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| **MORNING****MORNING****MORNING** |  | **FOOD BANKS****Services on offer:** Emergency food (3 days worth on presentation of a voucher) and support to people locked in poverty. **Time and location:**10am to 12pm ***Letchworth****:* Mrs Howard Memorial Hall,Norton Way South, Letchworth Garden City, SG6 1NX.***Hitchin:***Our Lady’s Scout Hall, Church of our Lady Immaculate & St Andrew, 16 Nightingale Road, Hitchin, SG5 1QS***Baldock:***St Mary’s Church Hall, Church Street, Baldock SG7 5AE**Person to contact:** 07825 300437info@letchworth.foodbank.org.uk **FOOD BANKS****Referral process:** Foodbanks work with a range of local agencies who meet people at risk of going hungry these agencies can refer residents by issuing them with a Foodbank voucher. When attending the Foodbank you will be welcomed by one the volunteers to discuss your needs and prepare your food parcel.  | **BEST BEFORE CAFÉ** **Services on offer:** Pop up café and food boutique in Letchworth which utilises surplus or unsold supermarket food which would otherwise go to landfill. Hot food options such as panini’s or jacket potatoes are also offered. All services operate on a pay-as-you-feel basis.**Time and location:**10am – 2pm in the Main Hall at the Mrs Howard Memorial Hall, Norton Way South, Letchworth Garden City**Person to contact:** Suzy Holding bestbeforecafe@gmail.com**BEST BEFORE CAFÉ** **Referral process:** no referral needed, just turn up on the day, all welcome. There are no prices in the cafe.**ROYSTON FOODBANK****Services on offer:** Emergency food (3 days worth on presentation of a voucher) and support to people locked in poverty. **Time and location:**9.30am to 12.30pmThe Openhouse Project4 Market HillRoystonSG8 9JL**Person to contact:** 07541 808185info@royston.foodbank.org.uk **ROYSTON FOODBANK****Referral process:** Foodbanks work with a range of local agencies who meet people at risk of going hungry these agencies can refer residents by issuing them with a Foodbank voucher. When attending the Foodbank you will be welcomed by one the volunteers to discuss your needs and prepare your food parcel. | **HITCHIN FOOD RESCUE HUB****Services on offer:** Food boutique where unsold food, otherwise destined for destruction, is rescued and offered to the community.**Time and location:** 10am – 1pm at Church House, Churchyard, Hitchin SG5 1HP**Person to contact:** Emma Goulding hello@hitchinfoodrescuehub.uk**Referral process:** no referral process, anyone is welcome to simply come and have a cup of tea or coffee, meet new friends and reconnect with the community. Everything is available on a pay-as-you-feel basis.**SALVATION ARMY LETCHWORTH****Services on offer:** Letchworth Ark Community Drop In. Practical and emotional support. Signposting.Can provide the basic things such as warm clothes, bedding, personal items and a hot meal and a chat.**Time and location:**9.30am to 12pm at Letchworth Salvation Army, Norton Way North , LetchworthSG6 1BH**Person to contact:** letchworth@salvationarmy.org.uk 01462 677263**Referral process:**None, all welcome. | **FOOD BANKS****Services on offer:** Emergency food (3 days worth on presentation of a voucher) and support to people locked in poverty. **Time and location:**10am to 12pm ***Letchworth****:* Mrs Howard Memorial Hall,Norton Way South, Letchworth Garden City, SG6 1NX.***Hitchin:***Our Lady’s Scout Hall, Church of our Lady Immaculate & St Andrew, 16 Nightingale Road, Hitchin, SG5 1QS***Baldock:***St Mary’s Church Hall, Church Street, Baldock SG7 5AE**Person to contact:** 07825 300437info@letchworth.foodbank.org.uk **FOOD BANKS****Referral process:** Foodbanks work with a range of local agencies who meet people at risk of going hungry these agencies can refer residents by issuing them with a Foodbank voucher. When attending the Foodbank you will be welcomed by one the volunteers to discuss your needs and prepare your food parcel.  | **ROYSTON FOODBANK****Services on offer:** Emergency food (3 days worth on presentation of a voucher) and support to people locked in poverty. **Time and location:**3pm to 5pmThe Openhouse Project4 Market HillRoystonSG8 9JL**Person to contact:** 07541 808185info@royston.foodbank.org.uk **Referral process:** Foodbanks work with a range of local agencies who meet people at risk of going hungry these agencies can refer residents by **ROYSTON FOODBANK**issuing them with a Foodbank voucher. When attending the Foodbank you will be welcomed by one the volunteers to discuss your needs and prepare your food parcel.**WILBURY COMMUNITY CAFÉ****Services on offer:**Family play session, drinks and cakes, dance workshops and crafts. Plus pennies and pounds stall. School uniform and a Food Boutique Table thanks to Best Before Café. **Time and location:**First Saturday of every month from 10.45am to 12.30pm at Wilbury Hall (opposite Tesco on Bedford Road)**Person to contact:** wilburycommunity.org.uk**Referral process:**None, all welcome. | **THE NEED PROJECT****Services on offer:** Food packages to support individuals and families who are experiencing food deprivation.Other items to meet immediate and essential needs, as resources allow.Support to meet immediate need and alleviate financial hardship.**Time and location:**King's Baptist Church, The Green, Stotfold, SG5 4AN.