

Food banks and free emergency food in Newcastle

If you are struggling to afford to eat, food banks or charities may be able to help. There are places that give free food or food vouchers to people who need it most 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](#).

What is a Food bank?

Food banks give emergency food parcels to people who are in crisis. They are usually run by volunteers. You will need to be referred to a Food Bank by an agency and given a food bank voucher. There are places in Newcastle where you can get a food parcel in an emergency. Emergency food parcels usually contain dried or tinned food that you can cook at home to make meals.

Find food help near you

Search our organisation directory to find foodbanks near you.

Search for Foodbank organisations

Location:

Postcode:

You can also see our list of where to get [free or cheap meals in Newcastle](#)

Foodbanks open on

Mondays

Name	What's available	How to use the service
<p><u>Newcastle West End Foodbank</u></p> <p>Address: <u>The Venerable Bede Church</u>, West Road, NE4 8AQ</p> <p>Email: <u>laura@nclwefb.org.uk</u></p> <p>Website: <u>newcastlewestend.foodbank.org.uk</u></p> <p>Telephone: <u>0191 275 3019</u></p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 10am to 11:30am</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Vinnie's Support at St Vincent's Centre Newcastle</u></p> <p>Address: Newbridge Street, NE1 2TQ</p> <p>Email: <u>stvincentsnewcastle@svp.org.uk</u></p> <p>Website: <u>svp.org.uk/st-vincents-newcastle</u></p> <p>Telephone: <u>0191 261 6027</u></p>	<p>1 emergency food parcel</p> <p>Free emergency packs of food, clothing, toiletries and sanitary products for those in need.</p> <p><u>Free hot meal</u> available on Tuesdays</p> <p><u>Free Clothing Support</u> available on Thursdays</p>	<p>Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm</p> <p>Who can use it: all welcome</p> <p>How: Call or email to arrange collection</p> <p>They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.</p> <p>You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.</p>

<p><u>Newcastle West End Foodbank</u></p> <p>Address: Galafield Centre Newbiggin Lane, Newbiggin Hall, Newcastle upon Tyne, NE5 1LZ.</p> <p>Email: laura@nclwefb.org.uk</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 9am to 12pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Kenton Food bank</u></p> <p>Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE</p> <p>Mobile: 07540 272051</p> <p>Telephone: 0191 286 4640</p>	<p>Food parcels for single people, couples and families. The parcel has enough food in for 7 days.</p>	<p>How to use this service: bring ID and proof of benefits</p> <p>Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel</p> <p>Open: Monday to Friday, 10am to 1pm</p>

Tuesdays

Name	What's available	How to use the service
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<p><u>Newcastle West End Foodbank</u></p> <p>Address: Newcastle Foodbank Centre, 331 Benwell Lane, NE15 6NG</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Email:laura@nclwefb.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 10am to 1pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Newcastle West End Foodbank</u></p> <p>Address: <u>Lemington Methodist Church</u>, 1 Algernon Road, NE15 8DT</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Email:laura@nclwefb.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 9.30am to 11.30am</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>

<p><u>Cornerstone Benwell</u></p> <p>Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p>Email: cornerstonebenwell@gmail.com</p> <p>Telephone: 0191 226 0941</p> <p>Website: cornerstonebenwell.com</p> <p>Facebook: Cornerstone Benwell</p>	<p>Emergency food parcel available with enough food to last for a few days.</p> <p>They can refer you to the West End Foodbank for further support.</p>	<p>Open: Tuesday, Wednesday, Thursday 9am to 2pm</p> <p>Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd.</p> <p>How to use service: You can turn up at one of the sessions to collect a parcel.</p> <p>Please contact them or leave them a message to let them know that you will be attending.</p>
<p><u>Connect25 Foodbank</u></p> <p>Address: Connect25 Food Bank, NE6 2AR</p> <p>Email: foodbank@thekcfoundation.co.uk</p> <p>Website: thekcfoundation.co.uk</p> <p>Tel: 0797 647 9111</p>	<p>Emergency food parcel delivery</p>	<p>Open: Tuesday to Thursday 10am to 4pm</p> <p>Referral needed: from KC Foundation before 12pm on Wednesdays</p> <p>Who can use it: people who need it in Byker and Newcastle</p> <p>How: You can complete a referral form on their website. You can have 3 food parcels a year.</p> <p>When: Deliveries take place on Thursdays between 2pm and 5pm</p>

Vinnie's Support at St Vincent's Centre Newcastle

Address: Newbridge Street, NE1 2TQ

Email: stvincentsnewcastle@svp.org.uk

Website: svp.org.uk/st-vincent-newcastle

Telephone: [0191 261 6027](tel:01912616027)

Free emergency packs of food, clothing, toiletries and sanitary products for those in need Monday to Friday 10am to 3pm.

