



foodpartnership@arunchichestercab.org.uk

07435 808 549

arunchichestercab.org.uk/acfp

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

October 2023

Bognor Regis Foodbank – Argyle Hall, Argyle Road, Bognor Regis, PO21 1DY

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

bognorregis.foodbank.org.uk

Opening times: 10am – 2.30pm Tuesdays and Fridays (plus Citizens Advice advisor) plus Friday evenings 5.30pm – 7.30pm

There is now a foodbank hub open in Westergate Methodist Church, Westergate Street, Chichester PO203RH Fridays 12pm – 2pm

Jeneses Food Bank – Jeneses Community Centre, 45 Lindon Road, Bognor PO21 2AS

Mixture of non-perishable and fresh produce, frozen and chilled items, ready made pastries, cakes and bread for a suggested donation. No referral needed.

Opening times: Monday – Friday 8am – 2pm

[Facebook.com/jenesescommunitycentre](https://facebook.com/jenesescommunitycentre)

Bognor Community Food Pantry – EcoSwap, High Street, Bognor Regis, PO21 1EG

Food available for a suggested donation. Non-perishable store cupboard items and toiletries. Fresh and frozen food sometimes available.

Usual opening hours: Mon – Sat 10am – 4pm

[Facebook.com/bognorcommunitypantry](https://facebook.com/bognorcommunitypantry)

Salvation Army Open House – Bognor Regis Corps Canada Grove, PO21 1QL

Surplus fruit and vegetables as available, breakfast rolls, hot drinks, connection, community and support. Open Tuesday mornings 9am – 11am

facebook.com/bognorSA

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

Community support shop Open 11am – 5pm Tuesday – Saturday –

grandadsfrontroom.org.uk

St Mary's Food Table – St Mary's Centre, Grassmere Close, Felpham, PO22 7NU

No referrals needed – take what you need food table at no cost.

Open Mondays 2.30– 5.30pm, Wednesdays 9– 11am and Thursdays 9am – 1pm and 3pm – 5pm. stmarysfelpham.org



foodpartnership@arunchichestercab.org.uk

07435 808 549

arunchichestercab.org.uk/acfp

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

Monthly: 1st Wed of each month, 10am - 11am (or until food runs out)

Suggested donation: £3.50 for a bag of food (no one will be turned away)

www.ukharvest.org.uk/education/pop-up-pantry

For information about recycling and reducing food waste visit 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, Wednesday and Friday - 9am-1pm. 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

Family Support Work - St Wilfrid's Church, Ellasdale Road, PO21 25G & Bersted Green Hub, Bersted Green Court, PO22 4DZ

Support for local families including coffee morning sessions with food to take home. Drop-in sessions are Tuesdays at St Wilfrid's Church 9- 11am, and Fridays at Bersted Green Hub, Bersted Green Court 9.15 - 10.45am (both term time only). For more information email Jacqui@familysupportwork.org.uk

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](tel:03302227980) to get the help you need as quickly as possible.

Do you need other help?

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: Town Hall, Clarence Road, Bognor Regis, PO21 1LD Open Mondays, Tuesdays and Thursdays 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-6pm)