

## Free meals and affordable food in Newcastle

There are free hot meals and takeaway food provided by volunteer and community groups in Newcastle. They welcome people and families who are hungry or lonely to eat a hot meal.

There are community meals and pay as you feel supermarkets or food pantries where you can buy low cost food and essential items. These often use food donated by companies where it would otherwise go to waste.

See below for more details on what's available in Newcastle. We also have a list of the [Food Banks and free emergency food in Newcastle](#).

The services listed on this page are provided by organisations independent to the council. We update this information regularly, but opening times and availability can change. Opening times are different during bank holidays.

Before attending a place we recommend you check it is running and that you're eligible to receive the service. Some services are only for adults or rough sleepers. Please note there may be a limit to the number of times you can access a service due to high demands in Newcastle. You can read more about InformationNOW's [Terms and Conditions](#).

### Find food help near you

Search our organisation directory to find food help near you.

## Search for Foodbank organisations

Location:

Postcode:

---

## Free meals, food parcels and low cost food

### Mondays

Name	What's available
<p><b><u>Mary's Place</u></b></p> <p><b>Address:</b> The Mercy Hub, Neville Street, NE1 5HH</p> <p><b>Website:</b> <a href="http://diocesehn.org.uk/services/caritas/mercy-hub/">diocesehn.org.uk/services/caritas/mercy-hub/</a></p> <p><b>Email:</b> <a href="mailto:marys.place@outlook.com">marys.place@outlook.com</a></p>	<p>A warm place to sit for free hot and cold food and drinks</p> <p>Take away food and drinks also available.</p> <p>Find it on Neville Street. The door is opposite the conference centre in <b><u>St Mary's Cathedral</u></b>.</p>
<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or on low income</p> <p>Sleeping bags, warm clothing and toiletries are available</p>
<p><b><u>Pottery Bank Community Centre</u></b></p> <p><b>Address:</b> Yelverton Crescent, Pottery Bank, Walker, NE6 3SW</p> <p><b>Telephone:</b> <a href="tel:01912242349">0191 224 2349</a></p> <p><b>Website:</b> <a href="#">Pottery Bank Facebook Page</a></p> <p><b>Email:</b> <a href="mailto:info@potterybankcc.co.uk">info@potterybankcc.co.uk</a></p>	<p>Low cost community café</p> <p>Weekly pay as you feel supermarket</p> <p>Monthly essential food bags</p> <p>Cookery classes</p>

### North Newcastle Food Bank ran by Families 1st

**Address:** The Brunswick Park Centre, Westfield Avenue, Brunswick Village, NE13 7EG

**Telephone:** 0191 217 0079

**Mobile:** 0791 2581 204

**Email:** foodbank@families1st.uk

**Website:**  
www.families1st4additionalneeds.org/NNFB

**Facebook:** Families 1st 4 Additional Needs

**Opening hours:** Contact them Monday to Friday to arrange a food parcel for referrals and self referrals.

In emergencies contact them 7 days a week

Brunswick Park Centre is open 9.30am to 2.30pm daily.

Low cost food parcels delivered to your home.

The parcels contain a range of food such as meat, dried or long life food and frozen food. Toiletries

Low cost community meals for people on a low

## Tuesdays

Name	What's available	How to access
<p><b><u>Vinnie's Café – Lunch at St Vincent's Centre</u></b></p> <p><b>Address:</b> Newbridge Street NE1 2TQ</p> <p><b>Telephone:</b> <u>0191 261 6027</u></p> <p><b>Website:</b> <u>svp.org.uk/st-vincent-s-newcastle</u></p> <p><b>Email:</b> <u>stvincentsnewcastle@svp.org.uk</u></p>	<p>Free hot sit in or take away meals cooked by volunteers</p> <p><b><u>Free emergency packs of food</u></b>, toiletries and sanitary products for those in need Monday to Thursday 10.30am to 3.30pm and Friday 10am to 2pm.</p> <p><b><u>Free Clothing Support</u></b> available on Thursdays</p>	<p><b>Time:</b> 11am to 1pm</p> <p><b>Who can use it:</b> Adults. All welcome</p> <p><b>How:</b> drop in to collect a takeaway meal</p> <p>Call or email to arrange collection of food, clothing or toiletries parcel</p> <p><b>Cost:</b> free</p>

<p><b><u>St James Church</u></b></p> <p><b>Address:</b> Benwell Lane, Newcastle upon Tyne, NE15 6RR</p> <p><b>Website:</b> <a href="http://benwellscotswood.com/stjames">benwellscotswood.com/stjames</a></p> <p><b>Email:</b> <a href="mailto:church@benwellscotswood.com">church@benwellscotswood.com</a></p>	<p>Free lunch on Tuesdays</p> <p>Time to spend meeting your community. It's for anyone, any age, any background and any beliefs</p>	<p><b>Time:</b> 12pm to 2pm</p> <p><b>Who can use it:</b> all welcome</p> <p><b>How:</b> drop in. Call or email to let them know you're interested.</p> <p><b>Cost:</b> free (donations welcome)</p>
<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or vulnerable.</p> <p>Sleeping bags, warm clothing and toiletries are also available</p>	<p><b>Time:</b> Monday to Friday 6.30pm to 8.30pm</p> <p>Saturday and Sunday 9.30am to 11.30am</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> drop in</p> <p><b>Cost:</b> free</p>
<p><b><u>Pottery Bank Community Centre</u></b></p> <p><b>Address:</b> Yelverton Crescent, Pottery Bank, Walker, NE6 3SW</p> <p><b>Telephone:</b> <a href="tel:01912242349">0191 224 2349</a></p> <p><b>Website:</b> <a href="#">Pottery Bank Facebook Page</a></p> <p><b>Email:</b> <a href="mailto:info@potterybankcc.co.uk">info@potterybankcc.co.uk</a></p>	<p>Low cost community café</p> <p>Weekly pay as you feel supermarket</p> <p>Monthly essential food bags</p> <p>Cookery classes</p>	<p><b>Open:</b> Community Café Monday to Friday 8am to 2pm</p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> low cost food</p>

**The Bread and Butter Thing  
(Benwell)**

**Address:** Merton Lodge, Merton Court, Benwell, NE4 8JD

**Telephone:** 0737 993 1980

**Text message:** 07860 063304

**Website:** breadandbutterthing.org

Weekly low cost food bags with fruit and veg, fridge favourites and cupboard staples.

Vegetarian options are available.

They accept Healthy Start Vouchers

**Who is it for:** people in Newcastle

**How to use it:** Book your food club order before 10am on Mondays

Text 07860 063304 your full name, postcode and BENWELL where you're collecting from.)

Or register as a member on their website

Select the size of your food bag

You'll be sent a text every Sunday to confirm if you would like to place an order the next week. Reply 'YES' by 10am Monday to secure your shopping.

