



# Middlesbrough Free Food

## Winter/Spring 2018

### Monday



4.30pm - 5.30pm	North East Help Link. Yew Street Car Park, behind the Hope Foundation
7.30pm - 9.30pm	Columba Project, Columba Church, Between Sainsbury's and Hill Street Centre

### Tuesday

11.00am -12.00pm	Breakfast at the Salvation Army, Southfield Road, Middlesbrough
4.00 pm - 5.00pm	Praise Christian Centre International, Brentnall Street, close to the Bus Station, Middlesbrough
7.30pm - 9.30pm	Columba Project, Columba Church, Between Sainsbury's and Hill Street Centre

### Wednesday

7.00pm - 8.00pm	Christian life Missionaries, near Zetland Street Car park (the tunnel) Close to St Columba Church, Middlesbrough
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### Thursday

9.30am - 10.30am	Breakfast Club at St Marys Centre, Corporation Road, Middlesbrough
7.00pm - 8.00pm	Hugs for The Homeless, Breckon Hill Community Centre, Breckon Hill Road, Just off Marton Road near the Longlands.

### Friday

5.00pm - 6.00pm	Recipe Evening Meal, Middlesbrough Community Church, Clifton Street
6.30pm - 8.30pm	Sowing Seed Missionaries Food Bus, Near Cash Converters, Grange Road

### Saturday

1.00pm - 2.00pm	Upper Rooms Project behind the John Paul Centre, Grange Road, Access via red door in alley Middlesbrough
6.00pm - 6.30pm	One Ummah, Abingdon Road International Centre, Middlesbrough

### Sunday

4.30pm - 5.30pm	Off the Ground Coffee Shop, Grange Road, Middlesbrough. (This food is provided fortnightly please see over the page for dates)
5.00pm - 6.00pm	Middlesbrough Sheiks, near Zetland Street Car Park (the tunnel) Close to St Columba Church.

## Off the Ground Coffee Shop Provides Food on the following Sundays

January 14 <sup>th</sup> & 28 <sup>th</sup>	February 11 <sup>th</sup> & 25 <sup>th</sup>	March 11 <sup>th</sup> & 25 <sup>th</sup>
April 8 <sup>th</sup> & 22 <sup>nd</sup>	May 13 <sup>th</sup> & 27 <sup>th</sup>	June 10 <sup>th</sup> & 24 <sup>th</sup>
July 8 <sup>th</sup> & 22 <sup>nd</sup>	August 12 <sup>th</sup> & 26 <sup>th</sup>	September 9 <sup>th</sup> & 23 <sup>rd</sup>
October 14 <sup>th</sup> & 28 <sup>th</sup>	November 11 <sup>th</sup> & 25 <sup>th</sup>	December 9 <sup>th</sup> & 23 <sup>rd</sup>

Compiled January 2018 by Jill Fidan from CGL Change Grow Live Middlesbrough.

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