



## Where to access free or low-cost food in Littlehampton

May 2026

### **Littlehampton Foodbank - Rear hall, Littlehampton United Church, 1 High Street, BN17 5EG**

Littlehampton 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. Please call 0344 477 1171 to speak to Arun and Chichester Citizens Advice, about getting a voucher.

[littlehamptondistrict.foodbank.org.uk](http://littlehamptondistrict.foodbank.org.uk)

**Opening times:** 1pm – 3pm Tuesday and Thursday

### **Littlehampton Community Fridge**

The community fridge has moved out of St James' Church in Littlehampton and now runs from various venues in and around Littlehampton.

Mixture of fresh and frozen food, bakery items, and long-life products.

Anyone can come and take 5 items per adult per day (plus bread). It costs nothing, as all the food is rescued and needs a home to stop it being wasted. Bring a bag.

#### **Opening times:**

Mon 11.30am - 12.30pm - Gordon Hall, Lineside Way, BN17 7EH

Tues 12.30pm - 1.30pm - Thurs 11.00pm - 12.00pm Littlehampton Baptist Church Hall

Wed 11.00am - 12.00pm - Parkside Evangelical Church | 1.45pm - 2.15pm Angmering Baptist Church | 2.00pm - 2.30pm East Preston & Kingston Village Hall

Wed 2.15pm - 2.45pm - Sat 10.30am - 11.15am Methodist Church, Rustington

Fri Chilgrove House Community hub, Wick

Sat - 12.00pm - 1.00pm Turning Tides by St Martins Car Park South Occasionally session dates, times and locations change, keep checking updates

[faredivide.org.uk/littlehampton-community-fridge](http://faredivide.org.uk/littlehampton-community-fridge)

### **Community Fridge on Tour - Angmering, Rustington, East Preston & Wick**

- Angmering Community Centre, Foxwood Avenue, BN16 4FU - Weds 2.30-3.30pm
- Rustington Methodist Church, Claigmar Road, BN16 2NL - Weds 2 – 3pm and Saturdays 11am – 12pm
- Conservative Hall, Sea Road, East Preston, BN16 1NN - Weds 1.45 – 2.15pm
- Chilgrove House, Wick, Littlehampton, BN17 7JD - Weds 1.30pm

[faredivide.org.uk/littlehampton-community-fridge-on-tour](http://faredivide.org.uk/littlehampton-community-fridge-on-tour)

### **St Peters and St Pauls Pantry - Rustington Church Hall, 77, The Street, Rustington BN16 3NL**

A space where people in the community who are struggling to get by can top up their



weekly food supplies - no referral or registration needed. Food is a mixture of fresh, frozen and long life, a mixture of donations and surplus from businesses. **Opening times:** 1<sup>st</sup> Wed of the month 4-6pm, 2<sup>nd</sup> Wed: 8.30- 10am, 3<sup>rd</sup> Wed: 4-6pm, 4<sup>th</sup> Wed 10am-12pm, 5<sup>th</sup> Wed: 8.30-10.30am

### **Wickbourne Centre - Clun Road, BN17 7DZ**

The Wickbourne Centre is a community hub and the home of the Arun East Family Hub as well as Arun Church and the Refresh coffee shop. The hub has a small free food pantry where visitors can help themselves to five items per visit, as well as a range of different support services for families including issuing food bank vouchers.

Open Monday - Friday 9.00am - 5pm

**Creative Heart Community Cafe** - 42 Beach Road, Littlehampton. BN17 5HT Creative Heart is a not-for-profit community hub and cafe. They aim to be a safe and inclusive space that tackles loneliness, inspires creativity, and improves emotional, physical and mental wellbeing. They have a regular cafe as well as sessions for people with dementia, people looking for friendships, toddler groups, arts clubs and lots more.

Cafe is open Tues - Fri 9.30am - 4pm and Saturdays 9.30 - 1pm

Full activity list at [creativeheart.org.uk](http://creativeheart.org.uk)

### **Turning Tides Community Hub - Littlehampton United Reformed Church, 1 High Street, BN17 5EG**

For people experiencing homelessness, you can access a hot breakfast and drinks as well as access to showers and clothes washing facilities, emergency food provision, advice and support and wellness check-ins.

Open Monday - Friday 9am - 11am

Littlehampton Community Hub | Turning Tides

### **West Sussex Community Hub** - urgent helpline 033 022 27980

If 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.



### Further support through Citizens Advice

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

Citizens Advice also have drop-ins at the Littlehampton Library on Maltravers Road, BN17 5NA open Wednesdays 10am – 1pm, and the Wick Surgery 66 Clun Road Wick BN17 7EB Fridays 10am – 1pm.

- For general advice call the FREE Adviceline 0808 278 7969 Mon–Fri 10am – 4:30pm
- For support with energy bills call 0800 145 6879
- For benefits support call the Help to Claim team on 0800 144 8 444 Mon–Fri 8am–6pm