Collect and pay for your bag from Merton Lodge in Benwell at 2:30pm Tuesday. (Someone can collect on your behalf)

**How much does it cost:** Membership is free. Bags cost are £5 for individuals, £8.50 for family, £17 for Large family

**Wednesday**

Name	What's available	How to access
<p><b><u>Big River Bakery</u></b></p> <p><b>Address:</b> 42 Wretham Place Newcastle upon Tyne NE2 1XU</p> <p><b>Website:</b> <a href="http://bigriverbakery.myshopify.com">bigriverbakery.myshopify.com</a></p> <p><b>Telephone:</b> <a href="tel:07746086924">0774 608 6924</a></p> <p><b>Email:</b> <a href="mailto:andy@bigriverbakery.com">andy@bigriverbakery.com</a></p>	<p>Community bakery and café in Shieldfield.</p> <p>They bake and sell fresh artisan bread, pies and pastries. You can pay what you feel day for their food on Wednesdays</p> <p>They're a Winter Wellbeing Hub</p>	<p><b>Open:</b> Monday 8am to 1.30pm Tuesday to Friday 8am to 4pm Saturday 9am to 1.30pm <b>Who is it for:</b> people in Newcastle <b>How to use it:</b> Pop in during opening times. No one will be turned away who need a drink and a place to sit <b>Cost:</b> free or low cost food</p>
<p><b><u>Cornerstone Benwell</u></b></p> <p><b>Address:</b> 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p><b>Telephone:</b> <a href="tel:01912260941">0191 226 0941</a></p> <p><b>Website:</b> <a href="http://cornerstonebenwell.com">cornerstonebenwell.com</a></p> <p><b>Email:</b> <a href="mailto:cornerstonebenwell@gmail.com">cornerstonebenwell@gmail.com</a></p>	<p><b>Corner Kitchen Community Café:</b> selling low cost hot and cold food</p> <p><b><u>Emergency food parcels</u></b> available Tuesday, Wednesday, Thursday 9am to 2pm</p>	<p><b>Open:</b> Community Café open Wednesdays and Thursdays 9am to 2pm</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> you can turn up to use the café</p> <p><b>Cost:</b> low cost</p>

<p><b><u>Blakelaw Community Centre</u></b></p> <p><b>Address:</b> Newcastle Community Asset Trust, Binswood Avenue, Blakelaw, Newcastle upon Tyne, NE5 3PN</p> <p><b>Website:</b> <a href="http://newcastlecat.org.uk">newcastlecat.org.uk</a></p> <p><b>Other Website:</b> <a href="http://newcastlecat.org.uk/blakelaw">newcastlecat.org.uk/blakelaw</a></p> <p><b>Email:</b> <a href="mailto:esme.reily@newcastlecat.org.uk">esme.reily@newcastlecat.org.uk</a></p> <p><b>Facebook:</b> <a href="#">Mrs T's Café</a></p>	<p>Community Market stocks food donated by local supermarkets. You can buy food at a low cost.</p> <p>Community café open 7 days a week</p>	<p><b>Market open:</b> Wednesdays and Fridays 10am to 12pm</p> <p><b>Café open:</b> 7 days a week</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> You can turn up to use the café and market</p> <p><b>Cost:</b> low cost</p>
<p><b><u>FoodCycle Walker</u></b></p> <p><b>Address:</b> Monkchester Community Centre, 208 Monkchester Road, Walker, NE6 2LJ</p> <p><b>Website:</b> <a href="http://foodcycle.org.uk/location/newcastle-walker/">foodcycle.org.uk/location/newcastle-walker/</a></p> <p><b>Email:</b> <a href="mailto:monkchester@foodcycle.org.uk">monkchester@foodcycle.org.uk</a></p>	<p>FoodCycle Walker offers free, nutritious cooked meal on Wednesdays at 12.30pm.</p>	<p><b>Time:</b> 12.30pm to 1.30pm</p> <p><b>Who can use it:</b> all welcome</p> <p><b>How:</b> No referral needed, just turn up</p> <p><b>Cost:</b> free</p>
<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or vulnerable.</p> <p>Sleeping bags, warm clothing and toiletries are also available</p>	<p><b>Time:</b> Monday to Friday 6.30pm to 8.30pm</p> <p>Saturday and Sunday 9.30am to 11.30am</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> drop in</p> <p><b>Cost:</b> free</p>

**Pottery Bank Community Centre**

**Address:** Yelverton Crescent, Pottery Bank,  
Walker,  
NE6 3SW

**Telephone:** [0191 224 2349](tel:01912242349)

**Website:** [Pottery Bank Facebook Page](#)

**Email:** [info@potterybankcc.co.uk](mailto:info@potterybankcc.co.uk)

Low cost  
community café

Weekly pay as  
you feel  
supermarket

Monthly essential  
food bags

Cookery classes

**Open:**  
Community Café  
Monday to Friday  
8am to 2pm

**Who is it for:**  
people in  
Newcastle

**How to use it:**  
Contact them for  
more information.  
Visit their  
Facebook page  
for more  
information

**Cost:** low cost  
food

**North Newcastle Food Bank ran by Families 1st**

**Address:** The Brunswick Park Centre, Westfield Avenue, Brunswick Village, NE13 7EG

**Telephone:** 0191 217 0079

**Mobile:** 0791 2581 204

**Email:** foodbank@families1st.uk

**Website:**  
www.families1st4additionalneeds.org/NNFB

**Facebook:** Families 1st 4 Additional Needs

**Opening hours:** Contact them Monday to Friday to arrange a food parcel for referrals and self referrals.

In emergencies contact them 7 days a week

Brunswick Park Centre is open 9.30am to 2.30pm daily.

Low cost food parcels delivered to your home.

The parcels contain a range of food such as meat, dairy, fresh fruit, vegetables, dried or long life food and frozen food. Toiletries and baby items.

Low cost community meals for people on a low income or with health conditions.

**Contact them:**  
Monday to Saturday from 9.30am

**Who can use the service:** anyone in need

Emergency referrals accepted

**How to use this service:** You will be asked to show proof that you have a low income or receive a benefit such as income support

**Arrange delivery:** Contact them to book a delivery slot

**Collect food parcel:** Contact them to book a time

**No referral needed:** but professionals can refer you using the form on their website

**Cost:** depends on the size of the food parcel and where it is being delivered too. Prices start at £4

**Thursday**

Name	What's available	How to access
<p><b><u>Cornerstone Benwell</u></b></p> <p><b>Address:</b> 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p><b>Telephone:</b> <a href="tel:01912260941">0191 226 0941</a></p> <p><b>Website:</b> <a href="http://cornerstonebenwell.com">cornerstonebenwell.com</a></p> <p><b>Email:</b> <a href="mailto:cornerstonebenwell@gmail.com">cornerstonebenwell@gmail.com</a></p>	<p><b>Corner Kitchen Community Café:</b> selling low cost hot and cold food</p> <p><b>Emergency food parcels</b> available Tuesday, Wednesday, Thursday 9am to 2pm</p>	<p><b>Open:</b> Community Café open Wednesdays and Thursdays 9am to 2pm</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> You can turn up to use the café</p> <p><b>Cost:</b> low cost</p>
<p><b><u>Foodcycle Byker</u></b></p> <p><b>Address:</b> St Silas' Church, Clifford Street, Byker, NE6 1DR</p> <p><b>Website:</b> <a href="http://foodcycle.org.uk/location/byker/">foodcycle.org.uk/location/byker/</a></p> <p><b>Email:</b> <a href="mailto:byker@foodcycle.org.uk">byker@foodcycle.org.uk</a></p>	<p>Free, nutritious cooked meal on Thursdays at 7pm.</p>	<p><b>Time:</b> 7pm to 8pm</p> <p><b>Who can use it:</b> all welcome</p> <p><b>How:</b> No referral needed, just turn up</p> <p><b>Cost:</b> free</p>
<p><b><u>Foodcycle Newcastle Westgate</u></b></p> <p><b>Address:</b> Westgate Baptist Church, NE4 6QD</p> <p><b>Website:</b> <a href="http://foodcycle.org.uk/location/newcastle-westgate">foodcycle.org.uk/location/newcastle-westgate</a></p> <p><b>Email:</b> <a href="mailto:harry@foodcycle.org.uk">harry@foodcycle.org.uk</a></p>	<p>Free, nutritious cooked meal on Thursdays at 6.45pm.</p>	<p><b>Time:</b> Thursdays 6.45pm</p> <p><b>Who can use it:</b> all welcome</p> <p><b>How:</b> No referral needed, just turn up</p> <p><b>Cost:</b> free</p>

