



Where to access free or low-cost food in Bognor Regis

July 2024

[Bognor Regis Foodbank - Argyle Hall, Argyle Road, Bognor Regis, PO21 1DY](#)

Bognor Foodbank provides food parcels and support to anyone who is facing a financial crisis and has little or no money for basics. Referral needed to access 3 day supply of non-perishable store cupboard items and toiletries. Please call 0808 208 2138 to speak to Citizens Advice about getting a voucher.

bognorregis.foodbank.org.uk. 10am – 2.30pm Tuesdays, 11am – 1pm Thursdays and 10am – 2.30pm Fridays

[Westergate Foodbank hub - Westergate Methodist Church, Westergate Street, Chichester PO203RH - Fridays 12pm - 2pm \[THIS SESSION IS TEMPORARILY PAUSED FROM JULY 2024 - confirm with Food Bank\]](#)

[Jeneses Foodbank - Jeneses Community Centre, 45 Lindon Road, Bognor PO21 2AS](#)

Mixture of non-perishable and fresh produce, frozen and chilled items, ready made pastries, cakes and bread for a suggested donation. No referral needed.

Opening times: Monday – Friday 9am – 2pm

[Facebook.com/jenesescommunitycentre](https://www.facebook.com/jenesescommunitycentre)

[RCCG True Vine Parish - Jeneses Community Centre \(address above\)](#)

Friday morning breakfast 9am – 10.30am and food parcels as required.

<https://rccgtruevineparish.org.uk/about-us>

[Bognor Community Food Pantry - EcoSwap, High Street, Bognor Regis, PO21 1EG](#)

Food available for a suggested donation. Non-perishable store cupboard items and toiletries. Fresh and frozen food sometimes available. Usual opening hours: Mon – Sat 10am – 4pm

[Facebook.com/bognorcommunitypantry](https://www.facebook.com/bognorcommunitypantry)

[Salvation Army Open House - Bognor Regis Corps Canada Grove, PO21 1QL](#)

Surplus fruit and vegetables as available, breakfast rolls, hot drinks, connection, community and support. Open Tuesday mornings 9.30am – 11am

[facebook.com/bognorSA](https://www.facebook.com/bognorSA)

[UK Harvest Community Food Hub - Bognor Regis Youth & Community Centre, Westloats Lane, PO21 5JZ](#)

Monthly: 1st Wed of each month, 10am – 11am (or until food runs out)

Suggested donation: £3.50 for a bag of food (no one will be turned away)

www.ukharvest.org.uk/education/pop-up-pantry

For information about recycling and reducing food waste visit westsussex.gov.uk/recycling



hello@arunchifood.org.uk

07435 808 549

arunchifood.org.uk

Stonepillow – Glenlogie House (basement), Clarence Road, Bognor Regis PO21 1JT

This is a service for people who are rough sleeping or homeless. They provide breakfast, lunch, hot drinks, showers, clothing and laundry as well as advice on housing options, benefits, mental health and substance misuse.

Opening Times: Monday, Wednesday and Friday – 9am–1pm. If you require support on any other day, then please contact Bognor Hostel on 01243 214 058.

stonepillow.org.uk/projects/stonepillow-bognor-regis-hub

Family Support Work – St Wilfrid’s Church, Ellasdale Road, PO21 25G (Tuesdays)

Bersted Green Hub, Bersted Green Court, PO22 4DZ (Fridays)

Support for local families including coffee morning sessions with food to take home with a suggested donation of £1 per adult. Drop-in sessions are Tuesdays at St Wilfrid’s Church 9– 10.30am, and Fridays at Bersted Green Hub, Bersted Green Court 9am – 10.30am (both term time only).

For more information email Jacqui@familysupportwork.org.uk

West Sussex Community Hub – urgent helpline 033 022 27980

If you have an urgent need, for example you are going to run out of food, medicine or essential supplies within the next three days, please phone [033 022 27980](tel:03302227980) to get the help you need as quickly as possible.

Do you need other support?

Grandad’s Front Room – 2–4 High St, Bognor Regis PO21 1SS

Community support shop Open 11am – 5pm Tues – Sat grandadsfrontroom.org.uk

Citizens Advice Arun and Chichester

If you need a Foodbank Voucher call the Citizens Advice Help Through Hardship helpline free on 0808 208 2138 (Monday to Friday 9am–5pm).

You can check that you are receiving the right benefits, get help with energy, debts and more from Citizens Advice. – Bognor Regis Advice Centre: Town Hall, Clarence Road, Bognor Regis, PO21 1LD Open Mondays, Tuesdays and Thursdays 10am –1pm.

Call the FREE Adviceline telephone number 0808 278 7969 Mon to Fri 10am – 4:30pm. If you need energy advice, including assistance with paying your bills, you can call the energy line on 01243 974063 (Monday to Friday 10am–4pm, local rates apply).

If you need help finding out if you’re entitled to benefits or claiming Universal Credit, call the Help to Claim team on 0800 144 8 444 (Monday–Friday, 8am–6pm)