Free hot sit in or take away meals cooked by volunteers 11am to 1pm

Free Clothing Support available on Thursdays

Open: Food parcels and essential supplies Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm

Vinnie's Lunch Cafe
Tuesdays: 11am to 1pm

Who can use it: all welcome

How to access Food Parcel: Call or email to arrange collection

They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.

You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.

How to access free meal: Drop in for free hot meal on Tuesdays

<p><u>Kenton Food bank</u></p> <p>Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE</p> <p>Mobile: <u>07540 272051</u></p> <p>Telephone: <u>0191 286 4640</u></p>	<p>Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.</p>	<p>How to use this service: bring ID and proof of benefits</p> <p>Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel</p> <p>Open: Monday to Friday, 10am to 1pm</p>
<p><u>CDW Food Bank</u></p> <p>Address: West Denton Church, Middlegate, West Denton, NE5 5AY</p> <p>Email: <u>cdwfoodbank@gmail.com</u></p> <p>Website: <u>cdwfoodbank.co.uk</u></p> <p>Main Telephone: <u>07493 056 985</u></p>	<p>Free emergency food parcels for people who need them</p>	<p>How to use this service: You can turn up without an appointment</p> <p>Or contact them on Facebook or their website to arrange to collect a food parcel.</p> <p>Cost: free</p> <p>Open: Tuesdays and Thursdays, 12.30pm to 2.45pm</p>

<p><u>Holy Spirit Church, Denton</u></p> <p>Address: Holy Spirit Church, West Denton, Dunblane Crescent, West Denton, NE5 2BE</p> <p>Website: achurchnearyou.com/denton-holy-spirit</p> <p>Mobile: 079 9001 9355</p> <p><u>Facebook</u></p>	<p>Free emergency food parcels for people who need them. With enough food for 2 or 3 meals.</p> <p>Parcels are available for single people, couples and families. They include dried, tinned foods and snacks.</p> <p>Refreshments are available during this session</p> <p>Information is available from West End Foodbank and Your Homes Newcastle during the session</p>	<p>Who is it for: anyone who needs it</p> <p>How to use this service: you can turn up without an appointment. (drop in)</p> <p>Cost: free</p> <p>Open: Tuesdays 10am to 12pm</p>
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Wednesdays

Name	What's available	How to use the service
<p><u>Newcastle West End Foodbank</u></p> <p>Address: The Food Bank Centre, Benwell, NE15 6NG</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Email: laura@nclwefb.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 10am to 1pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>

<p><u>Newcastle West End Foodbank</u></p> <p>Address: Galafield Centre Newbiggin Lane, Newbiggin Hall, Newcastle upon Tyne, NE5 1LZ.</p> <p>Email:laura@nclwefb.org.uk</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 9am to 12pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Newcastle West End Foodbank</u></p> <p>Address: Heaton Baptist Church Heaton Road, Newcastle upon Tyne, NE6 5HN</p> <p>Email:laura@nclwefb.org.uk</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 2pm to 3.30pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>

<p><u>Cornerstone Benwell</u></p> <p>Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p>Email: cornerstonebenwell@gmail.com</p> <p>Telephone: 0191 226 0941</p> <p>Website: cornerstonebenwell.com</p> <p>Facebook: Cornerstone Benwell</p>	<p>Emergency food parcel available with enough food to last for a few days.</p> <p>They can refer you to the West End Foodbank for further support.</p>	<p>Open: Tuesday, Wednesday, Thursday 9am to 2pm</p> <p>Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd.</p> <p>How to use service: You can turn up at one of the sessions to collect a parcel.</p> <p>Please contact them or leave them a message to let them know that you will be attending.</p>
<p><u>Connect25 Foodbank</u></p> <p>Address: Connect25 Food Bank, NE6 2AR</p> <p>Email: foodbank@thekcfoundation.co.uk</p> <p>Website: thekcfoundation.co.uk</p> <p>Telephone: 0797 647 9111</p>	<p>Emergency food parcel delivery</p>	<p>Open: Tuesday to Thursday 10am to 4pm</p> <p>Referral needed: from KC Foundation before 12pm on Wednesdays</p> <p>Who can use it: people who need it in Byker and Newcastle</p> <p>How: You can complete a referral form on their website. You can have 3 food parcels a year.</p> <p>When: Deliveries take place on Thursdays between 2pm and 5pm</p>

