



Access to Emergency Food Support in Medway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Medway Foodbank 9.30am-3.30pm	Medway Foodbank 9.30am-3.30pm	Medway Foodbank 9.30am-3.30pm	Medway Foodbank 9.30am-1.30pm		
Gillingham Street Angels 9am-1pm	Gillingham Street Angels 9am-1pm	Gillingham Street Angels 9am-1pm	Gillingham Street Angels 9am-1pm	Gillingham Street Angels 9am-1pm	Gillingham Street Angels 9am-1pm	
Chatham Salvation Army Bags of Hope 10.30am-1pm		Medway Street Angels Soup Kitchen 7pm Clover Street Car park	Medway Street Angels Soup Kitchen 7pm Clover Street Car park	Chatham Salvation Army Bags of Hope 10.30am-1pm	Open House Project Rochester Soup kitchen runs Saturday, 2-4pm Quaker Meeting House, Northgate, Rochester.	One Big Family Soup Kitchen. Sundays - Globe Lane Car Park, Chatham. 6.30pm
Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information	Kent Community Helpers Check 'Kent Community Helpers' on Facebook for food drop information
Spice Fusion Parkwood: #kitchentokids Meals are prepared Monday morning and go out for delivery Monday afternoon across Medway.				Time for the Homeless Soup Kitchen 8pm H Samuels, Military Rd		
Time for the Homeless Soup Kitchen Chatham 7pm H Samuels, Military Rd				Time for the Homeless Soup Kitchen Rochester 8.45pm Boat Lane car park, Opposite The Eagle Tavern		



Access to Emergency Food Support in Medway

Coronavirus Medway Support

Medway Council are supporting residents who have been advised to self-isolate by the NHS Test and Trace team and residents who are clinically extremely vulnerable. If you need support with food, shopping, medicines or prescriptions, call 01634 333 103 or email covid.support@medway.gov.uk

Gillingham Street Angels

Our mission is helping the homeless, needy, and vulnerable people of all ages in the Medway towns. We run from our shop at 43 Skinner Street, Gillingham. We supply food parcels, including fresh food.

Phone: 07827 298882

Facebook: The Gillingham Street Angels

Shop: 43 Skinner Street, Gillingham

Shop open Monday—Saturday from 9am-1pm for food, clothing, toys, etc.

Kent Community Helpers

If you are on Facebook you can follow the group 'Kent Community Helpers' (previously called Free Food in Kent and Medway).

Check the Facebook page for the latest information regarding food drops across Medway.

Medway Foodbank

Medway Foodbank will provide a minimum of three days non-perishable emergency food to local people in crisis.

We work in partnership with frontline care professionals to identify people in need.

Phone: 01634 757057

Email: info@medway.foodbank.org.uk

Website: www.medway.foodbank.org.uk/

Spice Fusion Parkwood: #kitchentokids

Currently preparing 300 or so meals a week and that can increase if demand requires for those who need them, no charge. They do currently have the capacity for the meals to be delivered.

Meals are prepared Monday morning and go out for delivery Monday afternoon across Medway.

Any requirements can be emailed to

info@spicefusionkent.com. Information needed is number of meals, full address and contact number.

Please note that those receiving food will need the ability to reheat it.

All Saints Community Project

Based at The Magpie Centre, Magpie Hall Road, Chatham, we provide community activities, advice, and training.

Call for information on food support: 01634 845419

<https://www.facebook.com/allsaintscommunityprojecttrust>

<https://www.allsaintscommunityproject.org.uk/>



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Medway Street Angels

MSA is a charity that supports the local homeless community, as well as others in need, in the Medway area of Kent.

Will take referrals for food parcels through their Facebook page.

<https://msahomeless.co.uk/>

<https://www.facebook.com/themedwaystreetangels/>

Soup Kitchen 7pm Clover Street Car park Wednesday and Thursdays.

Caring Hands

Caring Hands in the Community is a registered charity that has been feeding and supporting people who are homeless, vulnerable, and at the margins of the community since 2001.

Phone: 01634 409768

Website: caringhands.org

Address: 15a-16 New Road Avenue, Chatham, Kent ME4 6BA

Open House Project Rochester

The Open House Project is a charity which offers hot food, drinks and company to homeless or vulnerably housed people from across Medway.

Soup kitchen runs Saturday, 2-4pm Quaker Meeting House, Northgate, Rochester.

<https://www.facebook.com/ohprochester/>

One Big Family

One Big Family is a small, dedicated charity, supporting homeless and vulnerably-housed people in Kent. We provide food, drink, clothing, toiletries, and other vital items to those in need via regular outreach work and soup kitchens.

<https://www.facebook.com/OBFHTH/>

<https://www.helpingthehomeless.org.uk/>

Soup Kitchen. Sundays - Globe Lane Car Park, Chatham. 6.30pm

Time for the Homeless

A non-profit small group of volunteers who go out daily helping and advising the homeless and vulnerable of Medway, Swale and Maidstone. Also help those in need by supplying food parcels and other items.

<http://www.timeforthehomeless.co.uk/>

email:

timeforthehomeless@outlook.com

Telephone: 07496108583

Due to the pandemic, running a reduced soup kitchen timetable which is as follows:

Monday: Chatham **7pm** H Samuels, Military Rd

Friday: Chatham **8pm** H Samuels, Military Rd and

Rochester **8.45pm** Boar Lane car park, Opposite The Eagle Tavern

Further support for children and families



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Homestart Medway

Can offer various support to families with at least one child under the age of 5 years living in Medway.

Office: 3 Canterbury Street Gillingham Kent ME7 5TP

Phone: 01634 570717

Website: <https://home-startmedway.org.uk/>

Children and family hubs

The Early help teams for Medway are available for families. For any additional support please contact your local children and family hub.

Chatham – 01634 338833

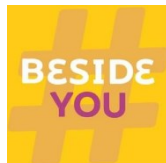
Gillingham – 01634 338877

Strood – 01634335533

Wayfield – 01634 337733

Medway Health Visitors

Medway Health Visiting service can be contacted through the on duty HV line 0300 123 3444.



Breastfeeding support

<https://www.wearebesideyou.co.uk/>

www.facebook.com/besideyoukentmedway/



Healthy Start Voucher Scheme

Healthy Start is an important scheme to improve the health of low-income pregnant women and children under the age of 4 years.

It offers a voucher of at least £3.10 per week to spend on selected groceries. This will increase to £4.25 from April.

Families qualify for Healthy Start they are at least 10 weeks pregnant or have a child under four years old and get:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit; or Universal Credit with no earned income or total earned income of £408 or less per month for the family.
- If under 18 and pregnant, they are eligible even if they don't get any of the above benefits

Apply online <https://www.healthystart.nhs.uk/>

Guidance and support in applying for Healthy Start can be found through the helpline 0345 607 6823.

You can also get access to vitamins which are recommended for children under 5s and during pregnancy.

Please note: This scheme will be moving away from voucher and onto a card which will be loaded with the money instead and used in any food store that takes card payment.