

# Food Access



## PRESTON TOGETHER COMMUNITY

**HUB** can help you with, obtaining food parcels, help with shopping, collecting prescriptions, tackling loneliness, financial and debt advice and housing advice. If you are worried about someone, possibly a family member or neighbour, or someone you are helping but don't know what to do next, get in touch with the Community Hub on:

**01772 906777** or email  
**support@preston.gov.uk**

## Work clubs

Please visit the Help in Preston website **helpinpreston.com/work-clubs-in-preston** for further information or email: **S.Little@preston.gov.uk**

## Looking for jobs?

Useful information and links to live job vacancies in Preston area can be found here  
**helpinpreston.com/weekly-job-bulletin**

## Financial and debt advice

Please contact Lisa Gray email:  
**L.Gray@preston.gov.uk**



### Healthy Start Vouchers

If you are pregnant, have children under the age of 4 and are on benefits, you may be entitled to Healthy Start Vouchers to buy milk, fruit, veg and formula milk.

E: **enquiries@hsru.co.uk** • T: **0844 991 2222**



### Free School Meals

If you are in receipt of benefits and you have children, they may be entitled to free school meals.

You can apply by calling the number below or visit the website.

W: **www.lancashire.gov.uk** • T: **01772 531 809**

Help In Preston website provides a list of local services including a food access page:

**www.helpinpreston.com**



# EMERGENCY FOOD PARCELS

If you have no food and no money to buy any, you may be eligible for an emergency food parcel, please contact the providers below:

## Luv Preston

*City Wide*

Email: [contact@luvpreston.com](mailto:contact@luvpreston.com)

Tel: 01772298107

## Preston Community Hub

*Fishwick & surrounding areas*

Email: [hub@prestoncommunity.co.uk](mailto:hub@prestoncommunity.co.uk)

Tel: 07706306360

## Salvation Army

*City wide*

Email: [info.sapreston@gmail.com](mailto:info.sapreston@gmail.com)

Tel: 01772 555425

## Noor Food Bank

*Deepdale & surrounding areas*

Email: [noorfoodbank@gmail.com](mailto:noorfoodbank@gmail.com)

## Share It

*Ingol & surrounding areas*

Tel: 07545 277779

## Preston Minster

*City wide*

Tel: 01772 901313

## Penwortham Food Bank

*Penwortham & surrounding areas*

Email: [penworthamfoodbank@gmail.com](mailto:penworthamfoodbank@gmail.com)

## Here for Humanity

*Ashton, Plungington & Tanterton*

Email: [io.helpuk@gmail.com](mailto:io.helpuk@gmail.com)

Tel: 07432 688283

## Ribble Valley Food Bank

*Ribbleton*

Tel: 07849 534431

Email: [info@ribblevalley.foodbank.org.uk](mailto:info@ribblevalley.foodbank.org.uk)

## Fishwick Food Bank

*Fishwick & surrounding areas*

Email: [fishwickcommunityfoodbank@gmail.com](mailto:fishwickcommunityfoodbank@gmail.com)

## FOOD PANTRIES

(Membership fee of £3.50 - £4.00)

### The Intact Centre

*Ingol*

Tel: 01772 760760

### Ascension Church

*Ribbleton*

Email: [parishofribbleton@gmail.com](mailto:parishofribbleton@gmail.com)

Tel: 01772 759274

### Preston Muslim Cultural Centre

*21 Fishergate Hill*

Email: [arshad\\_dadabhoy@hotmail.com](mailto:arshad_dadabhoy@hotmail.com)

Tel: 01772 824357

### Community Gateway Association

*Ashton & Moor Nook*

Email: [jackie.bird@communitygateway.co.uk](mailto:jackie.bird@communitygateway.co.uk)

Tel: 01772 268124

## HOT MEAL PROVIDERS

### Preston Windrush

Email: [prestonwindrushgenerationuk@gmail.com](mailto:prestonwindrushgenerationuk@gmail.com)

Tel: 07309766486

### The Larder

Email: [kay@larder.org.uk](mailto:kay@larder.org.uk)

Tel: 07718 901813

### Crossgate Church

Email: [gill.wright@crossgate.church](mailto:gill.wright@crossgate.church)

Tel: 01772 585257

Correct at the time of print. For updated services please visit [www.helpinpreston.com](http://www.helpinpreston.com)

Many faith and community groups also offer support via their Holiday Food Markets. If you live close to a faith or community group such as a church or mosque, please contact them to ask if they offer any support in accessing food.