



foodpartnership@arunchichestercab.org.uk

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[arunchichestercab.org.uk/acfp](http://arunchichestercab.org.uk/acfp)

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

October 2023

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 Fridays

Littlehampton Community Fridge - St. James' Church Hall, 1 East Ham Road, BN177AN

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: Monday: 11am-12pm, Wednesday: 2.30pm-3.30pm, Thursday:  
10.30am-11.30am, Friday: 11am-12pm, Saturday: 10.30am-12pm

[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: 1st Wednesday of the month: 4pm-6pm, 2nd Wednesday: 8.30am-10am, 3rd Wednesday: 4pm-6pm, 4th & 5th Wednesday: 10am-12pm



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### 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 9.15am - 5pm

[westsussex.gov.uk/education-children-and-families/find-a-family-hub/arun-east-family-hub-littlehampton](http://westsussex.gov.uk/education-children-and-families/find-a-family-hub/arun-east-family-hub-littlehampton)

### 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, veterans peer support, people looking for friendships, toddler groups, arts clubs and lots more.

Cafe is open Tues - Sat 9.30am - 4pm. 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

[turning-tides.org.uk/what-we-do/community-hubs/littlehampton-community-hub/](http://turning-tides.org.uk/what-we-do/community-hubs/littlehampton-community-hub/)

### 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](tel:03302227980) 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 01243 974063 Mon-Fri 10am-4pm (local call rates apply)
- For benefits support call the Help to Claim team on 0800 144 8 444 Mon-Fri 8am-6pm