**Person to contact:** Gordon Hamilton 07952 765302 admin@theneedproject.co.uk**Referral process:**We only take referrals from statutory bodies **THE NEED PROJECT**(Social Services, Children’s Centres, Healthcare professionals etc) or recognised community groups (local churches, other religious organisations, schools etc).We are not able to take self referrals. If you are in need please apply for help through one of the referral bodies.**GETTING ROOTED COMMUNITY INTEREST COMPANY**There are two community vegetable gardens accessible to the public as part of the Getting Rooted social enterprise. This offers people the chance to pick fresh organic veg (mainly loose salads and green leaf veg) in winter.1) The 'Sunnyside Pick-Your-Own Veg Patch' which is the community front veg  garden.23 Pulters Way, SG4 9JJ.2) The pallet raised veg beds at Our Lady's Church/Hitchin Foodbank opposite Bancroft Gardens. Users of these gardens are welcome to help with maintenance of these gardens too if able. |
| **AFTERNOON****AFTERNOON** | **SALVATION ARMY LETCHWORTH****Services on offer:** Lunch Club.**Time and location:**12.30pm at Letchworth Salvation ArmyNorton Way North LetchworthSG6 1BH**Person to contact:** letchworth@salvationarmy.org.uk 01462 677263**Referral process:**All welcome but please book in advance. 2 course lunch with tea/coffee for just £4.**KINGS COMMUNITY CHURCH****Services on offer:** Kings Kitchen – once a month (on the second Monday), we warmly invite you to share a hot two-course meal with us and enjoy some home cooked food in a friendly, welcoming atmosphere.**Time and location:**12.30pm at Kings Community Church. 16 Whiteway, Letchworth Garden City SG6 2PP**Person to contact:** Chris or David Wheatley 01462 677250 office.kcc@btinternet.com**Referral process:** Anyone welcome and there is no charge but if you can let us know you're coming that would be great. | **RON’S PLOT ALLOTMENT**Community Allotment Garden in Hitchin. Learn, Grow and Share fresh organic produce.**Time and location:**Tuesdays 1pm-3pmSaturdays 11am-1pm**Ron’s Plot**Outdoor Learning CentreNext to Buzzworks HoneyworksBurford Way AllotmentsWestmillHitchinSG5 2UY**Person to contact:** Aletheia Mashiri07717 215242Or via Facebook:Getting Rooted in Hitchin.**Referral process:**None, all welcome. |  |  |  | **RON’S PLOT ALLOTMENT**Community Allotment Garden in Hitchin. Learn, Grow and Share fresh organic produce.**Time and location:**Tuesdays 1pm-3pmSaturdays 11am-1pm**Ron’s Plot**Outdoor Learning CentreNext to Buzzworks HoneyworksBurford Way AllotmentsWestmillHitchinSG5 2UY**Person to contact:** Aletheia Mashiri07717 215242**RON’S PLOT ALLOTMENT**Or via Facebook:Getting Rooted in Hitchin.**Referral process:**None, all welcome. | **GETTING ROOTED COMMUNITY INTEREST COMPANY****Person to contact:** Aletheia Mashiri07717 215242Or via Facebook:Getting Rooted in Hitchin.**Referral process:**None, all welcome. |
| **EVENING**  |  | **FEED UP WARM UP****Services on offer:**Food parcels, clothes bundles, emergency welfare packs, hot meals, haircuts, chiropody appointments, CAB advice and signposting**Time and location:**6pm to 8.30pm at St. Andrew and St. George’s Church. St. Georges Way, Stevenage SG1 1XX**Person to contact:** Shane Colefeedupwarmup@gmail.com**Referral process:** Walk ins welcome, services available to everyone, brief referral form completed on first visit to gage level of need. | **FEED UP WARM UP****Services on offer:** Food parcels, clothes bundles, emergency welfare packs, hot meals, haircuts, chiropody appointments, CAB advice and signposting**Time and location:** 6pm to 8.30pm at The Scout Hut at Our Lady Immaculate and St Andrew Catholic Church. 16 Nightingale Rd, Hitchin SG5 1QS**Person to contact:** Shane Colefeedupwarmup@gmail.com**Referral process:** Walk ins welcome, services available to everyone, brief referral form completed on first visit to gage level of need. |  |  |  |  |
| **OCTOBER HALF TERM****28TH OCTOBER** **TO****3RD NOVEMBER** | **MAKE LUNCH****Services on offer:** Children from low income families are invited to enjoy a nutritious lunch for free. This is a joint initiative between Churches Together, Foodbank, Letchworth Heritage Foundation and Best Before Cafe. **Time and location:**Monday 28th October11.30am to 1.15pm St Paul’s Church Hall,179 Pixmore Way, Letchworth Garden City, SG6 1QT**Person to contact:** Elaine Carrecarr.tlg@gmail.comReferral process:No referrals, please RSVP to the email address above. | **Foodbank** in Baldock, Hitchin and Letchworth open 10am-12pm as usual.  | **Best Before Café** Open as usual 10am - 2pm.**Royston Foodbank**Open as usual 9.30am-12.30pm | **Hitchin Food Rescue Hub** Open as usual 10am – 1pm. | **Foodbank** in Baldock, Hitchin and Letchworth open 10am-12pm as usual. | **Royston Foodbank**Open as usual 3pm-5pm. | **THE NEED PROJECT****Services on offer:** Food packages to support individuals and families who are experiencing food deprivation.Other items to meet immediate and essential needs, as resources allow.Support to meet immediate need and alleviate financial hardship.**Time and location:**King's Baptist Church, The Green, Stotfold, SG5 4AN.**Person to contact:** Gordon Hamilton 07952 765302 admin@theneedproject.co.uk**Referral process:**We only take referrals from statutory bodies  |