



Free or low-cost food and related support in 'The Bournes' area

[Southbourne, Westbourne, Nutbourne, Fishbourne, Thorney Island, Chidham and Hambrook]

November 2024

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, fresh fruit and vegetables, toiletries, feminine hygiene, nappies, toilet paper and household items. There is no cost, but you will need to be referred by an organisation that holds their vouchers like the Citizens Advice. Further details can be found on their website www.chichesterdistrict.foodbank.org.uk or you can phone their office 01243 773687.

One Foundation

One Foundation provides free food for those in financial crisis, including fresh and chilled food. Referrals are received (from Citizens Advice Havant, Arun & Chichester Citizens Advice, schools, churches, local government) in Chichester District Council and Havant Borough Council. People can also self-refer on tel: 07835 441 076. One Foundation also has a warm hub, open 09:30 - 13:00 on Thursday and 09:30 - 12:00 on Fridays. Free tea, coffee and cake is available. The warm hub has a children's indoor play area and an outside play park. Free parking is available. The warm hub has all amenities available as well as a disabled toilet, disabled parking and building access.

One Church, 134 Main Road (entrance via Thorney Road), Emsworth, Hants, PO10 8BN
onechurch.fyi/foundation email foundation@onechurch.fyi, telephone 07835 441076

UK Harvest Community Food Hubs - Bring your own bag!

UK Harvest has community food hubs, the nearest are in the city of Chichester. For a complete, up-to-date list visit ukharvest.org.uk/education/community-food-hub
Choose from a selection of mixed groceries and added extras for a suggested donation of £5, helping you to save your money for other essentials. You do not need a referral and you will not be turned away if you can't make a donation.

Tuppenny Barn - community growing volunteer opportunities

Working on the field, in the cultivation of fruit, vegetables, herbs, salads and flowers. Some gardening experience is useful and you must be fit and willing to work outdoors. Thursday is their regular volunteer day for field volunteers, who work either mornings or all day from 9.30am - 4pm, and they also have some volunteer spaces on Fridays. They provide hot or cold drinks, cakes and bakes to keep you going and provide all the tools you need. You will need to bring your own lunch and suitable clothing.

tuppennybarn.co.uk/volunteering-opportunities or call 01243 377 780



hello@arunchifood.org.uk
Regi: 07483 172353
www.arunchifood.org.uk

St. John's Church, Main Road, Southbourne, PO10 8LB

Coffee Connect is a community coffee shop in the centre of Southbourne, offering a delicious selection of teas, coffees and home-made cakes. All drinks are fairly traded, and everything is served on a donation basis. Coffee Connect is a great place to have a brew with friends, meet new people or enjoy some space away from the everyday. Come and visit: Tuesdays – Thursdays, 9am–12pm. (Closed in August) Tel: 01243 375576 admin@stjohnssouthbourne.com.

Southbourne and District Age Concern – New Road, Southbourne

Lunch and hot drinks for £6 every Wednesday, which includes a quiz, a raffle, bingo or chair exercises and plenty of opportunity to socialise. By arrangement, they can provide transport for those who need it. New members are always welcome, as are volunteers. Contact: 07547813269 or ageconcernsouthbourne@gmail.com to find out more.

Do you need other help?

National: 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 help finding out if you're entitled to benefits or claiming Universal Credit, call the Help to Claim team on 0800 144 8 444 (Mon –Fri 8am–6pm) or contact via webchat at citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim

If you live in West Sussex (Chichester District Council):

If you need help with food, fuel, benefits, debt or other essentials, Arun & Chichester Citizens Advice may be able to help. For general support call the FREE Adviceline number: 0808 278 7969 Mon to Fri 10am – 4:30pm.

For energy advice, including help with paying your bills, call 0800 145 6879 (Mon to Fri 10am – 4pm, local call rates apply) or contact the Energy Team by email – find out more at <https://www.arunchichestercab.org.uk/energy>

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.

westsussex.gov.uk/community-support/contact-our-community-hub

If you live in Hampshire (Havant Borough Council):

For help with benefits or utility bills such as gas, electric and water, contact Citizens Advice Havant's Adviceline number – 0808 278 7809. You can request a callback or email advice by email or through the website: advice@citizensadvicehavant.org www.citizensadvicehavant.org Citizen Advice Havant's drop-in hours are 10am until 3pm Monday to Friday, subject to available advisers. Contacting in advance for an appointment is advised. We are located 1st floor Meridian Centre, Havant PO9 1UN.

Community pantries in Hampshire work to giving people in need a 'helping hand' by getting food at a lower price on a weekly basis, including Havant and Waterlooville.

hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/supportforfamilies/communitypantries-overview/communitypantries