

AMINA MUSLIM WOMEN'S RESOURCE CENTRE

Information Fact Sheet

Benefit money and community support for families Fact Sheet 4 Community Support

There are many sources of food and support for people who require it but when you need to ask for free food or other help it can sometimes be difficult to ask for and to find. You might have specific dietary needs, or you might need help to get essential items for your family. If you have access to the Internet for most areas you should be able to find some help but if not your local council, a local faith or community group or a Scotland wide charity (Amina MWRC is one) could either help or tell you who can. In Glasgow and Edinburgh, for example, there are hundreds of places who can give meals and/or food parcels but in smaller areas there might not be so many. This is a list of only some of the places in the Glasgow area (date of writing April 2021). We cannot guarantee this is up to date as some exist because of the Covid Pandemic but we will update occasionally, there are also many more. If you are looking for more suggestions for where to find free food or other support, including in other areas, please ask our helpline if you are having difficulty finding what you need and we will try to help!

Amina MWRC Helpline 0808 801 0301.

Office number 0141 212 8420

Please see our website for times we are available: mwrc.org.uk

Some foodbanks in Glasgow

Al-Farooq Education and Community Centre	East Dunbartonshire Foodbank-Kirkintilloch Baptist Church	Glasgow SE Foodbank-Govanhill
Al-Khair Foundation - Glasgow Office	Eastend Flatpack Meals - Provanhall Housing Association	Glasgow SW Foodbank - Ibrox Parish Church
BJO Amara Association	Eat Well - The Wheatley Group	Lodging House Mission
Carntyne and Riddrie Credit Union	Everlasting Foodbank	Meal Makers
Castlemilk Parish Church	Gilded Lily	New Gorbals Housing Association Ltd
Charcoals Restaurant	Glasgow Central Mosque	Pollokshields Community Food Point
Community Food Store- Community of Helping Hands	Glasgow Gurdwara Foodbank	Possibilities
Cranhill Development Trust	Glasgow's Golden Generation East - Covid-19 Delivery Campaign	Preshal Trust
Crookston Community Group	Glasgow's Golden Generation North /West- Covid-19 Delivery Campaign	Royston Food Hub- NGCFI
Destiny Church	Glasgow's Golden Generation - South - Covid-19 Delivery Campaign	Rutherglen and Cmbuslang Foodbank- Rutherglen
Drumchapel Food Bank	Glasgow North Baby Foodbank	Social Bite - St Vincent Place
East Dunbartonshire Foodbank: Colston Wellpark Parish Church	The People's Pantry	Springburn Parish Church
St Gregory's Catholic Church Foodbank	Townhead Village Hall	St Bride's Roman Catholic Church
The Pantry- Parkhead Schoolhouse	Young People's Futures	St Brigid's Parish Foodbank