<p><u>Vinnie's Support at St Vincent's Centre Newcastle</u></p> <p>Address: Newbridge Street, NE1 2TQ</p> <p>Email: stvincentsnewcastle@svp.org.uk</p> <p>Website: svp.org.uk/st-vincent-newcastle</p> <p>Telephone: 0191 261 6027</p>	<p>Free emergency packs of food, clothing, toiletries and sanitary products for those in need.</p> <p><u>Free hot meal</u> available on Tuesdays</p> <p><u>Free Clothing Support</u> available on Thursdays</p>	<p>Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm</p> <p>Who can use it: all welcome</p> <p>How: Call or email to arrange collection</p> <p>They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.</p> <p>You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.</p>
<p><u>Kenton Food bank</u></p> <p>Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE</p> <p>Mobile: 07540 272051</p> <p>Telephone: 0191 286 4640</p>	<p>Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.</p>	<p>How to use this service: bring ID and proof of benefits</p> <p>Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel</p> <p>Open: Monday to Friday, 10am to 1pm</p>
<p><u>Byker Mutual Aid</u></p> <p>Email: bykercovid19@outlook.com</p> <p>Address: Byker Mutual Aid, C/o St Michael's Centre, NE6 2AL</p> <p><u>See their Facebook page for updates</u></p>	<p>Local people helping people in Byker</p> <p>Food parcels and occasional cooked meals</p>	<p>Who is it for: people living in Byker</p> <p>Cost: Free</p> <p>Open: Wednesdays 3pm to 4pm</p> <p>How to use this service: Contact them</p>

Thursdays

Name	What's available	How to use the service
<p><u>Walker and District Foodbank</u></p> <p>Address: City of God Christian Centre, 25 Church Walk, Walker, NE6 3DP</p> <p>Email: info@walkerdistrict.foodbank.org.uk</p> <p>Website: walkerdistrict.foodbank.org.uk</p> <p>Telephone: 07517 846 366</p> <p>Mobile: 07496 803150</p>	<p>Emergency food parcel</p>	<p>Open: 11am to 1.30pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are then given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Newcastle West End Foodbank</u></p> <p>Address: <u>The Venerable Bede Church</u> West Road, NE4 8AQ.</p> <p>Website: newcastlewestend.foodbank.org.uk</p> <p>Email: laura@nclwefb.org.uk</p> <p>Telephone: 0191 275 3019</p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 10am to 1pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>

<p><u>Newcastle West End Foodbank</u></p> <p>Address: <u>St Silas' Church</u>, Clifford Street, Byker, Newcastle Upon Tyne, NE6 1PG</p> <p>Website: <u>newcastlewestend.foodbank.org.uk</u></p> <p>Email: <u>laura@nclwefb.org.uk</u></p> <p>Telephone: <u>0191 275 3019</u></p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 2pm to 3.30pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>
<p><u>Newcastle West End Foodbank</u></p> <p>Address: <u>Lemington Methodist Church</u>, 2 Loraine Terrace, Lemington, Newcastle upon Tyne, NE15 8EA</p> <p>Website: <u>newcastlewestend.foodbank.org.uk</u></p> <p>Email: <u>laura@nclwefb.org.uk</u></p> <p>Telephone: <u>0191 275 3019</u></p>	<p>Emergency food parcel which gives 3 days of nutritionally balanced food.</p> <p>Closed Bank Holidays</p>	<p>Open: 5pm to 6.30pm</p> <p>Referral needed: Contact the Foodbank to find details of organisations that can refer you and give you a food bank voucher such as the Citizens Advice Newcastle.</p> <p>You are given a food bank voucher to swap for emergency food at the food bank.</p>

