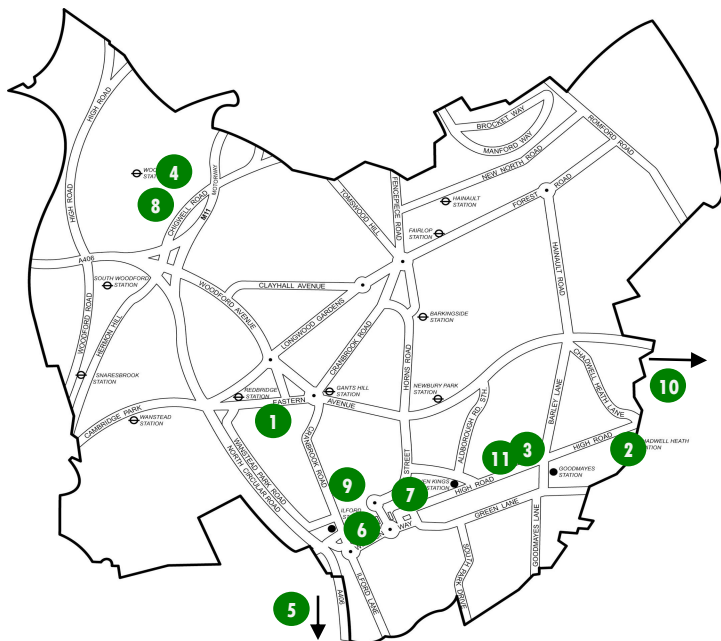


# Food Support in Redbridge

The following organisations provide emergency supplies of food and/or other support to local people in crisis.



## Other support

**3Food4U**, Food and clothes at local venues in Essex. [3food4u.org](http://3food4u.org), 01992 842642 or 07973 166940

**Tears in Action**, [www.facebook.com/tearsinaction](https://www.facebook.com/tearsinaction), 07988 256708 or 07503 577256.  
Food parcels, clothes and emotional support.

- 1 Frenford Youth Club**, Jack Carter Centre, The Drive, IG1 3PS  
Monday, Wednesday and Friday - 2.30pm to 5.00pm  
Contact [info@frenfordclubs.org](mailto:info@frenfordclubs.org) or 020 8558 0992 for more info
- 2 Al Huda Food Bank**, 14 Wangey Road, RM6 4AJ  
Sunday - 2.00pm to 4.00pm  
Contact [alhudauk.welfare@gmail.com](mailto:alhudauk.welfare@gmail.com) or 07913 121096 for more info
- 3 Al Ansar Islamic Education Centre**, 833 High Road, IG3 8TD  
Saturday - 2.00pm to 4.00pm & Sunday - 12.00pm to 2.00pm  
Contact [info@masjidansar.com](mailto:info@masjidansar.com) or 020 8597 5092 or 07464 367194 for more info
- 4 Prospect Hall Food Bank Covid Aid Community Group**, Prospect Road, IG8 7NA  
Please call to book or for more info on 020 3137 3984 or 020 8616 0535
- 5 Humdum UK, Ripple Centre**, 121 Ripple Road, IG11 7FN  
Every Saturday from 12.00pm - Hot meals at the centre and take away food parcels available  
Contact 07917 454786 for more info
- 6 Salvation Army**, 15 Clements Road, IG1 1BH  
Nappies and baby clothing also available  
Contact [ilford@salvationarmy.org.uk](mailto:ilford@salvationarmy.org.uk) or 020 8478 2961 for details
- 7 Fatima's Foodbank**, Peabody Children's Centre, Jaffe Road, IG1 4BB  
Please call 07791 190131 to book between Monday and Friday, 10.00am to 4.00pm  
Visit [facebook.com/FatimaFoodBank](https://facebook.com/FatimaFoodBank) or call 07791 190131 for more info
- 7 Peabody Toddler Bank**, Peabody Children's Centre, Jaffe Road, IG1 4BB  
Toddler clothing, shoes, food and other essentials | Appointments available on Friday  
Call to book on 020 8708 5800 or email [thackeraydrivecc@redbridge.gov.uk](mailto:thackeraydrivecc@redbridge.gov.uk)
- 8 Baby Bank**, Orchard Children's Centre, Liston Way, IG8 7BL  
Baby clothes, equipment and toiletries | Drop in Wednesday – 9.00am to 12.00pm  
Contact [orchardbabybank@redbridge.gov.uk](mailto:orchardbabybank@redbridge.gov.uk) for more info
- Redbridge Food Bank**, 14 Granville Road, IG1 4JY
- 9** Vouchers at: [redbridge.foodbank.org.uk/get-help/foodbank-vouchers](http://redbridge.foodbank.org.uk/get-help/foodbank-vouchers)  
Tuesday - 12pm to 1pm, Wednesday - 2pm to 4pm & Saturday - 10am to 1pm  
Contact [info@redbridgefoodbank.org](mailto:info@redbridgefoodbank.org) or 020 8518 0056 for more info
- The Trussell Trust**, The Wykeham Centre, Market Place, RM1 3AB
- 10** Vouchers at [www.trusselltrust.org](http://www.trusselltrust.org)  
Friday - 12.30pm to 2.30pm  
Contact [info@collierrowromford.foodbank.org.uk](mailto:info@collierrowromford.foodbank.org.uk) or 07548 674958 for more info
- Chapters Food Bank**, 29 Telegraph Mews, IG3 8TA
- 11** Vouchers at [chaptersfoodbank.org](http://chaptersfoodbank.org)  
Emergency hygiene products also available  
Please call to book on 07752 415343