

## Food & Solidarity

Food & Solidarity are a collection of mutual aid groups in West Newcastle where you can request a food parcel or make a donation to help others.

You don't need to be a member to ask for a food parcel. To get a food parcel you need to contact them by Friday afternoon or evening. The parcels are made on Saturdays. It costs £3 per month to become a member and receive a food parcel.

The mutual aid groups are based in the West of Newcastle and cover:

- Arthurs Hill
- Benwell and Scotswood
- Elswick

They are a democratic, non-profit, and member led organisation for people who are have no income or a low to moderate income. They support their members using direct action.

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Last updated: June 13, 2025

**Telephone:** 07393 101018

**Website:** [www.foodandsolidarity.org](http://www.foodandsolidarity.org)

**Email:** [organiser@foodandsolidarity.org](mailto:organiser@foodandsolidarity.org)

**Twitter:** <https://twitter.com/FoodandSol>

**Facebook:** <https://www.facebook.com/foodandsolidarity>

**Opening Hours:** Contact them by Friday evening to ask for a food parcel.  
Parcels are made on Saturdays.

**Cost:** There may be a cost to this service/support

**Address:**

Food & Solidarity  
120-126 Buckingham St  
Newcastle upon Tyne  
NE4 5QR

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## Related Articles

[Food banks and free emergency food in Newcastle](#)