

Information for using local food banks



What is a food bank?

Food banks are community organisations that can help if you can't afford the food you need. You'll usually need to get a referral to a food bank before you can use it.

There are three food banks in the Borough

Name	Address	Phone Number	Opening Hours
Eastleigh Basics Bank	Unit 6G, Wells Place, Eastleigh SO50 5PP	07563 609994	10am to 3pm Monday, Tuesday and Thursday
Hedge End Food Centre	Kings Community Church, Upper Northam Road, Hedge End. SO30 4BZ	07543 925959	10am to 1pm Monday & Thursday
Hound Basics Bank	The Haven, 30 Queens View, Netley Abbey, SO31 5EA	07485 007800	Tuesdays & Thursday 10.30am to 2pm

All the food banks welcome referrals and are happy to support families by providing a week's worth of food at a time. (You will need a referral each time you use the foodbank)

How to get a referral

You can ask for a referral from an organisation that's already supporting you. There are a number of local agencies that can provide you with a referral.

Referring Agencies:

- **One Community**, 75 Leigh Road, Eastleigh. SO50 9DQ
Tel: 023 8090 2400 info@1community.org.uk.
Opening hours: 8.30am to 5pm
Monday to Thursday, 8.30am to 4pm Friday

- **Citizens Advice Eastleigh**, 101 Leigh Road, Eastleigh SO50 9DR.
Tel: 0808 278 7862.
Opening hours: 10am to 4pm Monday to Thursday

- **Eastleigh Borough Council**, Upper Market Street, Eastleigh. SO50 9YN
Tel: 023 8068 8000. Customerservicecentre@eastleigh.gov.uk
Opening hours: 8.30am to 5pm Monday to Friday

You will be asked some questions about your income and needs. The adviser can refer you to your nearest food bank, if you're eligible.

Going to a food bank

When an organisation refers you to a food bank, they'll email your information directly to the food bank and tell you where the food bank is. (See table)

The food bank will give you a food parcel. They can also tell you where to get advice about your income and spending.

Important - if you need to use the food bank again you will need a new referral each time you visit the food bank.

