

## Help is out there if you're hungry!

### Ways to find or give food and other support:

If you're struggling, you're not alone. We've personally been there, so we know how isolating and desperate it can feel. Remember, almost anyone can find themselves in this situation. Support is out there and the number of groups trying to help offers us hope for humans and the world.

**COVID does mean change - some Foodbanks are operating delivery and collection schemes instead of (or as well as) collections and donation drop offs.**

**Please always contact them first to check.**

Community kitchens and gardens may have to temporarily close during lockdowns and while social distancing measures are needed. Please try to be understanding, this is also to save lives as well as for legal reasons. Others are doing delivery when they can. Most will hopefully open again as soon as possible. Other groups may have restricted opening times. During the pandemic, please respect social distancing guidelines and wear a mask where-ever possible to help protect others as well as yourself. Thanks.

### If you're hungry and self-isolating

because you have COVID or have been in contact with someone who has, contact [The Council's Hub](#) on [0115 915 5555](#) to get help and advice, especially if you need support getting essentials like food and medicines. Please let any organisation who might be delivering food to you know you're self-isolating.

We are an independent, non-funded organisation and can't provide these services ourselves. This pdf is meant for signposting purposes. **Please contact organisations directly to get up-to-date details.**

More information about groups active in Nottingham can be found at [Nottingham City Council](#), [Nottingham Good Food Partnership](#) & [NCVS](#). General info about foodbanks can be found at [The Trussell Trust UK](#).

Please contact organisations directly for COVID updates

### WHO WE ARE:

Nott Normal is Nottingham's independent, creatively ambitious accessible and adaptive arts collective.

We are run by people who face barriers to access and inclusion because of disability, special needs, neurodivergence, or long-term health condition / injury.

We have experienced not knowing where the next meal is coming from as millions currently are.

In 2019, we started the annual #BigCheeseRoll event with Hope Foodbanks & The National Justice Museum. We raise donations for Foodbanks while playfully commemorating the direct action of Nottingham Cheese Riots against food poverty during the 1766 Goose Fair. The Big Cheese Roll is a big, positive, proactive, fun, family-friendly, accessible, uniting, annual event to grow mutual support and awareness. But it is one day in the year and people need to eat for 365 days a year.

This brief guide shares some of the organisations that you can turn to receive or to give support in the fight against hunger.

You are not alone.

nottnormal.life

For those wanting or needing to help, the links on the following pages are for you too.

We've broken everything down into categories so you can scroll down to what you need or feel able to support. **Please check current safety guidelines and requirements before going to a foodbank or project.**

**Homelessness / Unsafe Housing:** we list help if you are sleeping rough, sofa surfing, at-risk of losing your home or needing to leave for your own safety. In this booklet there is a section on food kitchens specifically geared towards helping people living on the street or in insecure housing. In the 'Other Support' section you'll find a \* next to groups and services that can help you keep or get a safe place to live, or safely leave abuse.

**Special Access Needs:** Where the info has been available to us, we've noted access levels of buildings, but we don't know each venue. We recommend asking about food parcel home deliveries and donation pick-ups for Foodbanks. During COVID, deliveries are increasingly the norm and are far safer for everyone, particularly those of us with underlying health problems, long-term injuries, or disabilities. If you know about the access levels of one of the venues listed please let us know so we can update our records for others. Thanks.

**Dietary Needs:** Where-ever possible we've noted when vegetarian & vegan options are available or focused on. We have no details available about which places provide for those of us with food allergies or other extra dietary needs. Once again, it may be best to contact groups before-hand. *If you are a supplier of gluten-free, nut-free or diabetic-friendly foods, etc, donating some to a foodbank or community kitchen would be absolutely amazing!*

