

# MORECAMBE FOOD BANKS & FOOD CLUBS

WHERE?	WHEN IS IT?	WHAT THEY OFFER
<p><b><u>Morecambe Pantry</u></b>  13 Queen Street, Morecambe, LA4 5EQ</p> <p><i>Contact: 01524 422211/  pantry@morecambeparish.church</i></p>	<p><b>Food pantry, Monday 9am-11am &amp; 2:30pm-6pm, Tuesday 2pm-6pm, Friday 3pm-7pm</b></p>	<p>Food club, Christian services, social events, drop-in sessions for advice &amp; guidance, basic cooking  Thursdays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> December &amp; Thursdays 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> January.</p> <p><b><i>*Membership required &amp; time slot needs to be booked.</i></b></p>
<p><b><u>The Well Communities</u></b>  1<sup>st</sup> Floor, West End Community Centre, Westminster Road, Morecambe, LA4 4JE</p> <p><i>Contact: 01524 415278 /  info@thewell2.co.uk</i></p>	<p><b>Food club, Friday 1pm-2:15pm</b></p> <p><b>Discounted food shop open 6 days a week Monday – Saturday 10:30am-3:30pm</b>  (17 Yorkshire Street, West End, Morecambe)</p>	<p>Food club, discounted food shop, support services (mental health, well-being, addiction, trauma, recovery housing &amp; family services).</p> <p><b><i>*Membership required &amp; time slot needs to be booked.</i></b></p>
<p><b><u>Grace Ministries</u></b>  37 Yorkshire Street, Morecambe, LA3 1QE</p> <p><i>Contact: 07378674229 /  GMgraceministriesLA3@gmail.com</i></p>	<p><b>Foodbank, Wednesday, Thursday &amp; Friday 10am-2:00pm</b></p> <p>Cake &amp; biscuits drop-in, Wednesday, Thursday &amp; Friday 10am-2:00pm</p>	<p>Emergency food parcels, cake &amp; biscuit drop-in, drop-in services, social benefits, clothing.</p>
<p><b><u>Lions Club</u></b>  St James' Church Hall, Heysham, LA3 2RT</p> <p><i>Contact: 01524 749706 or Ivan on 07752759288 / huff.ivan@sky.com</i></p>	<p><b>Food parcels, Thursday 4pm-6pm</b></p>	<p>Counselling assistance with situations such as addiction &amp; bereavement. They can signpost you Social Services or the Citizens Advice Bureau</p> <p><b><i>*Membership is required.</i></b></p>