<p><b><u>Vinnie's Pop Up Community Market</u></b></p> <p><b>Address:</b> St Vincent's Centre, Newbridge Street NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Pop-up community market, every Thursday with a warm space with some free or cheap items. Clothes and shoes available from £1. Any 12 grocery items for £5. There's a tombola, hot drinks, soup and snacks.</p>	<p><b>Time:</b> Thursday 12.30pm to 3.30pm</p> <p><b>Who can use it:</b> all welcome</p> <p><b>How:</b> No referral needed, just turn up</p> <p><b>Cost:</b> some items free or low cost</p>
<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or vulnerable.</p> <p>Sleeping bags, warm clothing and toiletries are also available</p>	<p><b>Time:</b> Monday to Friday 6.30pm to 8.30pm</p> <p>Saturday and Sunday 9.30am to 11.30am</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> drop in</p> <p><b>Cost:</b> free</p>

<p><b><u>Pottery Bank Community Centre</u></b></p> <p><b>Address:</b> Yelverton Crescent, Pottery Bank, Walker, NE6 3SW</p> <p><b>Telephone:</b> <a href="tel:01912242349">0191 224 2349</a></p> <p><b>Website:</b> <a href="#">Pottery Bank Facebook Page</a></p> <p><b>Email:</b> <a href="mailto:info@potterybankcc.co.uk">info@potterybankcc.co.uk</a></p>	<p>Low cost community café</p> <p>Weekly pay as you feel supermarket</p> <p>Monthly essential food bags</p> <p>Cookery classes</p>	<p><b>Open:</b> Community Café Monday to Friday 8am to 2pm</p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> low cost food</p>
--	--	--

## Fridays

Name	What's available	How to access
------	------------------	---------------

<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or vulnerable.</p> <p>Sleeping bags, warm clothing and toiletries are also available</p>	<p><b>Time:</b> Monday to Friday 6.30pm to 8.30pm</p> <p>Saturday and Sunday 9.30am to 11.30am</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> drop in</p> <p><b>Cost:</b> free</p>
<p><b><u>Blakelaw Community Centre</u></b></p> <p><b>Address:</b> Newcastle Community Asset Trust, Binswood Avenue, Blakelaw, Newcastle upon Tyne, NE5 3PN</p> <p><b>Website:</b> <a href="http://newcastlecat.org.uk">newcastlecat.org.uk</a></p> <p><b>Other Website:</b> <a href="http://newcastlecat.org.uk/blakelaw">newcastlecat.org.uk/blakelaw</a></p> <p><b>Email:</b> <a href="mailto:esme.reily@newcastlecat.org.uk">esme.reily@newcastlecat.org.uk</a></p> <p><b>Facebook:</b> <a href="#">Mrs T's Café</a></p>	<p>Community café open 7 days a week</p>	<p><b>open:</b> 7 days a week</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> You can turn up to use the café</p> <p><b>Cost:</b> low cost</p>

<p><b><u>Pottery Bank Community Centre</u></b></p> <p><b>Address:</b> Yelverton Crescent, Pottery Bank, Walker, NE6 3SW</p> <p><b>Telephone:</b> <a href="tel:01912242349">0191 224 2349</a></p> <p><b>Website:</b> <a href="#">Pottery Bank Facebook Page</a></p> <p><b>Email:</b> <a href="mailto:info@potterybankcc.co.uk">info@potterybankcc.co.uk</a></p>	<p>Low cost community café</p> <p>Weekly pay as you feel supermarket</p> <p>Monthly essential food bags</p> <p>Cookery classes</p>	<p><b>Open:</b> Community Café Monday to Friday 8am to 2pm</p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> low cost food</p>
<p><b><u>Holy Spirit Church, Denton</u></b></p> <p><b>Address:</b> Holy Spirit Church, West Denton, Dunblane Crescent, West Denton, NE5 2BE</p> <p><b>Mobile number:</b> <a href="tel:07990019355">0799 001 9355</a></p> <p><b>Website:</b> <a href="http://achurchnearyou.com/denton-holy-spirit">achurchnearyou.com/denton-holy-spirit</a></p> <p><b><u>Facebook</u></b></p>	<p>Lunch club with a 2 course meal and hot drinks are available.</p>	<p><b>Open:</b> the last Friday of the Month 12.30pm to 4pm.</p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Call to book a place</p> <p><b>Cost:</b> Costs £4</p>

### **The Bread and Butter Thing (Byker)**

**Address:** ACANE, 1 Raby Way, Byker, Newcastle upon Tyne, NE6, 2FF

**Textphone:** 07860 063304

**Website:** [breadandbutterthing.org](http://breadandbutterthing.org)

Weekly low cost food bags with fruit and veg, fridge favourites and cupboard staples.

Vegetarian options are available.

They accept Healthy Start Vouchers

**Who is it for:** people in Newcastle

Book your food club order before 10am on Mondays

Text **07860 063304** your full name, postcode and BYKER where you're collecting from.) Or register as a member on their website.

Select the size of your food bag

You'll be sent a text every Wednesday to confirm if you would like to place an order that Friday. Reply 'YES' by 10am Thursday to secure your shopping.

Collect and pay for your bag from **ACANE** in Byker at 2pm Friday.

**How much does it cost:** Membership is free. Bags cost are £5 for individuals.

**North Newcastle Food Bank ran by Families 1st**

**Address:** The Brunswick Park Centre,  
Westfield Avenue, Brunswick Village, NE13  
7EG

**Telephone:** [0191 217 0079](tel:01912170079)

**Mobile:** [0791 2581 204](tel:07912581204)

**Email:** [foodbank@families1st.uk](mailto:foodbank@families1st.uk)

**Website:**  
[www.families1st4additionalneeds.org/NNFB](http://www.families1st4additionalneeds.org/NNFB)

**Facebook:** [Families 1st 4 Additional Needs](#)

**Opening hours:** Contact them Monday to Friday to arrange a food parcel for referrals and self referrals.

In emergencies contact them 7 days a week

Brunswick Park Centre is open 9.30am to 2.30pm daily.

Low cost food parcels delivered to your home.

The parcels contain a range of food such as meat, dairy, fresh fruit, vegetables, dried or long life food and frozen food. Toiletries and baby items.

Low cost community meals for people on a low income or with health conditions.