## **Foodbanks; on the front-line fighting food poverty:**

**This first list offer delivery & are feeding people during the COVID crisis.**

- **Chayah Development** (St. Anne's, Bulwell and Clifton) Call Hyacinth on 07582 117053 or email [info@chayahgroup.co.uk](mailto:info@chayahgroup.co.uk)
- **FYA, Lets Shine Give A Smile, Mojatu, FMB and Inspire Succeed** (focuses on supporting Africans, Caribbean, refugees and those from the new and emerging groups) Call 0115 7846 666, Text or WhatsApp 07496982391/ [joan@mojatu.com](mailto:joan@mojatu.com)
- **Nottingham Islam Information Point** (city wide) Call Harun on 0115 8458520 or email [nottinghamislam@gmail.com](mailto:nottinghamislam@gmail.com)
- **Nottingham School of Boxing / Haasil Education for all** (city wide) Call Ommarah on 07776534358 or Roohi on 07748905657 or [nottinghamboxing@outlook.com](mailto:nottinghamboxing@outlook.com)
- **Signpost to Polish Success** (mostly for Eastern Europeans) Collection & Delivery, call 07375146935 or email [help@empp.co.uk](mailto:help@empp.co.uk)

**We've highlighted the Foodbanks said to be operating deliveries during lockdowns. Please contact these Foodbanks directly for updates because opening times, etc may be subject to change until COVID is gone.**

Please contact organisations directly for COVID updates

[Hope Foodbanks](#) generally operate in various locations, connecting a network across Nottingham. However, during COVID lockdown / partial lockdown most are delivery only and the system is more centralised. Those highlighted are the ones Nottingham City Council reports to be operating (deliveries) during the pandemic. Please contact to arrange delivery or collection. Unless another number is given, to contact them please call 0303 040 1110 / 0115 9787 776, email [hope@hopenottingham.org.uk](mailto:hope@hopenottingham.org.uk) /check out their [Facebook Page](#) for updates.

- **Bestwood & Bulwell:** email Nigel at [covid19@bestwoodbulwellfoodbank.org](mailto:covid19@bestwoodbulwellfoodbank.org). Call (0115)9751825 Collections on Saturday, limited deliveries Tuesday & Thursday
- Bethesda Community Hall, Forester Street, **Netherfield**, Notts, NG4 2LJ. Opening & donation times both Wednesdays, 1:30pm - 3pm.
- Bilborough Library, Bracebridge Drive, **Bilborough**, Nottingham, NG8 4PN. Opening & donation times both Wednesdays, 10am - 12pm.
- Bridgeway Hall Methodist Church, **Meadows**, Nottingham, NG2 2JD. Opening times & donation times both Tuesdays 5:30pm - 7pm, Fridays 10am - 12pm, Saturdays 11am - 1pm
- Grangewood Methodist Church, Grangewood Rd, **Wollaton**, Nottingham, NG8 2SJ. Opening and donation times both Fridays, 10am - 12pm.
- Hope House, Boundary Road, **Beeston**, Notts, NG9 2RF. Opening times: Mondays & Wednesdays 9:30am - 12pm, Thursdays & Saturdays 9:30am - 10:30am. Donation times: Monday to Thursday 9:30am - 4pm, Saturdays 9:30am - 10:30am.
- Main Street Methodist Church, 88 Carlton Hill, **Carlton**, Nottingham, NG4 1EE. Opening times: Tuesdays, 12pm - 2:45pm. Donation times: Tuesdays, 12pm - 2pm.
- 4, Montrose Court, **Stapleford**, Notts, NG9 8LJ. Opening & donation times both Wednesdays & Thursdays, 9am - 11:30am.
- **Mt Zion Millennium Church**, Churchfield Lane, (near **Alfreton Rd**) Nottingham, NG7 5QS. Opening & donating times both Tuesdays & Thursdays, 10am -12pm.
- Phoenix Farm Methodist Church, Wollaton Avenue, **Gedling**, Nottingham, NG4 4HX. Opening and donating times both: Fridays, 1:30pm - 3pm
- **Phoenix Hall**, **Aspley**, delivery only during COVID, (see Hope details above)
- Springs of Life Church, Clumber Hall, **High Cross Street, Nottingham**, NG1 3AX. Opening times: Wednesdays 10am -12pm. Donation times: Saturday 10am - 12pm.
- St Barnabas Church, Barn Croft, **Chilwell**, Notts, NG9 4HU. Opening and donation times both Tuesdays, 1:30pm - 3pm.
- St Martha's Church, 135 Frinton Road, **Broxtowe**, Nottingham, NG8 6GR. Opening times: Wednesdays & Fridays, 10am - 12pm. Donation times weekday mornings.
- The Haven Church, Wadsworth Road, **Stapleford**, Notts, NG9 8BD. Opening and donation times both Thursdays & Fridays, 10am - 12pm.
- **The Meadows Foodbanks** (including Bridgeway?)(**delivery only during COVID**). Use contact details above or call Dave on 07979725894
- Hope Centre, Southchurch Drive, **Clifton**, Notts, NG11 8AQ. Opening times & donation times Tuesdays & Saturdays, 9:30am - 11am. Contact no: 07538916757.
- Hope Church and St Francis' Church, Farnborough Road, **Clifton**, Notts, NG11 8JX. Opening times and donation times both Tuesdays & Saturdays, 10am - 11:30am. For this foodbank please contact 07538916757 to arrange to donate at other times.

