



Where to access free or low-cost food in Bognor Regis

July 2026

Bognor Regis Foodbank – The Hope Centre, St Wilfrid's Church, Ellasdale Rd, Bognor Regis, PO21 2SG. 01243 841275. Bognor Foodbank provides food parcels and support to anyone who is facing a financial crisis and has little or no money for basics. Referral needed to access 3 day supply of non-perishable store cupboard items and toiletries. For a referral, please contact any family hub, Citizens Advice, Grandad's front room, My Sister's House, Health visitor etc for a voucher.
bognorregis.foodbank.org.uk.

Open Tuesdays 10.30am – 2.30pm Thursdays 11am – 1pm and Fridays 10.30am – 2.30pm

Jeneses Foodbank – Jeneses Community Centre, 45 Lindon Road, Bognor PO21 2AS Very low-cost food open to the public for suggested donations and free to those with a referral. Opening times: **Monday – Friday 10am – 16pm**
[Facebook.com/jenesescommunitycentre](https://www.facebook.com/jenesescommunitycentre)

RCCG True Vine Parish – Jeneses Community Centre (address above).
Friday Community Breakfast 9am – 10.00am, Soup kitchen – Sunday: 15:00–16:00pm and food parcels as required. [True Vine Parish](#)

Salvation Army Open House – Bognor Regis Corps Canada Grove, PO21 1QL
Free drinks and hot snacks for £1, connection, community and support. Open **Tuesdays 9.30am – 11am, Wednesdays 11am – 1pm** [The Salvation Army Bognor Regis](#) | [Bognor Regis](#) | [Facebook](#)

Family Support Work – term-time support for local families across various locations
Suggested donation of £1
Tuesdays – 9–10.30am at St Wilfrid's Church, Ellasdale Road, PO21 2SG
Thursdays – 9–10.30am at Bersted Green Hub, Hazel Rd, Bognor PO22 9DZ
Friday 9am – 10.30am at Salvation Army, Canada Grove, Bognor, PO21 1DW
Friday 10am – 10.45am at Beehive, 31 William Street, PO21 1DL only food hub
For more information email Jacqui@familysupportwork.org.uk

UK Harvest Community Food Hub – Bognor Regis Youth & Community Centre, Westloats Lane, PO21 5JZ

Monthly: 1st Wed of each month, 10.30am – 11.30am



<https://www.ukharvest.org.uk/education/community-food-hub>

For information about recycling and reducing food waste visit
[westsussex.gov.uk/recycling](https://www.westsussex.gov.uk/recycling)

Stonepillow – Glenlogie House (basement) , Clarence Road, Bognor Regis PO21 1JT

This is a service for people who are rough sleeping or homeless. They provide breakfast, lunch, hot drinks, showers, clothing, and laundry as well as advice on housing options, benefits, mental health and substance misuse.

Opening Times: Monday to Friday – 8am–15pm. If you require support on any other day, then please contact Bognor Hostel on 01243 214 058.

stonepillow.org.uk/projects/stonepillow-bognor-regis-hub

West Sussex Community Hub – urgent helpline 033 022 27980

If you have an urgent need, for example you are going to run out of food, medicine or essential supplies within the next three days, please phone 033 022 27980 to get the help you need as quickly as possible..

Do you need other support?

Grandad's Front Room – 2–4 High St, Bognor Regis PO21 1SS

Community support shop, usual **open hours** 10am – 4.30pm **Weds – Sat**
grandadsfrontroom.org.uk

Citizens Advice Arun and Chichester

If you need a Foodbank Voucher, call the Citizens Advice Help Through Hardship helpline free on 0808 208 2138 (Monday to Friday 9am–5pm).

You can check that you are receiving the right benefits, get help with energy, debts and more from Citizens Advice. – Bognor Regis Advice Centre: 10a The Arcade, Bognor Regis, West Sussex, PO21 1LH Open Monday–Thursday 10am–4.30pm (**Drop-in 10am–1pm**)

Call the FREE Adviceline telephone number 0808 278 7969 Mon to Fri 10am – 4:30pm. If you need energy advice, including assistance with paying your bills, you can call the energy line on 01243 974063 (Monday to Friday 10am–4pm, local rates apply).

If you need help finding out if you're entitled to benefits or claiming Universal Credit, call the Help to Claim team on 0800 144 8 444 (Monday–Friday, 8am–pm)