

FOOD AND MEALS

Allotments

Harlow Council has allotments for rent throughout Harlow. The cost of renting a plot is about £18 a year, depending on the size of the plot, with reduced prices for retired residents or those on benefits. Some sites have raised plots suitable for wheelchair users or people with back problems. Some allotments are self-managed by the Harlow Allotment Association. There is a map showing allotment sites on the website. You can also apply for an allotment on-line.

Harlow Council's Allotments Officer
(01279) 446999 – ask for Suzanne Prunty
Email: suzanne.prunty@harlow.gov.uk
www.harlow.gov.uk/allotments

(01279) 442809 - Harlow Allotment Association

Chocolate Run

This group takes food, drink and clothes to the homeless in London and Harlow.

(01279) 439288 or 439478 – ask for Mick Granger (Chair)
(01279) 429443 – ask for Simon Carter (Treasurer)

Environmental Health

This Harlow Council Service is responsible for enforcing food safety. It inspects premises where food is prepared or served, investigates outbreaks of food poisoning and can take action if food is unfit for human consumption. It is also responsible for the control of pests such as rats, mice, cockroaches and fleas.

Civic Centre, The Water Gardens, Harlow CM20 1WG
(01279) 446111

Meals on Wheels

For more information, contact Essex Social Services on 0845 603 7630.

Quigy's Kitchen, Rainbow Services

Rainbow Services offer lunchtime light meals and snacks at Quigy's Kitchen at The Rainbow Centre (address below). The community café is staffed by volunteers and offers the opportunity for local people to gain customer services skills as well as food hygiene qualifications. Quigy's Kitchen is open to the public on Monday, Tuesday and Thursday between 12pm-2pm and is available as a catering service when hiring out training/conference facilities within The Rainbow Centre.

Quigy's Kitchen, The Rainbow Centre, 2 Wych Elm, Harlow, CM20 1QP
www.rainbowservices.org.uk
info@rainbowservices.org.uk
Contact Claire Greenhill on 01279 308152 for more information.

Salvation Army (Harlow)

Food and meals are offered as part of the social and welfare activities of this Christian church. The Hall is always open on Tuesdays from 8am to 12 noon and on Thursdays from 8am to 4pm.

Salvation Army Hall, Tendring Road, Harlow CM18 6RN
(01279) 441581 - Hall
(01279) 426196 - ask for Captains Steven and Elizabeth Turner

School Meals

To see if you can get help with the cost of school meals, contact the Student and Pupil Financial Support Service or telephone ContactEssex on 0845 603 7627.

Student and Pupil Financial Support Service, PO Box 5287, County Hall, Chelmsford CM1 1LT
(01245) 245900

Streets2Homes

Streets2Homes offers support, advice and assistance, including a day room and kitchen facilities, to all homeless or potentially homeless people over the age of 16, It is open 9am to 2pm Monday, Wednesday, Thursday and Friday. It is also open from 10am to 12 noon on Sunday.

2 Wych Elm, Harlow CM20 2NY
(01279) 430011
Email: manager.streets2homes@talktalkbusiness.net