

Avonmouth, Lawrence Weston & Shirehampton - Food support by day of the week								
Monday	Tuesday	Wednesday	Thursday	Friday	Week- end			
Take-home food St Andrews Food Bank 10am-12pm	Take-home food Shirehampton JTE Club 9am-8pm	Take-home food Shirehampton JTE Club 9am-3pm	Take-home food Lawrence Weston Food Bank 10am-12pm	On-site cooking & lunch Avonmouth Community Centre Let's Do Lunch 11-1.30pm				
Take-home food Shirehampton JTE Club 9am-8pm	On-site lunch (low-cost) Supertots - for parents, carers and pre-schoolers 12pm	On-site meal (£3 soup lunch) Avonmouth Community Centre 12pm-2pm	On-site meal (2 courses £5) Avonmouth Community Centre 12.30pm Booking essential					
On-site tea & toast Avonmouth Community Centre 10am		Take-home food Oasis Long Cross Food Pantry 12.45-2.30pm	On-site meal (2-courses) The Rock Centre Lunch Club 11.50-1.30pm					
			Take-home food Shirehampton JTE Club 9am-8pm					



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Service Name	Postcode	Address	Phone number	Email	What support is on offer? How much is it?	Day/Time	Who is the service for? Do I need a referral?	
Avonmouth Community Centre	BS11 9EN	257 Avonmout h Road, Avonmout h, Bristol	0117 982 7445	accadev elopment worker@ gmail.co m	Lunch time food Tues- Fri / Costs varies- NIL/donation up to £5 for 2 course lunch on Thursdays.	Mon- 10.00am Tea & toast available Tues- 12.00 Supertots- parents/carers and pre-schoolers lunch Weds 12-2pm Homemade soup lunch £3 Thurs 12.30, 2- course lunch, bingo £5 (booking essential) Fri 11-1.30 Lets Do Lunch- cooking in a small group & sharing lunch	Open to all, no referrals needed	



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Lawrence Weston Baptist Church Food Bank	BS11 0HL	117-119 Long Cross, Lawrence Weston	0117 923 5343	office@b ristoInwf oodbank. org.uk	Take-home food box/bag / Free	Thursdays 10am- 12pm	Residents of BS1, BS8, BS9, BS10, BS11, BS35, BS34 / Referral needed, click here for advice
Oasis Long Cross Food Pantry	BS11 0LP	98B Long Cross, Lawrence Weston	07788 338701	longcros s@oasisl ongcross .org	Take-home food bag / £1 membership, £4 per shop	Wednesdays 12.45-2.30pm	Local residents / No referral needed
Shirehampt on JTE Hub	BS11 0DE	24 High St, Shireham pton, Bristol	07305 066478	projectco ordinator @jtehub shire.org	Food items such as baked goods, ambient & frozen. Pet food also available / Free	Mondays, Tuesdays, Thursdays 9am - 8pm, Wednesdays 9am- 3pm	Everyone welcome / No referral needed



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St Andrews Bristol North West Foodbank	BS11 9EN	St. Andrew's Church, Social Justice Hub, Avonmout h Road,	0117 923 5343	office@b ristolnwf oodbank. org.uk	Take-home food parcel: free / Tuesday drop-in lunch: free	Mondays 10am- 12pm	Residents of BS1, BS8, BS9, BS10, BS11, BS35, BS34 / Referral needed, click here for advice
The Rock Centre Lunch Club	BS11 0QF	Ridingleaz e, Lawrence Weston,	0117 938 4636	therockc entre@h otmail.co m	Two-course meal, sometimes have fruit & veg to take home, call to see what's available / £3	Thursdays 11.50- 1.30	Local residents / Call to book a place