<p><u>Cornerstone Benwell</u></p> <p>Address: 62 Armstrong Road, Newcastle upon Tyne, NE4 7TU</p> <p>Email: cornerstonebenwell@gmail.com</p> <p>Telephone: 0191 226 0941</p> <p>Website: cornerstonebenwell.com</p> <p>Facebook: Cornerstone Benwell</p>	<p>Emergency food parcel available with enough food to last for a few days.</p> <p>They can refer you to the West End Foodbank for further support.</p>	<p>Open: Tuesday, Wednesday, Thursday 9am to 2pm</p> <p>Who can use the service: People must live within 2 miles of Cornerstone on Armstrong Rd.</p> <p>How to use service: You can turn up at one of the sessions to collect a parcel.</p> <p>Please contact them or leave them a message to let them know that you will be attending.</p>
<p><u>Connect25 Foodbank</u></p> <p>Address: Connect25 Food Bank, NE6 2AR</p> <p>Email: foodbank@thekcfoundation.co.uk</p> <p>Website: thekcfoundation.co.uk</p> <p>Tel: 0797 647 9111</p> <p>Opening Times: Tuesday to Thursday 10am to 4pm</p>	<p>Emergency food parcel delivery to those who need it in Byker and Newcastle.</p>	<p>Open: Tuesday to Thursday 10am to 4pm</p> <p>Referral needed: from KC Foundation before 12pm on Wednesdays</p> <p>Who can use it: people who need it in Byker and Newcastle</p> <p>How: You can complete a referral form on their website. You can have 3 food parcels a year.</p> <p>When: Deliveries take place on Thursdays between 2pm and 5pm</p>

<p><u>Vinnie's Support at St Vincent's Centre Newcastle</u></p> <p>Address: St Vincent's Blackfriars @ The Ouseburn, NE1 2TQ</p> <p>Email: stvincentsnewcastle@svp.org.uk</p> <p>Website: svp.org.uk/st-vincent's-newcastle</p> <p>Telephone: 0191 261 6027</p>	<p>Free emergency packs of food, clothing, toiletries and sanitary products for those in need.</p> <p><u>Free hot meal</u> available on Tuesdays</p> <p><u>Free clothing support</u> available on Thursdays</p>	<p>Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm</p> <p>Who can use it: all welcome</p> <p>How: Call or email to arrange collection</p> <p>They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.</p> <p>You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.</p>
<p><u>Kenton Food bank</u></p> <p>Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE</p> <p>Mobile: 07540 272051</p> <p>Telephone: 0191 286 4640</p>	<p>Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.</p>	<p>How to use this service: bring ID and proof of benefits</p> <p>Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel</p> <p>Open: Monday to Friday, 10am to 1pm</p>

<p><u>CDW Food Bank</u></p> <p>Address: West Denton Church, Middlegate, West Denton, NE5 5AY</p> <p>Email: cdwfoodbank@gmail.com</p> <p>Website: cdwfoodbank.co.uk</p> <p>Main Telephone: 07493 056 985</p>	<p>Free emergency food parcels for people who need them</p>	<p>How to use this service: You can turn up without an appointment</p> <p>Or contact them on Facebook or their website to arrange to collect a food parcel.</p> <p>Open: Tuesdays and Thursdays, 12.30pm to 2.45pm</p>
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Friday

Name	What's available	How to use the service
<p><u>Kenton Food bank</u></p> <p>Address: 177 Kirkwood Drive, Kenton, Newcastle upon Tyne, NE3 3BE</p> <p>Mobile: 07540 272051</p> <p>Telephone: 0191 286 4640</p>	<p>Low cost food parcels for single people, couples and families. The parcel has enough food in for 7 days.</p>	<p>How to use this service: bring ID and proof of benefits</p> <p>Cost: £3 for a single parcel. £4 couples parcel. £5 family parcel</p> <p>Open: Monday to Friday, 10am to 1pm</p>

<p><u>Vinnie's Support at St Vincent's Centre Newcastle</u></p> <p>Address: St Vincent's Blackfriars @ The Ouseburn, NE1 2TQ</p> <p>Email: stvincentsnewcastle@svp.org.uk</p> <p>Website: svp.org.uk/st-vincent-newcastle</p> <p>Telephone: 0191 261 6027</p>	<p>Free emergency packs of food, clothing, toiletries and sanitary products for those in need.</p> <p><u>Free hot meal</u> available on Tuesdays</p> <p><u>Free Clothing Support</u> available on Thursdays</p>	<p>Open: Monday to Thursday 10.30am to 3.30pm and Fridays 10am to 2pm</p> <p>Who can use it: all welcome</p> <p>How: Call or email to arrange collection</p> <p>They fill in a referral form with you or you can be referred by a support worker, GP, Job Centre or other professional.</p> <p>You can have 1 emergency parcel. If more parcels are needed a letter of request is needed.</p>
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Saturday and Sundays

