

HelpHarrow

Are you **struggling to feed** yourself or family?

Food Support

Visit one of the community based food banks

FOOD BANK/SURPLUS MARKET 1

MONDAYS & THURSDAYS

11am-2pm

Flash Musicals, Methuen Road
Edgware, HA8 6EZ

FOOD BANK/SURPLUS MARKET 2

TUESDAYS 12-2pm

The Beacon - Malcolm Jeffery Place
Scott Crescent, South Harrow HA2 0TY

FOOD BANK/SURPLUS MARKET 3

TUESDAYS 11am-5pm

Livingstone House, 102A Watling Avenue
Edgware HA8 0LN

FOOD BANK/SURPLUS MARKET 4

WEDNESDAYS 12.30pm-1.30pm

Wellbeing Hub (near Outpatients Dept)
Royal National Orthopaedic Hospital
Stanmore HA7 4LP

FOOD BANK/SURPLUS MARKET 5

FRIDAYS 3-5pm

London Community Kitchen
The Bridge Community Centre
Christchurch Ave, Harrow HA3 5BD

FOOD BANK/SURPLUS MARKET 6

Various - Contact sailionyouth.org

Sai Lion Youth

Garden House, 5 St Johns Road, Harrow
HA1 2EE

FOOD BANK/SURPLUS MARKET 7

SATURDAYS 11am-1pm

Ealing Road Methodist Church
Ealing Road, Wembley HA0 4BN

FOOD BANK/SURPLUS MARKET 8

St PANTELEIMON

SUNDAYS 11am-12pm

St. Panteleimon Greek Orthodox
Church, 660 Kenton Road, HA3 9QN

FOOD BANK/SURPLUS MARKET 9

SUNDAYS 1pm-3pm

Sri Lankan Muslim Cultural Centre
2 Whitefriars Avenue, HA3 5RN

FOOD BANK/SURPLUS MARKET 10

Various - Contact MyYard.org.uk

MyYard, Grange Farm Community
Centre, Harrow, HA2 0QF

Food support is available 7 days a week across Harrow