Please contact organisations directly for COVID updates

## Other Independent Foodbanks: *(again, please double-check timings. We've highlighted some in yellow that the council says are delivering during COVID)*

- Barnbygate Methodist Church, 15a Barnbygate, **Newark**, Notts, NG24 1PX. Opening & donation times both Tuesdays 3pm - 5pm, Fridays 1pm - 3pm. Ring 07417409919.
- Christ Church, Derby Road, **Long Eaton**, Notts, NG10 4NE. Opening times: Tuesdays & Fridays, 10am - 12pm. Please ring 07950547671 to arrange delivery.
- Daybrook Baptist Church, Mansfield Road, **Daybrook**, Nottingham, Notts, NG5 6AA. Opening times: Mondays, Wednesdays, Fridays, 1:30pm - 3pm. Ring to find out when & how to donate, on 07854690684.
- **Grace Church, (delivery only during COVID, NG7)** Call Lindsay on 07712 545614 or [lindsay.cressey@gracechurchnottingham.org](mailto:lindsay.cressey@gracechurchnottingham.org)
- **Grace Church (after COVID) Castle Boulevard**, Nottingham, NG7 1FT. This foodbank will accept JobCentre Plus referral forms. Opening times: Mondays 2:30pm - 4pm, Thursdays 10:30am - 12pm. Please ring 0115 9502332 to arrange delivery.
- **Himmah delivery only (during COVID)**, delivery Mon-Fri, call Paul on 07767391548. You will need a referral form found at [www.himmah.co.uk](http://www.himmah.co.uk)
- **Himmah (after COVID)** Unit 2, Hubert Court, **Hyson Green**, Nottingham NG7 5AJ. Use the link above to donate funds or check out the [Facebook Group](#).
- Sherwood Forest Food Bank, Stable Centre, 12 Church Street, **Mansfield Woodhouse**, Notts NG19 8AH. Opening & donating times: Mondays & Thursdays, 1:30pm - 4pm. Contact the Foodbank at 07932452533.
- St Anns and Sneinton Food Store *for those on zero income only*: **St Anns** Advice Centre, The Chase Neighbourhood Centre, Robin Hood Chase, Nottingham, NG3 4EZ. Call 07979159095 or 0115 9081532 for more information.
- St Philip's Church, Knight's Close, **Top Valley**, Nottingham, NG5 9AJ. Opening & donation times both Tuesdays & Thursdays 1pm - 3pm, Saturdays 10am - 12pm. 0115 9751825
- Tuxford Methodist Church, Newcastle Street, **Tuxford**, Notts, NG22 0LN. Opening and donating times both Tuesdays, 10am - 1pm. For more info ring: 07417409919.

## Community Kitchens Delivering During COVID *(City-wide or nearly city-wide kitchens that say they cater for everyone are highlighted in pink. Other kitchens only have the capacity to serve their local area or to focus on one cultural community who are often under-served by mainstream services. Please see details below.)*

- **Bestop Café** (covering Bestwood) 3 courses, delivery only, Tues, Fri 07394 516490 or email: [bestopkitchennottingham@gmail.com](mailto:bestopkitchennottingham@gmail.com)
- **Crocus Café** (Wollaton West & East, Meadows & Lenton) delivery or collection. Call (0115) 9505080 /email [crocuscafe@real-lives.co.uk](mailto:crocuscafe@real-lives.co.uk)
- **Evolve** (Aspley, Bilborough, Leen Valley): Microwavable meal delivery: Call Karen on 07783440096
- **Guru Nanak's Mission**: Mondays 5-7pm - *Delivery only* during lockdown call Jatinder on 07973963217 or email [jat@gurunaksmission.uk](mailto:jat@gurunaksmission.uk)
- [Marcus Garvey Action](#) & **ACNA (hot African meals)** catering for African Caribbean elderly and vulnerable citizens who are among the most disadvantaged by institutional