**Contact them:**  
Monday to Saturday from 9.30am

**Who can use the service:**  
anyone in need

Emergency referrals accepted

**How to use this service:**  
You will be asked to show proof that you have a low income or receive a benefit such as income support

**Arrange delivery:**  
Contact them to book a delivery slot

**Collect food parcel:**  
Contact them to book a time

**No referral needed:** but professionals can refer you using the form on their website

**Cost:**  
depends on the size of the food parcel and

## Saturdays and Sundays

Name	What's available	How to access
<p><b><u>The People's Kitchen</u></b></p> <p><b>Address:</b> The Allison Centre, 56 Bath Lane, NE4 5SQ</p> <p><b>Telephone:</b> <a href="tel:01912220699">0191 222 0699</a></p> <p><b>Website:</b> <a href="http://peopleskitchen.co.uk">peopleskitchen.co.uk</a></p> <p><b>Email:</b> <a href="mailto:info@peopleskitchen.co.uk">info@peopleskitchen.co.uk</a></p>	<p>Free hot meal for people who are homeless or vulnerable.</p> <p>Sleeping bags, warm clothing and toiletries are also available</p>	<p><b>Time:</b> Monday to Friday 6.30pm to 8.30pm</p> <p>Saturday and Sunday 9.30am to 11.30am</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> drop in</p> <p><b>Cost:</b> free</p>

---

## Food Pantries and low cost supermarkets

A social supermarket or food pantry is a place where you can buy affordable food, toiletries and essentials that cost less than a normal supermarket. Sometimes they offer a number of items for a set cost, but each pantry or supermarket have their own rules on how to use it

### Mondays

Name	What's available	How to access
------	------------------	---------------

**Kingdom Life Community Grocery**  
**– Newcastle**

**Address:** Heaton Road, Newcastle upon Tyne, NE6 1SB

**Telephone:** [0191 345 4511](tel:01913454511)

**Website:**  
[communitygrocery.org.uk/newcastle](http://communitygrocery.org.uk/newcastle)

**Email:**  
[newcastle@communitygrocery.org.uk](mailto:newcastle@communitygrocery.org.uk)

Low cost,  
affordable  
supermarket

Classes such as  
cookery, life skills  
and managing your  
money

**Open:**  
Monday to  
Friday  
10am to  
2pm

**Who is it  
for:** families  
and local  
residents

**How to use  
it:**  
Membership  
required

**Cost:**  
Membership  
is £5 a year.  
You can  
then shop 3  
times a  
week for £4

**Newcastle Community Pantry**  
**(Walker)**

**Address:** Treetop Village, Newcastle upon Tyne, NE6 3JW

**Telephone:** [0191 275 3019](tel:01912753019)

**Website:** [Visit their Facebook page](#)

Low cost social supermarket

Members in Walker can visit weekly to choose a minimum of 10 items to take home.

This includes a range of fresh fruit, vegetables, dairy items, tinned food and other essential household items.

There may be a limit on the number of higher value or free items that you can choose

**Open:**  
Mondays  
1pm to 3pm

**Who can use it:**  
people who live in Walker

**How to use the service:**  
Register as a member. Bring a letter with your address on it when you register. You pay a subscription fee.

To keep your membership active visit once a month.

**Cost:** low cost food

£5  
subscription fee

or £2.50  
with a  
Healthy  
Start  
voucher

<p><b><u>St Vincent's Centre (Pantry)</u></b></p> <p><b>Address:</b> Blackfriars Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Low cost, affordable pantry</p> <p><b>Vinnies Pantry</b> offers 10 grocery items for £5 and a lot of special buys at very low prices,</p>	<p><b>Open:</b> <b>Monday to Friday</b> <b>9.30am to 4pm</b></p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> 10 grocery items for £5, other low cost items</p>
---	--	--

**Tuesdays**

Name	What's available	How to access
------	------------------	---------------

**Byker Pantry – Life Vineyard Church Foodbank**

**Address:** The Byker Pantry, 11–13 Raby Cross, , Byker, NE6 2FF

**Telephone:** [07470 126 508](tel:07470126508)

**Website:**  
[www.lifevineyard.church/lifeprojects](http://www.lifevineyard.church/lifeprojects)

**Email:**  
[Byker.pantry@lifevineyard.church](mailto:Byker.pantry@lifevineyard.church)

Buy low cost food using the Byker Pantry points scheme.

Items are at least half the price of a supermarket.

**Time:** Tuesdays 9.30am to 12pm and 1pm to 4pm

**Who can use it:** people who live or work in Byker or have a child at school in Byker.

**How to use the service:** drop in. You exchange money for points. Then buy food items which are priced in points.

**Cost:** low cost

**Newcastle Community Pantry**  
**(Blakelaw)**

**Address:** Blakelaw Community centre, Newcastle Community Asset Trust, Binswood Avenue, Newcastle Upon Tyne, NE5 3PN

**Telephone:** [0191 275 3019](tel:01912753019)

Low cost social supermarket

Members can visit weekly to choose a minimum of 10 items to take home.

This includes a range of fresh fruit, vegetables, dairy items, tinned food and other essential household items.

There may be a limit on the number of higher value or free items that you can choose

**Time: Tuesdays, 10am to 12pm**

**Who can use it:** people who live in Blakelaw

**How to use the service:** Register as a member. Bring a letter with your address on it when you register. You pay a subscription fee.

To keep your membership active visit once a month.

**Cost:** low cost food

£5 subscription fee

or £2.50 with a Healthy Start voucher

<p><b><u>Kingdom Life Community Grocery – Newcastle</u></b></p> <p><b>Address:</b> Heaton Road, Newcastle upon Tyne, NE6 1SB</p> <p><b>Telephone:</b> <a href="tel:01913454511">0191 345 4511</a></p> <p><b>Website:</b> <a href="http://communitygrocery.org.uk/newcastle">communitygrocery.org.uk/newcastle</a></p> <p><b>Email:</b> <a href="mailto:newcastle@communitygrocery.org.uk">newcastle@communitygrocery.org.uk</a></p>	<p>Low cost, affordable supermarket</p> <p>Classes such as cookery, life skills and managing your money</p>	<p><b>Open:</b> Monday to Friday 10am to 2pm</p> <p><b>Who is it for:</b> families and local residents</p> <p><b>How to use it:</b> Membership required</p> <p><b>Cost:</b> Membership is £5 a year. You can then shop 3 times a week for £4</p>
<p><b><u>St Vincent’s Centre (Pantry)</u></b></p> <p><b>Address:</b> Blackfriars Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Low cost, affordable pantry</p> <p><b>Vinnies Pantry</b> offers 10 grocery items for £5 and a lot of special buys at very low prices,</p>	<p><b>Open: Monday to Friday 9.30am to 4pm</b></p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> 10 grocery items for £5, other low cost items</p>

