



Food Support in Ipswich

ALL WELCOME | £2 PER BAG
NO QUALIFYING CONDITIONS | NO REFERRALS



Tuesday

9.30-10.15 All Hallows Church, Landseer Rd IP3 0JH

Wednesday

9.00-10.00 Ipswich Minster, Tower St IP1 3BE

9.30-10.30 Triangle Church, Dickens RD IP2 0JR

11.00-12.15 St Mary & St Botolph Church Whitton IP1 6LT

13.30-14.30 St Peters Church, Stoke Park Drive IP2 9TH

14.00-15.00 St Johns Church, Cauldwell Hall Rd IP4 4QB

Thursday

9.00-10.00 St Matthews Church, Portman Rd IP1 2BP

13.30 -14.30 Safe Harbour Church, St Helens ST IP4 2LS

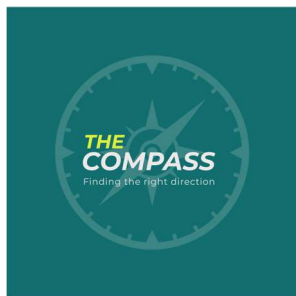
Friday

12.00-13.00 St Thomas The Apostle Church Bramford Lane IP1 5BS

Sunday

12.00-13.00 Church of St. Mary Stoke, Stoke Street, IP2 8BX

For up to date news see our socials or website -
Ipswich Top Up Shops



Food Support in Ipswich

BME Suffolk Support Group – Unit 5, Coachmans Court, Ipswich IP4 1DX. Free foodbank on **Monday, Wednesday & Friday, 9.30am – 3pm**. Self-referral or referral by an agency accepted. If requested, can provide some specialist foods for those of minority ethnic groups.

Burlington Baptist Church – London Road, Ipswich IP1 2EZ. Foodcycle – a free, 3-course hot meal on **Tuesday at 4pm**. Also, bacon butties, tea/coffee, food and clothes **Saturday 10.30-12**.

Bus Shelter Shop – 549a Wherstead Road, Ipswich IP2 8LR. **Monday, Wednesday and Friday 10-5**. Providing basic needs and support to individuals facing homelessness or challenging circumstances.

Castlehill Community Centre – Highfield Road, Ipswich IP1 6DG. **Thursday 10-11**. £4 a bag, take your own bag. **Only open to those living in IP1 who live in Whitton, Whitehouse and Castlehill**. Proof of address will need to be shown. Has food, toiletries and cleaning products, but some items are alternated, so not everything every week.

Citizens Advice dedicated foodbank helpline. 0808 208 2138

FIND (Families in Need) – **Referral only** – but referrals can be made by your Doctor or through Citizens Advice. FIND provide free food parcels and personal care items to help people get through a crisis, as well as furniture, bedding and other household items where the person or family has none. Delivery service available in some circumstances.

Free Little Pantry – Landseer Road Methodist Church, 382 Landseer Road, Ipswich IP3 9LR. **Open 24/7**. Take what you need, leave what you can.

Fresh Hope Food Bank – Murrayside Community Centre, Nacton Road, Ipswich IP3 9JL. **Fridays 12.30-2**.

Fresh Start – 29-31 Carr Street, Ipswich IP4 1HA. A community café that also offers a community fridge and free food. Open **Monday to Saturday 9-5**, Café open 9-4.

Fruit & Veg Pop-Up Shop – Gainsborough Community Library, Clapgate Lane, Ipswich IP3 ORL. **Every Thursday 10.30** (until supplies have gone. Library closes at 5pm)

Henley Bridge Free Pantry – 203a Henley Road, Ipswich IP1 6RL. **Open 24/7**. Follow them on Facebook to see when cupboard has been restocked. Take what you need, leave what you can.

Ipswich Good Neighbour Scheme Pop-Up Shop – The Priory Centre, Queensway, Ipswich IP3 9EX. **Every Thursday 10-11**. £2 a bag.

Renfrew Rations – Pavement foodbank outside 86 Renfrew Road, Ipswich.

River Store – Key Street, Ipswich IP4 1BZ. **Tuesday 11-1230**. £3 a bag. Support for those in financial difficulty. **CURRENTLY NOT OPEN**