No food banks open at the moment

Free meals

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

Read the list in full where you can find a [free meal or cheap food in Newcastle](#)

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

Cost of living help and support from Newcastle City Council

Newcastle City Council's [Cost of Living website](#) has information about where to get help and support on a range of issues. This includes with:

- Benefits, debt, money and energy advice
- Housing support
- [Wellbeing Hubs](#) – a directory of places offer support. This includes community centres and libraries where people can go to stay warm while accessing free wi-fi, help and advice, learning new skills and taking part in activities such as cookery classes. You can also register your service as a Hub here.
- Help with school and learning costs, free childcare
- Council tax discounts and exemptions
- Crisis support and emergency funds

You can contact the [Cost of Living Helpline at Newcastle City Council](#) for help and support. You can complete their online form to ask for help or call the free helpline. They can signpost you to local help and support including:

- emergency food parcels
- [winter wellbeing hubs](#): warm spaces in the local community where you can spend time and enjoy facilities such as Wi-Fi, hot drinks or food.

- help to manage your electricity or gas payments

Wellbeing Hubs

Wellbeing Hubs are a 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 Wi-Fi, place to charge your devices, information, advice and more.

Visit [Newcastle.gov.uk](https://www.newcastle.gov.uk) to find what support is available at a hub near you. You can search by postcode area, day of the week and by type of facilities available.

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

Food Parcels available on request

Name	What's available	How to use the service
<p><u>Building Futures East</u></p> <p>Email: <u>covidsupport@buildingfutureseast.org</u></p> <p>Social Media: <u>Facebook</u> or <u>Twitter</u></p> <p>Telephone: <u>0191 263 2752</u></p>	<p>Deliver emergency food parcels, hygiene products, dog and cat food to people in Byker and Walker only.</p> <p>They can provide employment support, training advice.</p> <p>They're a Winter Wellbeing Hub where you can spend time for free.</p>	<p>How to use: Referral needed from a professional such as a GP, JobCentre work coach, social prescriber or social worker</p> <p>Ring or email to make a referral</p>

Families 1st – North Newcastle Food Bank

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

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

Mobile: [07912581204](tel:07912581204)

Email: foodbank@families1st.uk

Website:
www.northnewcastlefoodbank.com

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

Emergency food parcels available to anyone in need, for up to families of 10 people. The parcel includes food for 4 to 5 meals. It can include some fresh and tinned food. It also includes toiletries, period products and baby items such as nappies.

Parcels can be collected or delivered for a small fee.

Delivery of food parcels available in these areas:

Mondays: NE4, NE5, NE15.

Wednesday: NE3, NE13

Friday: NE6, NE28, NE29

Contact them:
Monday to Saturday
from 9.30am

Who can use the service:
anyone in need

Emergency referrals accepted

How to access: 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: 1 food parcel to collect £3.50

1 food parcel delivered £5

Feeding Families

Address: 46 Blaydon Bank, Gateshead
NE21 4AU

Email: info@feedingfamilies.org.uk

Delivers food boxes to schools, local charities and other organisations to give to people in need.

Christmas dinner meal boxes delivered to your home

(These are donated by members of the public)

Cost: free

How to access:
Referral from a professional, such as GP

They do not take direct applications direct from individuals.

Email for more details

Food & Solidarity

Address: 120-126 Buckingham St,
Newcastle upon Tyne
NE4 5QR

Telephone: 07393 101018

Website: linktr.ee/Food_N_Solidarity

Email: foodandsoldiarity@gmail.com

Mutual aid groups in the West of Newcastle who provide weekly food parcels upon request

Who can use the service: people on a low to moderate income

How to access: 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.