**Wednesdays**

Name	What's available	How to access
<p><b><u>Cornerstone Benwell</u></b></p> <p><b>Address:</b> 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p><b>Telephone:</b> <a href="tel:01912260941">0191 226 0941</a></p> <p><b>Website:</b> <a href="http://cornerstonebenwell.com">cornerstonebenwell.com</a></p> <p><b>Email:</b> <a href="mailto:cornerstonebenwell@gmail.com">cornerstonebenwell@gmail.com</a></p>	<p><b>Benwell Bridge Pantry:</b> low cost food items available. you can buy 10 items for £2.50. Membership needed.</p>	<p><b>Open:</b> Pantry open Wednesdays from 9am to 2pm</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> Membership needed to use Pantry</p> <p><b>Cost:</b> low cost</p>
<p><b><u>Pop up Pantry Food Shop</u></b></p> <p><b>Address:</b> <u>Shieldfield Art Works</u>, 1 Clarence Street, NE2 1YH</p> <p><b>Telephone:</b> <a href="tel:01912654979">0191 265 4979</a></p> <p><b>Website</b> <a href="http://thepopup-pantry">thepopup-pantry</a></p> <p><b>Email:</b><a href="mailto:Office@thepopup-pantry.uk">Office@thepopup-pantry.uk</a></p>	<p>Mobile food co operative where you can buy low cost food. Save up to 50% on food and household items.</p> <p>They offer friendship, cups of tea, help and signposting too. They visit communities in Newcastle offering low cost food to buy.</p>	<p><b>Open:</b> 10 am to 12 noon</p> <p><b>Who is it for</b> : people who need it, no criteria</p> <p><b>Cost:</b> low cost</p>

**Kingdom Life Community Grocery**  
**– Newcastle**

**Address:** Heaton Road, Newcastle upon Tyne, NE6 1SB

**Telephone:** [0191 345 4511](tel:01913454511)

**Website:**  
[communitygrocery.org.uk/newcastle](http://communitygrocery.org.uk/newcastle)

**Email:**  
[newcastle@communitygrocery.org.uk](mailto:newcastle@communitygrocery.org.uk)

Low cost, affordable supermarket

Classes such as cookery, life skills and managing your money

**Open:**  
Monday to Friday 10am to 2pm

**How to use it:**  
Membership required

**Who is it for:** families and local residents

**Cost:**  
Membership is £5 a year. You can then shop 3 times a week for £4

<p><b><u>St Vincent's Centre (Pantry)</u></b></p> <p><b>Address:</b> Blackfriars Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Low cost, affordable pantry</p> <p><b>Vinnies Pantry</b> offers 10 grocery items for £5 and a lot of special buys at very low prices,</p>	<p><b>Open:</b> <b>Monday to Friday</b> <b>9.30am to 4pm</b></p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> 10 grocery items for £5, other low cost items</p>
---	--	--

## Thursdays

Name	What's available	How to access
------	------------------	---------------

<p><b><u>Cornerstone Benwell</u></b></p> <p><b>Address:</b> 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p><b>Telephone:</b> <a href="tel:01912260941">0191 226 0941</a></p> <p><b>Website:</b> <a href="http://cornerstonebenwell.com">cornerstonebenwell.com</a></p> <p><b>Email:</b> <a href="mailto:cornerstonebenwell@gmail.com">cornerstonebenwell@gmail.com</a></p>	<p><b>Benwell Bridge Pantry:</b> low cost food items available. you can buy 10 items for £2.50. Membership needed.</p> <p><b>Corner Kitchen Community Café:</b> selling low cost hot and cold food</p> <p><b><u>Emergency food parcels</u></b> available Tuesday, Wednesday, Thursday 9am to 2pm</p>	<p><b>Open:</b> Pantry open Wednesdays from 9am to 2pm</p> <p>Community Café open Wednesdays and Thursdays 9am to 2pm</p> <p><b>Who can use it:</b> adults</p> <p><b>How:</b> Membership needed to use Pantry</p> <p>You can turn up to use the café and pantry</p> <p><b>Cost:</b> low cost</p>
<p><b><u>Kingdom Life Community Grocery – Newcastle</u></b></p> <p><b>Address:</b> Heaton Road, Newcastle upon Tyne, NE6 1SB</p> <p><b>Telephone:</b> <a href="tel:01913454511">0191 345 4511</a></p> <p><b>Website:</b> <a href="http://communitygrocery.org.uk/newcastle">communitygrocery.org.uk/newcastle</a></p> <p><b>Email:</b> <a href="mailto:newcastle@communitygrocery.org.uk">newcastle@communitygrocery.org.uk</a></p>	<p>Low cost, affordable supermarket</p> <p>Classes such as cookery, life skills and managing your money</p>	<p><b>Open: Monday to Friday 10am to 2pm</b></p> <p><b>How to use it:</b> Membership required</p> <p><b>Who is it for:</b> families and local residents</p> <p><b>Cost:</b> Membership is £5 a year. You can then shop 3 times a week for £4</p>

**Newcastle Community Pantry –  
NUCASTLE**

**Telephone:** [07580751365](tel:07580751365)

**Website:** [yourlocalpantry.co.uk](http://yourlocalpantry.co.uk)

**Email:** [info@nclwebf.org](mailto:info@nclwebf.org)

Low cost social  
supermarket

Members can  
visit weekly to  
choose a  
minimum of 10  
items to take  
home.

This includes a  
range of fresh  
fruit,  
vegetables,  
dairy items,  
tinned food and  
other essential  
household  
items.

There may be a  
limit on the  
number of  
higher value or  
free items that  
you can choose

**Open:  
Thursdays  
12pm to  
2:30pm**

**Who is it for:**  
people who live  
in the local area

**How to use the  
service:**

Register as a  
member. Bring  
a letter with  
your address  
on it when you  
register. You  
pay a  
subscription  
fee.

To keep your  
membership  
active visit once  
a month.

**Cost:** £5  
subscription fee  
or £2.50 with a  
Healthy Start  
voucher

<p><b><u>St Vincent's Centre (Pantry)</u></b></p> <p><b>Address:</b> Blackfriars Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Low cost, affordable pantry</p> <p><b>Vinnies Pantry</b> offers 10 grocery items for £5 and a lot of special buys at very low prices,</p>	<p><b>Open: Monday to Friday 9.30am to 4pm</b></p> <p><b>Who is it for:</b> people in Newcastle</p> <p><b>How to use it:</b> Contact them for more information. Visit their Facebook page for more information</p> <p><b>Cost:</b> 10 grocery items for £5, other low cost items</p>
---	--	--

## Fridays

Name	What's available
<p><b><u>Kingdom Life Community Grocery – Newcastle</u></b></p> <p><b>Address:</b> Heaton Road, Newcastle upon Tyne, NE6 1SB</p> <p><b>Telephone:</b> <a href="tel:01913454511">0191 345 4511</a></p> <p><b>Website:</b> <a href="http://communitygrocery.org.uk/newcastle">communitygrocery.org.uk/newcastle</a></p> <p><b>Email:</b> <a href="mailto:newcastle@communitygrocery.org.uk">newcastle@communitygrocery.org.uk</a></p>	<p>Low cost, affordable superma</p> <p>Classes such as cookery, life money</p>

<p><b><u>Pop up Pantry Food Shop</u></b></p> <p><b>Address:</b> The Allen, The Green, Wallsend NE28 7NP</p> <p><b>Telephone:</b> <a href="tel:01912654979">0191 265 4979</a></p> <p><b>Website</b> <a href="http://thepopup-pantry">thepopup-pantry</a></p> <p><b>Email:</b><a href="mailto:Office@thepopup-pantry.uk">Office@thepopup-pantry.uk</a></p>	<p>Groceries and a cup of tea and</p>
<p><b><u>St Vincent's Centre (Pantry)</u></b></p> <p><b>Address:</b> Blackfriars Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p><b>Telephone:</b> <a href="tel:01912616027">0191 261 6027</a></p> <p><b>Website:</b> <a href="http://svp.org.uk/st-vincent-newcastle">svp.org.uk/st-vincent-newcastle</a></p> <p><b>Email:</b> <a href="mailto:stvincentsnewcastle@svp.org.uk">stvincentsnewcastle@svp.org.uk</a></p>	<p>Low cost, affordable pantry</p> <p><b>Vinnies Pantry</b> offers 10 gro of special buys at very low pr</p>

---

## Low cost cafes

**The Magic Hat** rescues surplus food destined for landfill. You can buy meals and snacks at their café in Newcastle City Centre and rescued food.

