



hello@arunchifood.org.uk

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arunchifood.org.uk

Food in Petworth and North East Chichester District

Free or low cost food and related support

More information is available on local food delivery schemes if you are having trouble accessing or making food, as well as free or low-cost food information in other areas. Contact us using the details above for copies or amendments.

Chichester District Foodbank - by referral only

Chichester District Foodbank provides 3-day food parcels and support to anyone who is facing a financial crisis and has little or no money for basics, including food, toiletries and household items. There is no cost, but you will need to be referred by an organisation that holds our vouchers like the Citizens Advice. Further details can be found on their [website](#) or you can phone our office 01243 773687.

Once you have a voucher you can contact Chichester District Foodbank Centre in Petworth or Midhurst to arrange a delivery.

Chichester District Foodbank Centre in Petworth: 01243 773687 then select option 1 (rural centres) or contact info@chichesterdistrict.foodbank.org.uk

Chichester District Foodbank Centre in Midhurst: 0782 6397732 or email midhurst@chichesterdistrict.foodbank.org.uk

Kirdford & Plaistow Food Bank

The Parish Church of Kirdford with Plaistow runs a small local food bank that will deliver free essentials to homes in the area and can also provide details of other support available.

For further information and/or to access the food bank please contact Janice (Licensed Lay Minister) foodbank-kwpchurch@proton.me or call 07398247562

UK Harvest Community Food Hubs - ukharvest.org.uk/education/community-food-hub

UK Harvest have community food hubs in Midhurst (every other week) and Petworth (once a month.) Choose from a selection of mixed groceries and added extras for a suggested donation of £3.50-£5, helping you to save your money for other essentials. Anyone who is on a tight budget is encouraged to come for any reason and get the support you need.

You do not need a referral and will not be turned away if you can't make the donation.

Midhurst - The Grange Community and Leisure Centre - Rowan Room (1st Meeting room), Bepton Road, Midhurst GU29 9HD Every other Monday 3:00 - 4:00pm

Petworth - Sylvia Beaufoy Centre, Midhurst Road, Petworth, GU28 0ET First Thursday of each month, 10 - 11am (suggested donation £3.50, supported by WSCC & Biffa)

Fittleworth Food Angels - fittleworthstores.co.uk

Fittleworth Stores runs a Food Angels scheme funded by donations which can provide help to people experiencing hardship living in Fittleworth (and hamlets very close by to Fittleworth). This can be one-off or longer term support. Supplies given in the food box include fresh fruit and vegetables, bread, milk, meat, cheese, tinned foods, frozen items and treats. The usual route to getting a food box is to ring the Stores and make a request.

01798 865907 or email fittleworthstores@outlook.com



foodpartnership@arunchichestercab.org.uk

Regi Miesle: 07483 172353

arunchichestercab.org.uk/acfp

Petworth Community Garden

Learn to grow and enjoy a share of fresh free fruit and vegetables at Petworth Community Garden. Open to all, our accessible mixed ability groups, share the tasks of tending our wildlife friendly garden using organic methods.

Enjoy tea and cakes, and a seasonal soup from the harvest, and take home a share of the harvest with free fresh bread donated by Sodd bakery.

Tuesdays 10am-2pm. Contact Kate on 017717462780 or

kate@petworthcommunitygarden.co.uk

Website: growingforall.org.uk and [Facebook.com/petworthcommunitygarden](https://www.facebook.com/petworthcommunitygarden)

Midhurst Community Hub - Free weekly Community Lunches

Midhurst Methodist Church Hall, North Street, Midhurst GU29 9DU

Guests are guaranteed a warm welcome to this FREE cooked lunch that is intended to build opportunities for companionship, recognising that many people can feel lonely and isolated. Every Monday, doors open at 11.30 am for tea or coffee with FREE cooked lunch served from 12.30 pm. The lunches are run entirely by volunteers and in collaboration with UKHarvest from whom supplies are obtained whenever possible. No need to book. Contact Tel: 01730 770 403. Email: info@midhurstcommunityhub.co.uk

Trefoil Farm Market Garden Community Supported Agriculture, Lodsworth

Weekly seasonal boxes available on a monthly subscription plan, delivered locally, or collected from farm gate. Offering a wide range of fresh picked fruit and vegetables, all grown on the farm, changing with the seasons. This farm is wildlife friendly, low carbon, no dig project, reducing food miles. Volunteer membership, permaculture and organic gardening training also available.

Email: admin@trefoilmfarm.co.uk tel: [07814186874](tel:07814186874) website: trefoilmfarm.co.uk

Do you need other help?

Arun & Chichester Citizens Advice:

For general support call the FREE Adviceline number: [0808 278 7969](tel:08082787969) Mon to Fri 10am - 4:30pm. If you need a Foodbank Voucher call the Citizens Advice Help Through Hardship helpline free on 0808 208 2138 (Monday to Friday 9am-5pm).

For energy advice, including help with paying your bills, call [01243 974063](tel:01243974063) (Mon to Fri 10am-4pm, local call rates apply). For help finding out if you're entitled to benefits or claiming Universal Credit, call the Help to Claim team on [0800 144 8 444](tel:08001448444) (Mon -Fri 8am-6pm)

Family Support Work: supporting children and families through difficult times. To request help for yourself, or for an organisation to refer, email elaine@familysupportwork.org.uk

West Sussex Community Hub: If your support need is urgent (for example, you are going to run out of food, medicine or essential supplies within three days), you should call West Sussex Community Hub on [033 022 27980](tel:03302227980).

Fighting Chance Baby Bank: Provides essential clothing, toiletries, toys and baby equipment as well as pregnant mothers with hospital bag essentials and maternity wear - fightingchancebabybank.org.uk hello@fightingchancebabybank.org.uk