

At Harbour Church Food Bank you will receive a friendly welcome, a hot drink, piece of cake and a place to relax whilst we make-up your food parcel.

Our team of volunteers can also help with signposting to other support services and can submit clothing referrals to Portsmouth Baby Bank and Kids Clothes Line for those with young children.

We would also love you to join us at one of our Sunday Services where there you will receive a warm welcome, hot drink and pastry.

9.30am @ All Saints Church

Traditional service

Commercial Rd, PO1 4BT

10am @ St George's Church

Service for all ages

St Georges Square, PO1 3AT

4pm @ St Alban's Church

Family Service

Copnor Road, PO3 5AL

6pm @ St George's Church

Students & Young Adults service

St Georges Square, PO1 3AT

First Sunday of every month

11am @ All Saints Church

Family Activity Service

Commercial Rd, PO1 4BT

Where else can I receive food support?

There are several places across the city that provide free meals/food.

Mondays

Helping Hands @ Commercial Rd fountain, 9am – 10am

Safe Harbour @ All Saints Church, Commercial Road, 5.30-6.30pm

Tuesdays

St John's Cathedral, Bishop Crispian Way, 10.30am-1pm

Wednesdays

Life House, Harold Road @ 9am

Helping Hands @ Commercial Rd fountain, 9am – 10am

Buckland Reform Church, Kingston Road, 5 -7pm

Foodcycle @ John Pounds Centre, Queens Street, 6pm

Thursdays

Life House, Harold Road @ 6pm

Fridays

Helping Hands @ Commercial Rd fountain, 9am – 10am

Friday Fridge @ St Jude's Church, Kent Road, 8-10pm

Saturdays

All Saints Church, Commercial Rd, 10am

Sundays

St Swithun's Church, Waverley Road, 12-1pm

St Simon's Church, Waverley Road, 5.30 – 7pm

Helping Hands @ Commercial Rd fountain, 6pm



Welcome to Harbour Church Food Bank

We are open every
Tuesday 11am-12pm
at
All Saints Church
334 Commercial Road,
Portsmouth, PO1 4BT



We operate by **referral only** whereby you will need to obtain a Trussell Trust food bank voucher from one of the organisations listed below before collecting a food parcel from us. *(The list is not exhaustive and may change without notice)*

Advice Services

Advice Portsmouth (You Trust) 023 9279 4340
Advice.portsmouth@theyoustrust.org.uk

Portsmouth City Council Cost of Living Hub
023 9284 1047

<https://www.portsmouth.gov.uk/services/benefits-and-support/cost-of-living-hub/>

Family Services

Buckland Family Hub 023 9288 2588
bucklandfamilyhub@portsmouthcc.gov.uk

Somerstown Family Hub 023 9282 3895
somerstownfamilyhub@portsmouthcc.gov.uk

Portsmouth Family Welfare Association
023 9281 1407 portsfwa@aol.com

Roberts Centre 023 9229 6919
info@robertscentre.org.uk

The Parenting Network 023 9387 0198
<https://theparentingnetwork.co.uk/contact-us>

Schools – please contact your children’s school

Health Services

Portsmouth City Council Wellbeing Service
023 9229 4001
wellbeing@portsmouthcc.gov.uk

GP surgery – please contact your local surgery

Housing Offices

Buckland Area Housing Office 023 9260 6500
cro.buckland@portsmouthcc.gov.uk

Landport Housing Office 023 9260 6400
cro.landport@portsmouthcc.gov.uk

Portsea Housing Office 023 9260 6200
cro.portsea@portsmouthcc.gov.uk

Somerstown Housing office 023 9260 6300 –
cro.somerstown@portsmouthcc.gov.uk

Homeless Services

Portsmouth City Council Housing Needs Advice & Support Team 023 9283 4989
housing.options@portsmouthcc.gov.uk

Catherine Booth House (Salvation Army)
020 7332 0101 fre@salvationarmy.org.uk

Rehabilitation Services

SSJ Recovery Hub 023 9229 4573
recovery.hub@ssj.org.uk

Refugee/Asylum Services

Portsmouth City of Sanctuary 07584 764074
portsmouthcitysanctuary@gmail.com

Friends without Borders 023 9283 9222 / 07546
502143 deputy@friendswithoutborders.org.uk

British Red Cross Refugee Service 0300 333 5393
portsmouthreferrals@redcross.org.uk

Students

University of Portsmouth Student Services 023
9284 4444 myport@port.ac.uk

What will I receive in my food parcel?

A three-day supply of store cupboard items for the number of people in your household. This will include the following: *(subject to availability)*

- Cereal
- Dried pasta / rice / noodles
- Soup
- Beans / spaghetti
- Canned tomatoes
- Canned vegetables
- Canned meat / fish
- Canned meals e.g. stew, bolognaise, curry etc
- Canned fruit
- Rice Pudding / Custard
- Coffee and tea
- Carton(s) of long life milk
- Carton(s) of juice
- Biscuits
- Jam
- Toiletries

Please advise us if you have any **food/product allergies or dietary requirements.**

We can also provide feminine hygiene products and baby items (e.g. nappies, wipes etc) when available.