**West End Women and Girls** run Edible Elswick and West End Community Bakery

**Pottery Bank Community Centre** low cost Community Café open Monday to Friday 8am to 2pm

See our article on **Food and friends** for more details on community cafes and low cost meals.

---

## Cookery classes

**Men's Pie Clubs** are about local guys, making pies. They bring local men together to make, cook and eat pies in Newcastle upon Tyne. The clubs are free to attend, and they operate a drop-in policy so feel free to go along whenever you like. They run sessions at 4 different venues. Visit their listing for more details

**Big River Bakery** offer baking classes Monday to Saturday. They crowdfund to support people in Newcastle with baking classes. You can also pay for classes.

[Nourish Food School](#) run a range of free cooking skills sessions and training courses for everyone. There is a small charge for some classes which helps to fund the service. They have hubs in Westerhope and Ouseburn.

[West End Women and Girls Centre](#) run a women's cookery club on Fridays.

[Pottery Bank Community Centre](#) run cookery classes from their food hub

---

## Other food support in Newcastle

Visit our pages on:

- [Food help in Newcastle](#)
  - [Food banks in Newcastle](#) for Emergency Food Parcel information
  - [Help with food shopping or prescriptions](#)
- 

## Free or pay as you feel hot drinks

[BALTIC Centre for Contemporary Art, Gateshead](#) offers pay as you feel hot drinks and snacks, a picnic area, free Wi Fi and phone charging points in their Café area. It is a warm space where you can spend time for free.

[Ikea free tea or coffee](#) Monday to Friday Ikea Family Members can get a free hot drink in their restaurant. Show your card to claim the offer.

---

## Supermarket discounts and offers

### Discounts for older people

[Iceland](#), is a supermarket that sells frozen food, gives a 10% discount to people over 60 years old on Tuesdays when buying food in store. To get the discount you need to show your: bus pass, Drivers License or Senior railcard at the till.

[Asda in store café free porridge and hot drink](#) for all customers in their cafes from February 7th to March 20th 2024.

[Asda also offer a 'winter warmer deal' for people over 60 years old](#) to help with the cost-of-living crisis. Buy soup, a roll and unlimited tea and coffees for £1 in any of its 205 cafes, all day and every day until the end of February 2024.

---

### Discounts for children

[Asda in store café](#) £1 for any kids' meal at Asda Cafés. You don't have to buy an adult meal at the same time. You can get a free baby food pouch for babies under 18 months with any

purchase. Over 60's get 10% off on Wednesdays.

**[Ikea all kids' meals cost 95p or £1.50.](#)** You pay 95p for a children's meal or £1.50 for the meal deal. The deal includes one hot meal, a jelly, a soft drink, and a piece of fruit.

**[Morrisons supermarket](#)** has a permanent 'kids eat free' offer at their instore café. To get this offer you need to buy an adult meal which costs over £4.99.

---

## Refill water bottles for free

**[Refill](#)** helps you to find places to refill your water bottle for free. There's over 300 places in Newcastle to get free tap water. Look out for the blue 'Refill' sticker in the shop window to see which shops are part of the Refill scheme. You can also find places to take your own containers for discounted take away coffee and food.

---

## Support for families and children

If you receive certain benefits you can access additional food support for your children.

---

### Healthy Start Scheme

**[The NHS Healthy Start Scheme](#)** is for people who are more than 10 weeks pregnant, or have children under the age of 4, who receive certain benefits. You get a free prepaid card that's topped up every 4 weeks to buy: milk, fruit and vegetables. You can also collect free vitamins from [locations listed here](#). You can use the card in shops that accept Mastercard payments and sell at least one of these Healthy Start foods.

Find out if you are eligible and how to apply on the **[NHS Healthy Start Website](#)**.

---

### Free school meals

**[Free school meals](#)** are available to children whose parents receive certain benefits and are at:

- government funded schools, full time, up to the age of 19,
- or in a nursery class or nursery school and attending for full days.

The government has temporarily extended free school meals to families with no recourse to public funds during the coronavirus pandemic.

**[Find out if you're eligible for free school meals and how to apply on Newcastle.gov.uk](#)**

---

### School holidays

Children who receive free school meals during term time because they're eligible, will receive up to £90 of food vouchers for the summer holidays. This will be arranged by the child's school.

Newcastle City Council will contact those who are registered to receive free meals who don't have a school place.

Early years children (3 and 4 year olds in Newcastle) who receive a funded free early years entitlement for their place at either school, pre-school playgroup, day nursery or childminder. And meet the criteria for free school meals, should also be offered a food voucher by their early years provider.

---

## Free holiday activities

**Holiday Activities run the 'Newcastle Best Summer / Spring / Winter Ever' schemes.** The free school holiday activity scheme in Newcastle for 4 to 16 year olds. This support is for families who receive free school meals. Community organisations across Newcastle provide free activity sessions and a meal for your child. You can choose from a range of fun, educational and sociable activities such as: sport, art, and culture. Newcastle City Council and StreetGames are working with community partners to give children and young people in Newcastle a happy and enjoyable school holidays. Visit their website for more information about the activities available, where they're taking place and how to book.

---

## Universal free school meals for Reception children, Year 1 and Year 2

**Universal free school meals** are available to all children in government funded schools in Reception, Year 1 or Year 2. You don't have to apply for universal free school meals and you do not have to receive benefits to be eligible for them. It is for all children aged 4 to 8 years old. This does not mean you are eligible for the school holiday vouchers. The vouchers are for children who meet the eligibility criteria for free school meals mentioned above.

**Please note:** Your child and their school may be able to get extra help if you get one of the qualifying benefits for free school meals. [Apply for free school meals](#) so that the council can check if your child is eligible for the extra help, even if your child is in reception, year 1 or year 2.

---

## Cost of living help and support

[Cost of living support website](#) from Newcastle City Council has information about where to get help and support with housing, energy, debt, benefits, money, council tax, school and learning costs. This includes [wellbeing hubs](#)

[Read more on cost of living support on InformationNOW](#)

---

## Wellbeing Hubs

**Wellbeing Hubs** are warm welcoming place to spend time in Newcastle. Local venues, such as libraries and community centres, offer a range of support such as hot drinks, free wifi, place to charge your devices, information, advice and more.

[Read more about Cost of living help and support on InformationNOW](#) and [Keeping warm and well in winter.](#)

---

## Homeless people

[The People's Kitchen](#) give free hot meals sleeping bags, warm clothing and toiletries to homeless and vulnerable people.

