

Where to go for a **free meal and a chat** in Belfast

(no referral needed)

For everyone in need of food and/or company:

- **Cooke Centenary Church Hall**, Park Road off Ormeau Road, Belfast - free light lunch on **Tuesdays 12:30pm to 2.30pm**. From 5 November to early March.
- **Ballynafeigh Community Development Association**, 283 Ormeau Road, Belfast - **Thursdays 5pm to 7.30pm**, free evening meal, soup, bread, cheese, biscuits, with chat, cards and board games.
- **Ballynafeigh Methodist Church**, 233 Ormeau Road, Belfast, free community dinner **Thursdays 6pm to 7pm**.
- **Belfast Friendship Club**, at Aleksandar's Bakery, 12-14 University Avenue - free tea, coffee, biscuits, fruit, snacks and good company, **Thursdays 7-9pm**.
- **Mornington Community Project**, 117 Ormeau Road, Belfast, **Fridays 12pm to 2pm**. Free tea, coffee and soup.
- **Agape Centre**, 238 Lisburn Road, Belfast - free evening meal, **Fridays 6pm to 7pm**.
- **Redeemer Central**, 101 Donegall Street, Belfast - free evening meal, **Fridays 6pm to 7pm**.

For asylum seekers and refugees only (including 'destitute migrants'):

- **Homeplus NI**, 113 University Street, Belfast – free lunch **Monday to Friday 12.30pm**.
- **International Meeting Point South Belfast**, 133a Lisburn Road - free lunch **1pm most days Monday to Friday** – check their Facebook page (IMP Belfast) to get the latest information.
- **International meeting Point North Belfast**, 27 Clifton Street, Belfast, free lunch **usually at 1pm on Thursdays**. – check their Facebook page (IMP Belfast) to get the latest information.

Mainly for people who are homeless but everyone in need of a meal is very welcome:

- **People's Kitchen**, 1 Antrim Road, Belfast – free evening meal **Fridays and Saturdays 7pm to 9pm**.

Only for people who are homeless:

- **People's Kitchen**, 1 Antrim Road, Belfast – Breakfast **Monday to Thursday 8.30am to 11am**.

Free meals on Christmas Day, 25 December (everyone welcome but you need to reserve your space – ring them in early December to confirm):

- **Common Grounds Café / Aleksandar's Bakery**, City Church, 12-14 University Avenue, Belfast – Free Christmas meal **12pm to 2pm**. Phone 028 9023 8443 to book a space.
- **Bengal Brasserie**, 455 Ormeau Road, Belfast, Phone 028 9069 2229 to reserve your table.
- Ballynafeigh Methodist Church, Belfast Temple Salvation Army and others... confirm closer to the time.

Food parcels (referral often needed but not always)

Some of the places above, and many other community groups, have free food to take away some days of the week. Some ask you to be referred but not all of them. Don't be afraid to ask what their policy is and who can refer you, and also if they know of other places that can help you.



EVERYONE
DESERVES
A HEALTHY
MEAL