Cost: It costs £3 a month to be a member and receive a food parcel

<p><u>St Martin's Centre</u></p> <p>Address: St Martin's Centre, Roman Avenue, Byker, NE6 2RJ</p> <p>Telephone: <u>0191 276 4002</u></p> <p>Website: stmartinscentre.org.uk</p> <p>Email: info@stmartinscentre.org.uk</p>	<p>One off emergency food parcel. For example when being discharged from hospital.</p> <p>Or 4 weeks of food parcel support.</p>	<p>How to use the service: Referral form to be completed by a professional . Contact the centre for copy of form</p> <p>Food Parcels can be collected on Thursdays.</p> <p>Who can use the service: anyone living in Byker or Walker area</p>
<p><u>Justice and Peace (Diocese of Hexham and Newcastle)</u></p> <p>Address: St. Vincent's Support Centre, New Bridge Street, Newcastle upon Tyne, NE1 2TQ</p> <p>Telephone: <u>07407 091184</u></p>	<p>Supermarket vouchers and bags of food and toiletries available to refugees and asylum seekers</p>	<p>How to access: Ring or email</p>
<p><u>Junction 42</u></p> <p>Email: ciaran.grant@junction42.org</p>	<p>Delivery of food parcels with a referral made by www.thekcfoundation.co.uk</p>	<p>How to use: for people leaving prison on the Work Out Programme only.</p>

<p><u>Newcastle Central Mosque</u></p> <p>Address: Newcastle Central Mosque, The White House Grainger Park Road, Newcastle Upon Tyne, NE4 8RQ</p> <p>Telephone 0191 273 0262</p> <p>Website: newcastlecentralmosque.com</p> <p>Email: contact@newcastlecentralmosque.com</p>	<p>Emergency Food Parcel available</p> <p>School meals during the holidays or half term.</p>	<p>How to access: <u>Fill in a form on their website</u></p> <p>When you submit the online form someone will contact you within 8 hours to arrange a time for you to collect your food parcel from the Mosque.</p>
<p><u>Hazlerigg Community Centre</u></p> <p>Telephone: 07925 127 972</p>	<p>Emergency food parcels available on request</p>	<p>How to use: Visit their Facebook page to find out what food parcels are available or call for more details</p>

Other help available in Newcastle

- **Welfare and Wellbeing Team** at Newcastle City Council can help with food if you are self-isolating due to Covid and struggling to get the food you need
- **Emergency funds and crisis support are available if you're experiencing hardship**
- **Support for people on a low income support**
- **Free meals and cheap food in Newcastle** Volunteers prepare hot nutritious meals for people in need in Newcastle
- **Cost of living support in Newcastle** visit the council website to find out more about Wellbeing hubs and more
- **Help with clothing** for adults, families, children. This includes school uniform and work or interview clothes
- **Help with shopping, prescriptions, befriending, pets and gardening**
- **NHS Healthy Start Scheme** provide free prepaid cards to people on certain benefits, who are pregnant or have children under the age of 4. The card can be used to buy the child or

children milk, fruit, vegetables and vitamins.

- [Help with Heating Problems and How to Pay for Them](#)
 - [Help with the Cost of Maintenance and Repairs](#)
-

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](#)

Where to 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.

Benefits advice in Newcastle

Speak to someone about the benefits you may be entitled to and how they may impact upon your other benefits. A local independent advice service can help guide you through the process such as:

- [Citizens Advice Newcastle](#) provide advice to anyone in Newcastle
- [Newcastle Welfare Rights Service](#) provide advice to people in priority groups including those over 65. They have [self help material](#) on their website.

There are more benefit advice services available across Newcastle. Visit 'Where to get benefit advice' here www.newcastle.gov.uk

Other useful information

[Money Advice Service](#) provides online information on the full range of benefits that you may be entitled to. This also includes where to find more help and advice.

[Peace of Mind Communities](#) help refugees and asylum seekers. Their projects include:

- a food bank for people in Bensham
 - an advice drop in session
 - a small fund to help destitute refugees and asylum seekers in emergencies
 - help to fill the holiday gap with activities and refreshments for children and carers during the holidays
-

Making a donation to a food bank

Food banks are ran by charities and voluntary groups. They welcome donations. You can often donate food that you have bought at a supermarket at drop off points near the checkouts. Please check with the food bank to see what kind of donations they need. They may prefer donations of:

- money
 - essential food items – they usually have a list of food items that they need most
 - online food shopping delivered directly to their centre at a set time
 - supermarket vouchers
-

Christmas and public holidays

Food banks, emergency food parcel providers and other support services may have different hours or be closed on public holiday days. You can find more information on [Christmas opening times for support services](#)