[Joseph Cowen Healthcare Centre](#) offer access to healthcare for people who are street homeless or in temporary accommodation who cannot access mainstream healthcare services. At these sessions you can access a doctor, bathing facilities and hot drinks.

Read more about [help in Newcastle if you're worried about becoming homeless or you are homeless.](#)

---

## Asylum seekers and Refugees

There are voluntary groups and charities who support refugees and asylum seekers. There are a number of drop in services (turn up without an appointment) in Newcastle where food, drinks, food parcels and essential items are available. [Read more about local support for Asylum Seekers and Refugees](#)

---

## North Tyneside

[The Cedarwood Trust](#) is a community centre in the Meadow Well, North Shields. They run a range of community services including a low cost food shop called The Nourish Store. Members can join for £1. A weekly shop costs £4 and you get up to £15 worth of goods. You can pay an extra £1.50 for fresh fruit and vegetables

---

## Where to get benefits advice

You can get benefits advice from a local independent service. They can help guide you through the application process and explain how some benefits may impact upon another. Services in Newcastle include:

- [Citizens Advice Newcastle \(CAN\)](#).
- [Newcastle Welfare Rights Service](#) have [self help material](#) on their website
- [Search Newcastle](#) give benefits advice to older people in the West of Newcastle
- [Disability North](#) give disability related benefit advice, help with appeals and representation at tribunals

## Search for Benefits advice organisations

Location:

Postcode:

The services listed on this page are provided by organisations independent to the council. We update this information regularly, but opening times and availability can change. Opening times are different during bank holidays and over Christmas and New Year. Before attending a session we recommend you check it is running and that you're eligible to receive the service. Some services are only for adults or rough sleepers. Please note there may be a limit to the number of times you can access a service due to high demands in Newcastle. You can read more about InformationNOW's [Terms and Conditions](#).

