (please turn over for further details)

Day	Where	Time
Monday	Caring Hands The Hope Centre Time for the Homeless Soup Kitchen (H Samuels, Military Road, Chatham) Hands of Hope Foundation Kent Community Helpers Shaw Memorial Hall – hot food or take away (St Augustine’s Church, Gillingham)	9am – 1pm 12:30pm - 1:30pm 7pm 10am – 4pm See overleaf 12pm - 1.15pm
Tuesday	Caring Hands The Hope Centre St Margaret’s Church, Rainham Kent Community Helpers	9am – 1pm 12.30pm – 1.30pm 9am – 11.30am See overleaf
Wednesday	Caring Hands The Hope Centre Medway Street Angels Soup Kitchen (Rhode Street, Chatham) Kent Community Helpers	9am – 1pm 12:30pm - 1:30pm 7pm See overleaf
Thursday	Caring Hands Hands of Hope Foundation Time for the Homeless Soup Kitchen (Opposite City Wall Wine Bar, Rochester) The Hope Centre St Margaret’s Church, Rainham Kent Community Helpers Strood Gospel Mission – Meal Club	9am – 1pm 10am – 4pm 7pm 12.30pm – 1.30pm 10am – 12pm See overleaf 3:30pm – 4:45pm
Friday	Caring Hands Nigerian Community Association Kent & Medway Hands of Hope Foundation The Hope Centre Time for the Homeless Soup Kitchen (H. Samuels, Military Road, Chatham) Time for the Homeless Soup Kitchen (Opposite City Wall Wine Bar, Rochester) Kent Community Helpers	9am – 1pm 6pm – 9am 10am – 2pm 12.30 – 1.30pm 7pm 8pm See overleaf
Saturday	Open House Project Medway Towns Gurdwara Medway Street Angels Soup Kitchen (Rhode Street, Chatham) Nigerian Community Association Kent & Medway Kent Community Helpers	2pm – 4pm 10am – 2pm 7pm 10am – 5pm See overleaf
Sunday	One Big Family Soup Kitchen Nigerian Community Association Kent & Medway Medway Towns Gurdwara Kent Community Helpers	6.30pm 12pm – 5pm 10am – 2pm See overleaf

Free Food Support in Medway

Medway Foodbank - Phone 01634 757057. Email: info@medway.foodbank.org.uk

Call the office Tues-Thurs 9:30am-3pm and Fri 9:30am-1:30pm

Website: www.medway.foodbank.org.uk

Foodbank centres open across Medway Tues – Sat (referrals required)

Brompton Community Store - 6a High Street, Brompton, ME7 5AE. Phone 07907 172029.

Caring Hands - 15a-16 New Road Avenue, Chatham, ME4 6BA. Phone 01634 409768.

Email: info@caringhands.org.uk

Hands of Hope Foundation - 143 Watling Street, Gillingham, ME7 2YY. Phone 07794 595996.

Email: admin@handsofhopefoundation.org.uk

Kent Community Helpers – Facebook: Kent Community Helpers (for the latest information on food drops across Medway)

Medway Street Angels - Rhode Street Car Park, Rhode Street, Chatham, ME4 4AL (behind the old Debenhams in Chatham). Phone 07564 829189.

Email: themedwaystreetangels@gmail.com

Nigerian Community Association Kent & Medway - Innovation Centre Medway, Maidstone Road, Chatham, ME5 9FD. Phone 07792 185823.

Email: info@ncakm.org

Open House Project - Quaker Meeting House, 1 Northgate, Rochester, ME1 1LS.

Email: ohprochester@gmail.com

Medway Towns Gurdwara – 1-5 Lankester Parker Road, Rochester, ME1 3QU. Phone 01634 685629.

Email: officemtgs@gmail.com

St Margaret's Church – High Street, Rainham, ME8 8AN. Phone 01634 362023.

Email: hello@rainhamchurch.co.uk

Strood Gospel Mission Church – Brompton Lane, Strood, ME2 3BQ. Phone 07915 912528

The Hope Centre - 336-338 High Street, Rochester, ME1 1BT. Phone 07572 417862.

Email: thehopecentre@mail.com

Time for the Homeless – Phone 07496 108583.

Email: timeforthehomeless@outlook.com

St Augustine's Church, Gillingham – Shaw Memorial Hall (beside the church), Rock Avenue, Gillingham, ME7 5PW.

Email: info@staugchurch.co.uk

Families with children Under 5

Breastfeeding Support - <https://www.besideyoukent.co.uk/>

Healthy Start Voucher Scheme - If you're at least 10 weeks pregnant or have a child under 4 years old, you could get help to buy milk, fruit and vegetables. Phone 03003 307010 or apply online <https://applyforhealthystart.nhsbsa.nhs.uk/apply-for-healthy-start/>