Please contact organisations directly for COVID updates

racism & often under-served by or alienated from mainstream services. £2.00-3.50 per meal. MGAG - 07598947966 Monday - Sunday 10am - 7pm Or contact Enid Lee Brown on 07505100458 and 0115 969 1364 Monday - Friday 10am - 2pm

- **Paul's Pantry:** (Bulwell) Tuesday & Thursday, referral only through Bulwell Academy, primary schools & SSBC
- **The Square Meal:** (Wollaton West & East, Meadows & Lenton) deliveries on Tuesday. FMI: [www.facebook.com/thesquaremealuk/](http://www.facebook.com/thesquaremealuk/)
- **Sycamore Dining:** 2 courses £4, Mon, Wed, Fri delivery. Call Chris: 07967 034276
- **The Village Food Project:** Delivering culturally appropriate food for the Asian community. Samina Ali on 07817555511 or [Villagecatering@mail.com](mailto:Villagecatering@mail.com)
- **Vine Community Centre** (covering NG5,6,7 & 8) Sunday roasts to high risk individuals and senior citizens. Call (0115) 9249700
- **YWAM, Dales** (St. Annes, Mapperley, Dales) Wednesday, Fri & Sat delivery only, call 07412484344, or email [ywamforge@gmail.com](mailto:ywamforge@gmail.com)

## Community Kitchens; combating food crises while

**cooking up connections:** *(Please contact first. These volunteer-run kitchens are often not legally or safely able to open during COVID. Some may offer deliveries if they have the capacity (e.g. space to allow volunteers to socially distance). They're all run on love and good will. Many are run by communities who're among those at highest risk. These kitchens have provided food for years, often across communities to any who needs it.)*

[Guru Nanak Community Kitchen](#) Nottingham's Sikh Community is very active in the fight against food poverty. Though they experience a lot of racism, three times a week volunteers from one of three kitchens prepare up to 70 *free* hot meals for anyone who is struggling.

**During COVID they may be delivery only**, see above. When COVID is not a threat they serve them at 7.30pm on Albert Street, outside Marks & Spencers on Monday, Wednesday and Thursday evenings. **Please contact for up to date info re COVID.** All food is vegetarian & eggless to include more people. Click for [Guru Nanak's donation information](#).

[ICCA Dosti Luncheon Club](#) is low-cost award-winning food served in welcoming surroundings. 'Dosti' is the Hindi & Urdu word for friendship. The Indian Community Centre is a beautiful venue with lifts for access. The luncheon club is open from 12.30pm 'till 1.30pm (Monday to Friday), serving vegetarian meals from £2.60 for children, £3.70 adults, £3.25 pensioners & meat meals from £2.90 children, £3.99 adults & £3.40 for pensioners. Portions are generous and filling & the atmosphere is warm.

[Salaam Shalom Kitchen](#) (SASH) began as a joint venture between Nottingham Liberal Synagogue & Muslim Charity Himmah, providing a safe, welcoming space and a *free* meal for anyone struggling. This project has drawn national media attention. Meals are on Wednesdays at the Bridge Centre in Hyson Green from 6pm. Muslims & Jews are minority communities that experience a lot of discrimination. SASH breaks down barriers while fighting hunger & isolation for local people.

[Sharing Sherwood](#) makes vegetarian & vegan meals from surplus food donated by shops & supermarkets when it is safe to do so. They cook it and serve it up at Sherwood Methodist Please contact organisations directly for COVID updates



Church at 6pm on the 2nd Sunday of each month. It's not free but profits from the minimum donation of £2.50 adults and £1.50 children go to Nottingham foodbanks. The venue is level access.

