

Welcome to Harbour Church Food Bank



We are open every
Tuesday 11am - 12pm

All Saints Church
334 Commercial Road
Portsmouth
PO1 4BT

Proud to be partnered with



We operate by referral only whereby you will need to **obtain a Trussell Trust food bank E-voucher from one of the Referral Agencies listed below** before collecting a food parcel from us.
(Please note this list is not exhaustive)

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>

Citizens Advice

02394006600 <https://caportsouth.org.uk>

Family Services

Buckland Family Hub

023 9288 2588

bucklandfamilyhub@portsmouthcc.gov.uk

Portsmouth Family Welfare Association

023 9281 1407 portsfwa@aol.com

Somerstown Family Hub

023 9282 3895

somerstownfamilyhub@portsmouthcc.gov.uk

Roberts Centre

02392 296919 info@robertscentre.org.uk

The Parenting Network

023 9387 0198

<https://theparentingnetwork.co.uk>

Schools

Please contact your child's school

Health Services

Portsmouth City Council Wellbeing Service

023 9229 4001

wellbeing@portsmouthcc.gov.uk

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

SSJ Homeless Services

023 9288 2689

portsmouth.dayservices@ssj.org.uk

Rehabilitation Services

SSJ Recovery Hub

023 9229 4573 recovery.hub@ssj.org.uk

Refugee/Asylum Services

British Red Cross Refugee Service

0300 333 5393

portsmouthreferrals@redcross.org.uk

Friends without Borders

023 9283 9222 / 075 4650 2143

deputy@friendswithoutborders.org.uk

Portsmouth City Of Sanctuary

075 8476 4074

portsmouthcityofsanctuary@gmail.com

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, curry etc
Canned fruit
Rice Pudding / Custard
Coffee and tea
Carton(s) of long-life milk
Carton(s)/bottles of juice
Biscuits
Jam

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

We can also provide toiletries, feminine hygiene products and baby items when available.

E-Vouchers can also be redeemed at other local Trussell Trust Food Banks:

- **Portsmouth Food Bank**, Hope Church, Somers Road, PO5 4QA. Mondays Wednesdays & Fridays 11am-1pm.
- **Paulsgrove Baptist Church**, Woofferton Road, PO6 4DW. Thursdays 12-2pm
- **City Life Church**, Tangier Road, PO3 6JH. Tuesdays 10-11am

Where else can I receive food support?

There are several places across the city that provide **free meals or food parcels (independent food banks)**

Monday

Helping Hands, Commercial Road fountain, 9 - 10am
Safe Harbour, All Saints Church, Commercial Road, 5.30-6.30pm

Tuesday

Life House, Harold Road, 9.30am-3.30pm Food parcel available - max 2 visits per week.

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

The Haven @ Salvation Army, Lake Road, 1-3pm.

One-off food parcel

Wednesday

Life House, Harold Road, 9am breakfast. Food parcel also available - max 2 visits per week.

Helping Hands, Commercial Road fountain, 9- 10am

Buckland Reform Church, Kingston Road, 5 -7pm

Foodcycle, John Pounds Centre, Queens Street, 6pm

Thursday

Life House, Harold Road, 6pm dinner. Food parcel also available - max 2 visits per week.

Caring Hands Food Bank Empower Centre, Kingston Road 1-3pm. *for Families with children <18yrs only*

Friday

Helping Hands, Commercial Road fountain, 9 - 10am

The Haven @ Salvation Army, Lake Road, 10am-12pm.

One-off food parcels

Soup Sanctuary, Devonshire Baptist Church, 12 -2pm

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

Saturday

Saturday Breakfast, All Saints Church, Commercial Road, 10-11am

Sunday

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

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

Helping Hands, Commercial Rd fountain, 6pm

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 and other support services** and can submit clothing referrals to Portsmouth Baby Bank, Kids Clothes Line and St Johns Adult Clothing Bank

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 pastries**.

The Nine-Thirty

9.30am, Traditional service
All Saints Church, PO1 4BT

The Ten - St Georges

10am, Family service
St Georges Church, PO1 3AT

The Ten - St Albans

10am, Family service
St Alban's Church, Copnor Road, PO3 5AL

The Eleven

11am, Family service
All Saints Church, PO1 4BT

The Six

6pm, Students & Young Adults service
St Georges Church, PO1 3AT