Last updated: November 4, 2025

---

## Useful Organisations

### FoodCycle Walker

**Email:** monkchester@foodcycle.org.uk

**Website:** <https://www.foodcycle.org.uk/location/monkchester/>

**Telephone:** 07377 866 316

**Address:** Monkchester Community Centre, NE6 2LJ

### Foodcycle Westgate

**Email:** westgate@foodcycle.org.uk

**Website:** <https://www.foodcycle.org.uk/location/newcastle-westgate/>

**Telephone:** 07377 866 316

**Address:** Westgate Baptist Church, NE4 6QD

### The Peoples Kitchen

**Email:** info@peopleskitchen.co.uk

**Website:** [www.peopleskitchen.co.uk](http://www.peopleskitchen.co.uk)

**Telephone:** 0191 222 0699

**Address:** The People's Kitchen, NE4 5SQ

## **The Byker Pantry**

**Email:** byker.pantry@tynesidevineyard.org.uk

**Website:** [www.lifevineyard.church/lifeprojects](http://www.lifevineyard.church/lifeprojects)

**Telephone:** 07495 484492

**Address:** 11-13 Raby Cross, NE6 2FF

## **Grainger Market**

**Email:** markets@newcastle.gov.uk

**Website:** <https://www.newcastle.gov.uk/business/newcastle-markets/visit-market-newcastle/grainger-market>

**Telephone:** 0191 211 5542

**Address:** Grainger Street, NE1 5QQ

## **Pottery Bank Community Centre Ltd**

**Email:** info@potterybankcc.co.uk

**Website:** <http://new.potterybankcc.co.uk/>

**Telephone:** 0191 224 2349

**Address:** Yelverton Crescent, NE6 3SW

## **West End Women and Girls Centre**

**Email:** info@westendwomenandgirls.co.uk

**Website:** [www.westendwomenandgirls.co.uk](http://www.westendwomenandgirls.co.uk)

**Telephone:** 0191 273 4942

**Address:** The Stephenson Building, NE4 6SQ

## **FoodCycle Byker**

**Email:** Byker@foodcycle.org.uk

**Website:** <https://www.foodcycle.org.uk/location/newcastle-byker/>

**Telephone:** 07377 866 316

**Address:** St Silas' Church, NE6 1DR

## **Heaton Baptist Church**

**Email:** office@heatonbaptist.org

**Website:** <http://www.heatonbaptist.org/>

**Telephone:** 0191 265 7044

**Address:** Heaton Road, NE6 5HN

## **Newcastle Central Mosque**

**Email:** contact@newcastlecentralmosque.com

**Website:** <http://newcastlecentralmosque.com/>

**Telephone:** 0191 273 0262

**Address:** Newcastle Central Mosque , NE4 8RQ

## **Healthy Start Scheme**

**Email:** healthy.start@nhsbsa.nhs.uk

**Website:** <https://www.healthystart.nhs.uk>

**Telephone:** 0191 273 0262

**Address:** Healthy Start, NE1 6SN

## **Newcastle's Best Holiday Ever**

**Email:** NewcastleHolidayActivities@StreetGames.org

**Website:** <https://www.newcastlesupportdirectory.org.uk/best-ever-holiday-activities-and-food-haf-programme>

**Telephone:** 0191 273 0262

## **St James' Church, Benwell Lane**

**Email:** church@benwellscotswood.com

**Website:** <https://www.benwellscotswood.com/stjames>

**Telephone:** 0191 273 5356

**Address:** Benwell Lane, NE15 6RR

## **Kingdom Life Community Grocery – Newcastle**

**Email:** [newcastle@communitygrocery.org.uk](mailto:newcastle@communitygrocery.org.uk)

**Website:** <https://communitygrocery.org.uk/newcastle>

**Telephone:** 0191 345 4511

**Address:** Kingdom Life Community Grocery Newcastle, NE6 1SB

## **Refill**

**Website:** <https://www.refill.org.uk/>

**Telephone:** 0191 345 4511

**Address:** Studio 5 York Court, BS2 8QH

## **The Pop Up Pantry**

**Email:** [office@lifevineyard.church](mailto:office@lifevineyard.church)

**Website:** <https://www.popup-pantry.uk/>

**Telephone:** 0191 265 4979

**Address:** The Allen, NE28 7NP

## **The Gateway Church**

**Email:** [info@gatewaynewcastle.org](mailto:info@gatewaynewcastle.org)

**Website:** <https://www.gatewaynewcastle.org/>

**Telephone:** 07596823577

**Address:** The Sanctuary at Gateway Church, NE4 7TY

## **Crisis Skylight Newcastle**

**Email:** [enquiries.newcastle@crisis.org.uk](mailto:enquiries.newcastle@crisis.org.uk)

**Website:** <https://www.crisis.org.uk/get-help/newcastle/>

**Telephone:** 0191 222 0622

**Address:** City House, NE1 2AF

## Joseph Cowen Healthcare Centre

**Email:** info@tynegroup.org.uk

**Website:** <https://www.tynehousing.org.uk/what-we-do/wellbeing/joseph-cowen-centre/>

**Telephone:** 0191 265 8621

**Address:** 8 Wilfred Street, NE6 1JQ

## Mens Pie Club

**Email:** hello@menspieclub.co.uk

**Website:** <https://www.menspieclub.co.uk/>

**Telephone:** 07932378034

**Address:** Ouseburn Community Centre, NE6 5PA

## Big River Bakery

**Email:** andy@bigriverbakery.com

**Website:** <https://bigriverbakery.myshopify.com/>

**Telephone:** 077 4608 6924

**Address:** Big River Bakery, NE2 1XU

## Holy Spirit Church

**Website:** <http://www.achurchnearyou.com/denton-holy-spirit/>

**Telephone:** 0191 267 4633

**Address:** Holy Spirit Church, NE5 2BE

## Asda

**Website:** <https://www.asda.com/>

**Telephone:** 0191 267 4633

## **Nourish Food School**

**Email:** hello@nourishfoodschoo.co.uk

**Website:** <https://www.nourishfoodschoo.co.uk/>

**Telephone:** 07888280155

**Address:** Nourish Food School, NE6 5PA

## **Blakelaw Community Centre**

**Email:** esme.reily@newcastlecat.org.uk

**Website:** <http://www.newcastlecat.org.uk/>

**Telephone:** 07804828355

**Address:** Newcastle Community Asset Trust, NE5 3PN

## **The Cedarwood Trust (North Shields)**

**Email:** info@cedarwoodtrust.com

**Website:** <https://www.cedarwoodtrust.com/>

**Telephone:** 0191 2590245

**Address:** the Cedarwood Trust, Ne29 7QT

## **Newcastle Community Pantry – Walker**

**Telephone:** 0191 275 3019

**Address:** Treetop Village, NE6 3JW

## **The Bread and Butter Thing – Byker**

**Website:** <https://www.breadandbutterthing.org/>

**Telephone:** 0191 275 3019

**Address:** ACANE, NE6 2FF

## **The Bread and Butter Thing – Benwell**

**Website:** <https://www.breadandbutterthing.org/>

**Telephone:** 0737 9931980

**Address:** Merton Lodge, NE4 8JD

## **St. Vincent's Centre Newcastle**

**Email:** stvincentsnewcastle@svp.org.uk

**Website:** <https://www.svp.org.uk/st-vincents-newcastle/>

**Telephone:** 0191 261 6027

**Address:** St Vincents Centre Newcastle, NE1 2TQ

## **Families 1st 4 Additional Needs**

**Email:** support@families1st.uk

**Website:** <https://www.families1st4additionalneeds.org/>

**Telephone:** 0191 217 0079

**Address:** Moirs Of Gosforth, Windsor House, NE13 7BA

## **Changing Lives**

**Email:** central.office@changing-lives.org.uk

**Website:** <http://www.changing-lives.org.uk>

**Telephone:** 0191 273 8891

**Address:** Unit D13 Marquis Court, NE11 0RU

## **Byker Mutual Aid**

**Email:** bykercovid19@outlook.com

**Telephone:** 0191 273 8891

**Address:** Byker Mutual Aid, NE6 2AL

## **CDW Food Bank**

**Email:** cdwfoodbank@gmail.com

**Website:** [www.cdwfoodbank.co.uk](http://www.cdwfoodbank.co.uk)

**Telephone:** 07493 056 985

**Address:** West Denton Church, NE5 5AY

## **Citizens Advice**

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

**Telephone:** 0808 223 1133

**Address:** Citizens Advice, EC1A 4HD

## **Connect25 Food Bank**

**Email:** foodbank@thekcfoundation.co.uk

**Website:** <https://www.thekcfoundation.co.uk/>

**Telephone:** 0797 647 9111

**Address:** Connect25 Food Bank, NE6 2AR

## **Feeding Families**

**Email:** info@feedingfamilies.org.uk

**Website:** <https://feedingfamilies.org.uk/>

**Telephone:** 01919087163

**Address:** Unit 2, Franklin Industrial Estate, NE21 5TL

## **Food & Solidarity**

**Email:** organiser@foodandsolidarity.org

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

**Telephone:** 07393 101018

**Address:** Food & Solidarity, NE4 5QR

## **Justice and Peace (Diocese of Hexham and Newcastle)**

**Website:** [http://www.rcdhn.org.uk/social\\_concerns/justice\\_and\\_peace.php](http://www.rcdhn.org.uk/social_concerns/justice_and_peace.php)

**Telephone:** 07407 091184

**Address:** St. Vincent's Support Centre , NE1 2TQ

### **Kenton Food Bank**

**Email:** kentonfoodbank.lore@gmail.com

**Telephone:** 07540 272 051

**Address:** 177 Kirkwood Drive , NE3 3BE

### **Newcastle Foodbank**

**Email:** laura@nclwefb.org.uk

**Website:** <https://newcastlewestend.foodbank.org.uk/>

**Telephone:** 0191 275 3019

**Address:** Newcastle Food Bank Centre, NE15 6LX

### **Families 1st NE Multibank**

**Email:** multibank@families1st.uk

**Website:** <https://www.families1st4additionalneeds.org/NNFB>

**Telephone:** 0191 694 1501

**Address:** Unit 1, NE13 7BA

### **Newcastle Welfare Rights Service**

**Email:** welfare.rights@newcastle.gov.uk

**Website:** [www.newcastle.gov.uk/welfarerights](http://www.newcastle.gov.uk/welfarerights)

**Telephone:** 0191 277 2627

**Address:** \*\*POSTAL ADDRESS ONLY - No face-to-face advice is given here, NE7 7LX

### **St Martin's Centre Food Support (Byker and Walker)**

**Email:** info@stmartinscentre.org.uk

**Website:** <http://www.stmartinscentre.org.uk/>

**Telephone:** 0191 276 4002

**Address:** St Martin's Centre J, NE6 2R

## **The Galafield Centre**

**Email:** [newcastleouterwestenquiries@newcastle.gov.uk](mailto:newcastleouterwestenquiries@newcastle.gov.uk)

**Telephone:** 0191 277 7800

**Address:** Galafield Centre, NE5 1LZ

## **The Muslim Initiative**

**Email:** [info@themusliminitiative.com](mailto:info@themusliminitiative.com)

**Website:** <http://www.themusliminitiative.com>

**Telephone:** N/A

## **The Venerable Bede Church**

**Email:** [church@benwellscotswood.com](mailto:church@benwellscotswood.com)

**Website:** <https://benwellscotswood.com/>

**Telephone:** 0191 273 5356

**Address:** The Church of The Venerable Bede, NE4 8AQ

## **Walker and District Foodbank**

**Email:** [info@walkerdistrict.foodbank.org.uk](mailto:info@walkerdistrict.foodbank.org.uk)

**Website:** <http://walkerdistrict.foodbank.org.uk/>

**Telephone:** 07561 711594

**Address:** 25 Church Walk, NE6 3DP

## **Merton Lodge Community Hub**

**Email:** [Mertonlodgebenwell@gmail.com](mailto:Mertonlodgebenwell@gmail.com)

**Website:** <https://www.facebook.com/groups/mertonlodgecommunitygroup/>

**Telephone:** 0748 7665 733

**Address:** Merton Lodge Community Hub, NE4 8JD

---

## Related Articles

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

[Food and Friends](#)

[Welfare benefits](#)

[Homeless or worried about becoming homeless](#)

[Support for people with low incomes](#)

[Support for Asylum Seekers and Refugees](#)

[Help with clothing](#)

[Cost of living support](#)