The Peoples' Kitchen at [The Sumac Centre](#) is normally held on Saturday evenings but check the [Facebook Group](#) before to make sure. All meals are vegan & very low cost. The Sumac is linked to [Veggies Catering Campaign](#) who have been national trailblazers in vegetarianism then veganism since 1984. Main entrance (*not wheelchair accessible, has many steps*) 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. *Accessible entrance on 73 Beech Avenue.*

[Super Kitchens](#) at various venues across Nottinghamshire, safely use surplus food to provide environmentally-friendly, freshly-made 'one menu' meals at fair prices. People eat socially, enjoying nutritious food that would otherwise go to waste. Costs vary but are generally low. Style, food types & access levels vary too but the shared ideal is to welcome all. Click on the [link](#) for more info.

## **\*Community Kitchens focused on helping those sleeping rough or without a permanent, safe home:**

\*[Tracy's Street Kitchen](#): based in Mansfield and operating in Nottingham. Once a week they provide 'food and a friendly face' to people living without a home. Contact Tracy: [07977 013405](tel:07977013405) or Andrew: [07710 754764](tel:07710754764) or email [dickinsontracy50@gmail.com](mailto:dickinsontracy50@gmail.com) to find out more.

\*[WalkersNotts](#) (for Homeless people), Sneinton Market Square, Gedling Street, Nottingham, NG1 1DS. Offers homeless people hot food, support & other basic needs on Tuesdays at 7pm. [Click to find out about how to donate.](#)

\*[The Saturday Food Group](#) - part of Nottingham **Refugee Forum's Anti-Destitution Project**. A hot meal, some groceries, & support for those who've had to flee their countries. This group is for those who've not (yet) been granted asylum and cannot legally work or claim any government support. Ring (0115) 9601230 for details.

## **Community Gardens; growing our future from the roots up:** *(please check if they're open first, and what their safety guidelines are)*

[Ecoworks' Dig & Dinner](#) for those able to help garden, Ecoworks invite you to join them on **Thursdays from 10am - 4pm** to garden, cook and eat on site. This is particularly open to local people in the **St. Annes** area. There are some access restrictions. For more information email: [hello@ecoworks.org.uk](mailto:hello@ecoworks.org.uk) or check out their [Facebook Page](#).

[Dig in Community Allotment](#) in **Stapleford** Albany Allotments on Pasture Road is run by and for local people of all ages & abilities. Offering planting space and a wealth of communal knowledge to help grow your own. Everything; tools, seeds etc are free. Regular Sessions on **Wednesdays & Saturdays 10am - 12pm.** [volunteering@diginstapleford.org.uk](mailto:volunteering@diginstapleford.org.uk) for more information.

Please contact organisations directly for COVID updates

[Nottingham Organic Gardeners](#) have a demonstration garden at **Whitmore Allotments**. They promote local, sustainable food growing methods for people to grow their own. For details of upcoming events and how to get involved check out their [Facebook Group](#).

[Sumac Centre Gardening Forest Fields](#) is usually on **Wednesday afternoons** but please contact them first to make sure there is an event. There are also small plots that individuals or groups can take on. To find out more email [sumaccafe@gmail.com](mailto:sumaccafe@gmail.com). The Sumac Centre promotes organic, local, vegan food. They can be found at 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. The main entrance *not wheelchair accessible*, the back entrance at 73, Beech Avenue *is wheelchair accessible* but the gardens may not be suitable for all access needs. Please [contact the centre](#) directly to ask details.

[Windmill Gardens](#): Opening Times: **Mondays 10am-1pm & Thursdays 10am - 4pm**. Find them at the south end of **Ascot Road, Aspley**. Climate-friendly gardening for local people of any nationality and age group. They say they 'cater for all abilities'. Check out their [Facebook Group](#) for info on upcoming events.

**Other Support Systems: you are not alone.** Some groups can be more vulnerable to food poverty. The following may help you or others. Many of these organisations also offer online support and phone support (during COVID), together with activities and meet-ups over zoom and social media. There's a \* beside organisations that can help deal with aspects of homelessness or help get you out of unsafe living arrangements.

