

# Food Outlets and Foodbanks Supporting South Lakeland over Christmas

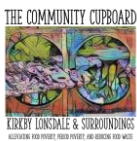
**Food Clubs/FareShare** – Set price bag of food available from a community building where households can register to become members and pay a small fee for picking up food for a week. Food often comes from Fare Share or surplus from local supermarkets and other suppliers.



**Ambleside Community Food Club & Café** – Last café 22<sup>nd</sup> Dec 10-12pm, then next is Jan 4<sup>th</sup>. Festive themed community lunch on Thursday 29<sup>th</sup> Dec – please see Parish Centre Facebook for all information and updates. For information contact: Ambleside Parish Centre, Vicarage Road, Ambleside Tel: **015394 34172** or email: [community@amblesidepc.org.uk](mailto:community@amblesidepc.org.uk)



**Grange Community Food Share** – Santa's Grotto on 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> Dec at the Community Food Store with festive hampers of surplus food available on a pay as you can basis (suggested donation £5) PLUS there are FREE festive games and circus skills taking place at the Victoria Hall on Sat 17<sup>th</sup> and Sun 18<sup>th</sup> Dec, all welcome. Food clubs will restart on Monday 9<sup>th</sup> and Saturday 14<sup>th</sup> Jan (more members welcome). For anyone needing access to the Food Store or delivery of a food parcel over the Christmas period, please contact **07985 505415**.



**Kirkby Lonsdale Food Club** – Working with Fareshare they provide members with a bag of in date food that would usually go to landfill. For a suggested donation of £2.50 a week, sign up at [klcommunity.co.uk](http://klcommunity.co.uk). Can also provide food parcels weekly or as need arises to help you get back on your feet. Visit [klcommunity.co.uk](http://klcommunity.co.uk) to register and place an order. Email: [coordinator@klcommunity.co.uk](mailto:coordinator@klcommunity.co.uk)



**Sedbergh Food Club** - This is a term time club operating on Thursdays 2-6.30pm for the Sedbergh community and surrounding area. A suggested donation of £3 per week will give you a share of the weekly Fareshare delivery (usually fresh fruit, veg, cooking sauces, snacks, pasta, bread). There is also a café running alongside. Membership is through registration via [www.ZeroWasteSedbergh.com](http://www.ZeroWasteSedbergh.com). For more information phone **07833 534710**

**Staveley with Ings Together Food Fare Share** – Based at the Staveley Pavilion Village Hall, runs on a Monday and food is currently £1.50 a box. To register or find out more please email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel: 07396 696726. Last club before Christmas is 19/12, restarts on 09/01/23.



**Ulverston Food Project** - Daily Community Food Share. Monday to Saturday 10am - 11.30am and Sunday 6pm - 7pm. Open to all, Pay as You Feel @ The Parish Centre, Church Walk, Ulverston, LA12 7EN. For holiday opening times check Facebook or contact [mail@ulverstonfoodproject.org](mailto:mail@ulverstonfoodproject.org) Tel: **07494 074822**.

## Hot meals available at:



**Manna House, Kendal** – We provide a free hot lunch and Housing and Benefits Advice on Tuesdays, Wednesdays and Fridays. We are shut over the Christmas period from end of day 23/12 to 10am on 03/01.

**Kendal People's Café** is a 'pay as you can' café serving meals, treats, snacks and refreshments every Saturday run by Waste into Wellbeing. For the latest information, including opening times and venues, visit [www.slacc.org.uk/wiw/](http://www.slacc.org.uk/wiw/) Follow us on Facebook [/kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/)

## **Community Food Shares - Pantries/Cupboards/Fridges** - places where food

is available for people to collect free of charge or where people can leave surplus food for others to collect. Food comes from FareShare and local contacts with supermarkets and other supplies.



**Waste into Wellbeing** – Runs two food projects in Kendal. The community food larder is open 3 days each week and is open to everyone. We ask for a £1 contribution for each bag collected. Kendal People's Café is a 'pay as you can' café serving meals, treats, snacks and refreshments every Saturday. For the latest information, including opening times and venues, visit [www.slacc.org.uk/wiw/](http://www.slacc.org.uk/wiw/) Follow us on Facebook [/kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/) Twitter [@kendalplscafe](https://twitter.com/kendalplscafe)



**Sedbergh Community Cupboard** – Operates alongside Sedbergh Food Club on Thursday afternoons. Sedbergh Community Cupboard operates as an informal food bank all year round. Self-referrals can be made via the Sedbergh Community Cupboard page of the Zero Waste Sedbergh website. You can also register by phoning **07833 534710**

**Kirkbarrow Food Share – enabled by Kirkbarrow Residents' Association** - Two food sheds are located on the estate for Kirkbarrow residents to access. Volunteers can also drop off food parcels to any residents in need either at addresses on the estate or within Kirkbarrow sheltered housing complexes. If you feel you would benefit, please email [rosetidewell@gmail.com](mailto:rosetidewell@gmail.com) with your name and address or contact your local councillor.

**Burneside Community Fridge** – A small team of volunteers run a cupboard and fridge, located in the heart of the village as a 'take what you need, give what you can' offer for the residents of Burneside. For more information email: [judithnotley@gmail.com](mailto:judithnotley@gmail.com)

**Staveley with Ings Together Community Cupboard** – To find out more please email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel: 07396 696726

**Food Banks** – no cost emergency food provision for households through referral agencies or direct referrals through local organisations e.g. Citizens Advice, Social Workers, Schools as appropriate.

**Barrow Food Bank** – Is operating up to Friday 23<sup>rd</sup> December. They will re-open on Tuesday 3<sup>rd</sup> January and will be working normal hours. There will only be minimal cover over the holiday period due to being closed, so we would encourage people to obtain a referral before we close. Anyone requiring an emergency food parcel please call **01229 343436**

**Ulverston Food Bank** – Open on a Mon/Thurs 11am – 1pm at the Bethany Christian Church, Ulverston. Food bank will be closed from 22<sup>nd</sup> December until 3<sup>rd</sup> January, anyone requiring an emergency food parcel please call **01229 343410**

**Windermere Food Bank** – will be open on Monday 19<sup>th</sup> December 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and 30<sup>th</sup> during these times if anyone requires urgent food supplies, please call **07789 728811**

**Kings Food Bank Kendal** – The food bank is operating up to and including Friday 23<sup>rd</sup> December. They will be closed Monday & Tuesday 26<sup>th</sup> & 27<sup>th</sup> December and open again on Wednesday 28<sup>th</sup> and Friday 30<sup>th</sup> December. We will then be back to working our normal Tuesday, Wednesday and Friday 12-3pm from Tuesday 3<sup>rd</sup> January.

**Milnthorpe Food Bank** – Open on Mon/Friday 9.am – 5.pm, over the Christmas season the food bank will be closed on Friday 23<sup>rd</sup>, 26<sup>th</sup>, 27<sup>th</sup> and Mon 2<sup>nd</sup> January. Anyone in urgent need over Christmas please call **07582 166564**