Last updated: December 12, 2023

Useful Organisations

Citizens Advice Newcastle (CAN)

Email: tracy@newcastlecab.org.uk

Website: <http://citizensadvice-newcastle.org.uk>

Telephone: 0191 2292750

Address: 4th Floor, City Library, NE1 8AX

Welfare Rights Service – Newcastle City Council

Email: welfare.rights@newcastle.gov.uk

Website: www.newcastle.gov.uk/welfarerights

Telephone: 0191 277 2627

The Muslim Initiative

Email: info@themusliminitiative.com

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

Telephone: N/A

The Peoples Kitchen

Email: info@peopleskitchen.co.uk

Website: www.peopleskitchen.co.uk

Telephone: 0191 222 0699

Address: The People's Kitchen, NE4 5SQ

Newcastle West End Foodbank

Email: laura@nclwefb.org.uk

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

Telephone: 0191 275 3019

Address: Newcastle Food Bank Centre, NE15 6LX

The Venerable Bede Church

Email: church@benwellscotswood.com

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

Telephone: 0191 273 5356

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

Connect25 Food Bank

Email: foodbank@thekcfoundation.co.uk

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

Telephone: 0797 647 9111

Address: Connect25 Food Bank, NE6 2AR

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

Crisis Skylight Newcastle

Email: enquiries.newcastle@crisis.org.uk

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

Telephone: 0191 222 0622

Address: City House, NE1 2AF

Walker and District Foodbank

Email: info@walkerdistrict.foodbank.org.uk

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

Telephone: 07561 711594

Address: 25 Church Walk, NE6 3DP

Feeding Families

Email: info@feedingfamilies.org.uk

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

Telephone: 01919087163

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

Families 1st 4 Additional Needs

Email: support@families1st.uk

Website: <https://families1st4additionalneeds.co.uk>

Telephone: 0191 217 0079

Address: The Brunswick Park Centre, NE13 7EG

Kenton Food Bank

Email: kentonfoodbank.lore@gmail.com

Telephone: 07540 272 051

Address: 177 Kirkwood Drive , NE3 3BE

Heaton Baptist Church

Email: office@heatonbaptist.org

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

Telephone: 0191 265 7044

Address: Heaton Road, NE6 5HN

The Galafield Centre

Email: newcastleouterwestenquiries@newcastle.gov.uk

Telephone: 0191 277 7800

Address: Galafield Centre, NE5 1LZ

Justice and Peace (Diocese of Hexham and Newcastle)

Website: http://www.rcdhn.org.uk/social_concerns/justice_and_peace.php

Telephone: 07407 091184

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

Refill

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

Telephone: 07407 091184

Address: Studio 5 York Court, BS2 8QH

CDW Food Bank

Email: cdwfoodbank@gmail.com

Website: www.cdwfoodbank.co.uk

Telephone: 07493 056 985

Address: West Denton Church, NE5 5AY

Healthy Start Scheme

Email: healthy.start@nhsbsa.nhs.uk

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

Telephone: 07493 056 985

Address: Healthy Start, NE1 6SN

Byker Mutual Aid

Email: bykercovid19@outlook.com

Telephone: 07493 056 985

Address: Byker Mutual Aid, NE6 2AL

Holy Spirit Church, Denton

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

Telephone: 0191 267 4633

Address: Holy Spirit Church, NE5 2BE

Cost of Living Helpline at Newcastle City Council

Website: <https://newcastle.gov.uk/cost-living-support>

Telephone: 0800 170 7001

Address: Newcastle City Council , NE1 8QH

St Martin's Centre

Email: info@stmartinscentre.org.uk

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

Telephone: 0191 276 4002

Address: St Martin's Centre, NE6 2RJ

Food & Solidarity

Email: organiser@foodandsolidarity.org

Website: www.foodandsolidarity.org

Telephone: 07393 101018

Address: Food & Solidarity, NE4 5QR

Related Articles

[Free meals and cheap food in Newcastle](#)

[Emergency funds and support](#)

[Places of worship](#)

[Welfare benefits](#)

[Help with heating problems and how to pay for them](#)

[The practicalities of moving home](#)

[Universal Credit](#)

[Managing your money](#)

[Meals at home](#)

[Support for people with low incomes](#)

[Help with shopping and prescriptions](#)

[Help with clothing](#)

[Christmas opening times for support services](#)