- \*[Age UK, Nottingham & Nottinghamshire](#) offer advocacy & different kinds of support for senior citizens experiencing financial hardship, loneliness or \*abuse. They signpost to other services, and help speak up for you. Includes social groups including 'Silver Pride', 'Older Lesbians Network' & 'Men in Sheds'. Ring (0115) 8440011
- Community Centres & Cultural Centres – many have online meet-ups and classes too
- [Disability Direct](#) - People with disabilities & chronic illnesses are twice as likely to be going hungry according to an Equality & Human Rights Commission Report. Disability Direct, has been a 4<sup>th</sup> emergency service to many during lockdown. They offer all kinds of support to people disabilities and special access needs, along with their carers. They have no core funding, so help is always needed and appreciated. **Old Basford Community Centre**, Bramble Close, NG6 0QG. Call (0115) 9785095.
- \*[Emmanuel House](#) - supporting homeless, isolated & vulnerable adults. 53-61 **Goosegate**, Nottingham, NG1 1FE. Call 0115 9507140 for more information.
- \* [Framework Homelessness Prevention Service](#): 0800 055 6184/ [cap@frameworkha.org](mailto:cap@frameworkha.org), Val Roberts House, 25 Gregory Boulevard, Nottingham, NG7 6NX
- [Mojatu Foundation](#) empowers under-heard black & minority ethnic voices in this city. 167, Alfreton Road, Nottingham. Contact them on (0115) 854 7009.
- \*[Nottingham Arimathea Trust](#) - supported housing for destitute asylum seekers. All Souls Community Centre, **Ilkeston Road**, Nottingham, NG7 3HF. 0115 9249920.
- \*[Nottingham City Homes](#) – a branch of the council. Call the Housing Patch Manager, con 0115 746 9555 to make an appointment with your nearest housing office.
- \*[Nottingham Private Rented Assistance Scheme](#): This group largely help landlords but if you receive Universal Credit and are looking for a home, they can make arrangements for the rental element to be paid to the landlord at the beginning of the tenancy. [NPRAS@nottinghamcity.gov.uk](mailto:NPRAS@nottinghamcity.gov.uk) or call 0115 876 1644

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- \*[Nottingham Women's Centre](#) - 30, Chaucer Street, NG15LP. Since 1971, working towards political, economic & social equality for women. The centre can signpost to support if you're living with abuse. The centre aims to welcome all women regardless of age, race, disability, religion & belief, sexuality or transgender identity. The ground floor is wheelchair accessible. (0115) 941 1475.
- \*[POW Nottingham](#): supporting the rights and safety of sex-workers since 1990. Call (0115) 9249992 for general support / Carys on 07919370674 for community kitchen
- \*[Rainbow Project](#) - welcoming, befriending, supporting & signposting help for asylum seekers & refugees. The Vine Community Centre, Bobbersmill Road, **Hyson Green**, Nottingham, NG7 5GZ [info@nottinghamrainbowproject.org.uk](mailto:info@nottinghamrainbowproject.org.uk)
- \*[Refugee Forum](#) - offer a vital support system to asylum seekers & refugees. The Sycamore Centre, 33a Hungerhill Road, **St. Annes**, NG3 4NB. (0115) 9601230.
- \*[Shelter](#) – effective charity fighting homelessness: 0808 800 4444
- [Trade Unions](#) - When unfair pay or working conditions are a factor, a union may be able to help, e.g. [Unite](#), the UK's largest, who welcome people 'from all walks of life'.
- [Trans Hub, Nottingham](#) creates safe spaces for transgender individuals who would otherwise often be among the most isolated. Find them on [Facebook](#).
- \*[YMCA, Notts](#), focuses on the needs of young people & children. Based at NCVS, 7 Mansfield Road, Nottingham, NG1 3FB. Ring 0115 837 1871.
- \*[Welfare Rights Service](#) - Unbiased, confidential advice with benefits claim forms & appeal tribunals as well as checking what support you're entitled to. They also offer some guidance and support managing debts. Ring (0115) 915 1355.

There will be many other groups out there. The above just gives an idea. We hope you find what you need and/or give what you're able. We hope too that this booklet has helped.

#### Parting Thoughts:

Does your community centre, school playground, religious centre or workspace have an underused kitchen, store-room for foodbank donation collections or patch of under-used land that could be made into a vegetable plot, herb garden, greenhouse or orchard? Even a *safe*, flat rooftop can host a few tubs and pots. If you have a few keen or willing gardeners and can get or give permission to use a small patch of earth, you can help fight food poverty and climate change together. None of us can do everything. When you're hungry it's hard to think beyond getting the next meal and you should not judge yourself if at the moment that's all you can do. When you get through this, you can do more of what you feel drawn to do. None of us is perfect, all of us are vital. All the best.