# Places in Redbridge & Barking that may be able to help with free food – (this is not guaranteed and varies from hot meals to sandwiches)

If STREET HOMELESS, please call Street link 03005000914
or if in Redbridge please go to Welcome Centre, St Marys Rd, Ilford IG1 1QX (Tues-Fri 10am-3pm)

*This side - Weekdays*

| Day | Time | Place | Notes |
|---|---|---|---|
| **Monday** | 5pm-6pm | ELIM CHURCH<br>93 Axe High Rd Barking IG11 7LZ | |
| **Monday** | 6pm-9pm | CAPSTONE CHURCH<br>316 Ilford High Rd, Ilford, IG1 1QW | |
| Tuesday | 5pm-6pm | ELIM CHURCH<br>93 Axe High Rd Barking IG11 7LZ | |
| Tuesday | 7pm-<br>7:30pm | SEVA – Hot veg meal<br>155 – 161 High Rd, Ilford, IG1 1DE | Outside FITNESS FIRST near Police Station |
| **Wednesday** | 5pm-6pm | ELIM CHURCH<br>93 Axe High Rd, Barking, IG11 7LZ | |
| **Wednesday** | 7pm | NISHAM SWAT - HOT FOOD<br>Outside METRO BANK | |
| Thursday | 5pm-6pm | ELIM CHURCH<br>93 Axe High Rd Barking IG11 7LZ | |
| Thursday | 3pm-7pm | SHOLA RESTAURANT<br>190 Cranbrook Rd, Ilford, IG1 | Near park - free food to homeless |
| Thursday | 6pm-<br>6:45pm | CLEMENTSWOOD CENTRE<br>14A Connaught Rd, Ilford, IG1 1RN | 0pp PRINCE OF WALES PUB Car Park (Corner of Green Lane) |
| Thursday | 3pm-7pm | DIXTERZ PERI PERI (Chicken & Rice/Chips)<br>190 Cranbrook Rd, Ilford, IG1 4LU | |
| **Friday** | 5pm-6pm | ELIM CHURCH<br>93 Axe High Rd Barking IG11 7LZ | |
| **Friday** | 6pm-<br>6:45pm | CLEMENTSWOOD CENTRE<br>14A Connaught Rd, Ilford, IG1 1RN | 0pp PRINCE OF WALES PUB Car Park (Corner of Green Lane) |

*Please see other side for Weekends*

*This side – Weekends*

| Day | Time | Place | Notes |
|---|---|---|---|
| Saturday | 8:30am-10am | BIG BREAKFAST – Chadwell Heath Nursery<br>45 High Rd, Chadwell Heath, RM6 6QJ | Next to NATWEST BANK |
| Saturday | 10am-11:30am | ILFORD SALVATION ARMY – Community Brunch<br>15 Clements Rd, Ilford, IG1 1BH | Adults Only |
| Saturday | 6pm-6:45pm | CLEMENTSWOOD CENTRE<br>14A Connaught Rd, Ilford, IG1 1RN | Opp PRINCE OF WALES PUB Car Park (Corner of Green Lane) |
| Saturday | 1pm-2:30pm | LIBERTY HOUSE<br>1 Clarks Rd, High Rd, Ilford, IG1 1UT | By Fire Station |
| First Saturday of the month | 1pm-4pm | ST. CEDD'S CATHOLIC CHURCH (Goodmayes)<br>4 Blythswood Rd, Ilford, IG3 8SH | (Food is served in the Lower Hall) |
| **Sunday** | 8:30am-10am | BIG BREAKFAST – Chadwell Heath Nursery<br>45 High Rd, Chadwell Heath, RM6 6QJ | Next to NATWEST BANK |
| **Sunday** | 1pm-2:15pm | ST PETER & ST PAUL'S CATHOLIC CHURCH<br>342 High Rd, Ilford, IG1 1QP | Next to CARDINAL HEENAN CENTRE |
| **First 3 Sundays of the month** | 11:30am-2:30pm | AL ANSAR CHAPTERS – Sunday Tea<br>833-835 High Rd, Goodmayes | |
| **Last Sunday of the Month** | 11am-2pm | AL ANSAR CHAPTERS – Hot meal<br>833-835 High Rd, Goodmayes | |
| Every day | 5am-8:30pm | GURDWARA KARAMSAR - ILFORD<br>400 High Rd, Ilford, IG1 1TW | |
| Every day | 5am-8pm | SINGH SABHA LONDON EAST - SEVEN KINGS<br>722-730 High Rd, Ilford, IG3 8SX | |