



# Summer Holiday

# support for All South Shields Families from Hospitality & Hope

Families may be familiar with Hospitality & Hope. But did you know, our flagship services are intended to help EVERYONE in South Shields thrive. They include:

- Three Community Shops (Horsley Hill Square, Fowler Street and Hudson Street, Tyne Dock) offering discounted weekly food shops for members.
- A whole host of regular free, fun activities, events & days out.
- A Food Hub offering low cost nutritional home cooked food to eat in or take away (Horsley Hill Square). We also provide the Cooking Skills and Ingredients for members to create the same.

We're committed to helping families and individuals make better food choices with access to low cost nutritional food, not just in times of crisis, but at all times of the year, especially throughout the children's 6 weeks summer holidays.

We know the school holidays can be a headache and stretch your household resources, your time, and your money.

Let us therefore help you make your shopping budget stretch a little further.

Want to take part in free family activities & days out in the school holidays? Then read on....

Learn more about Membership of our



## Your Community Shops

**Free Membership offering discounted weekly shopping and more !**

The six weeks holidays can stretch budgets (and parents patience) to the limit!

We love seeing our community thrive, and now there's even more reason to share the benefits of Community Shop membership with friends and family.

When you introduce a friend to our shops, you'll receive your **11 items free**, and your friend will enjoy **50% off**, meaning their first shop of 11 items is just **£2.50**.

This simple offer is our way of saying thank you for helping us grow a stronger, more connected community. By

Do You Want To;  
Save time & money on your  
weekly family shop?  
Stop shopping at multiple shops  
for deals?

**FOR ONLY £28**

**FAMILY TABLE PACKS**  
**7 MEALS FOR 4 PEOPLE**  
AVOID UNPLANNED EXPENDITURE  
& BARGAINS YOU DON'T NEED!  
FROM HOSPITALITY & HOPE'S COMMUNITY SHOPS

**AVAILABLE FROM** **Fri 17<sup>th</sup> JULY 2026**  
**PRE ORDER REQUIRED**

**Brand NEW**  
Let us do all the work for you;  
YOU choose your items in  
advance so you can pick up in  
minimal time. Includes meat,  
vegetables, fruit, frozen, dairy &  
store cupboard essentials.  
**Pick Up Available in Shop**

For More Information ask in Shop

## Exciting New Offer for Families

Our previous email included an error in this article. The correct information is highlighted below. We apologise for any misinformation.

*"The new Family Table Packs will help my monthly budget by more than £148 each month... **that's £1,776 each year if I buy one each week**"*

I'm a single parent with three teenage children and so the amount that I spend on food each month is around £340. With the launch of the new Family Table Pack, I will visit the

bringing a friend along, you're not only helping them discover affordable shopping, you'll be introducing them to so much more.

It's a lovely opportunity to share something positive with someone you know, while also making the most of your own membership benefits.

It's a win-win for everyone, helping to stretch monthly budgets while introducing someone new to the support and savings our shops can offer.

We're proud to be here for our community at all times, whether you're not in work or part of a working family, our services are here for you.

## **FREE Membership Benefits Include:**

- Access to wellbeing sessions and seasonal activities.
- Cooking demonstrations & workshops that inspire healthy, affordable meals.
- A welcoming sense of community and connection.
- Rotating stock full of great finds and everyday essentials at low cost.

Joining is simple and open to everyone within **1.5 miles**. Just

shop each week and use £28 of my food budget to buy one.

Because that will provide me with seven meals for the whole family all I'll need to do is to do a top up shop at my local supermarket of £20 to make sure that the family food shop is complete.

There are at least 30 different meals that can be made from The Family Table Packs so we'll not be eating the same meals every week. Every week I opt for different meats (two from five) from the choices available to give even more meals that form part of our weekly menu.

Everyone in the family is getting involved in cooking and really enjoying the different varies of meals that can be cooked.

This new pack means that when shopping with the kids we are not distracted in buying things that we don't need. Therefore, saving even more money. This means that we can have regular treats: a cake take-away or ice-cream shop visit at the weekend.

Each month I think that will save me around £148, which is what I pay for my gas and electricity. So that will mean that I can use



pop into one of our three shops with ID to sign up, or follow the link below to learn more about becoming a member.

Every donation, every membership, and every visit helps us continue this important work. Your support allows us to keep our shops welcoming, affordable, and full of opportunities that benefit local people in practical and meaningful ways. It also helps us provide extra support through wellbeing activities, community connection, and positive experiences that can make a real difference in someone's day.

By choosing to shop with us, donate to us, or spread the word to others, you are helping to strengthen a community-based service that many people rely on. We are incredibly grateful to everyone who supports our mission, because it is this kindness and generosity that enables us to keep going and keep growing.

Together, we make a difference — one shop at a time.

Community Shops

that saving to my monthly budget for other things including family treats at the weekend and saving money for some larger purchases such as car or even saving for Christmas or a holiday.

To help with family budgeting, I think it's a great that you can pay upfront for the month on pay day. I make an advance Payment of £112 which means that I know how much money I have left each month for other bills and essentials and don't have to worry if I'll have enough money left for food shopping at the end of the month.

In order to apply for one of our **brand new** Family Table Packs, simply visit the shop that's closest to your house.

Our Community Shops are located at:

- **Horsley Hill (NE34 7HE)**
- **Tyne Dock, Hudson Street (NE34 0AE)**
- **Fowler Street (NE33 1NS)**

Membership is available to anyone living within approximately **1.5 miles** of each Community Shop.

Packs will need to be

pre-ordered, then collected in shop, available from Friday July 17th 2026.

## Community Shops



**HAF EVENTS SCHEDULE** SUMMER 2026  
ALL SESSIONS FREE

**ELIGIBILITY CRITERIA - FREE SCHOOL MEALS, KIDS AGED 6-14**

|                       |                                                                               |                       |                                                                               |
|-----------------------|-------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------|
| <b>21</b><br>TUE JUL  | <b>TYNEMOUTH AQUARIUM</b><br>11-3PM DROP OFF/PICK UP HUDSON ST SHOP           | <b>11</b><br>TUE AUG  | <b>CENTRE FOR LIFE</b><br>11-3PM DROP OFF/PICK UP HUDSON ST SHOP              |
| <b>23</b><br>THUR JUL | <b>SUTTON HALL SPORTS &amp; CRAFTS</b><br>11-3PM DROP OFF/PICK UP SUTTON HALL | <b>13</b><br>THUR AUG | <b>SUTTON HALL SPORTS &amp; CRAFTS</b><br>11-3PM DROP OFF/PICK UP SUTTON HALL |
| <b>28</b><br>TUE JUL  | <b>JESMOND DENE WITH PICNIC</b><br>11-3PM DROP OFF/PICK UP HUDSON ST SHOP     | <b>18</b><br>TUE AUG  | <b>LASER QUEST &amp; MOWBRAY PARK</b><br>11-3PM DROP OFF/PICK UP H HILL SHOP  |
| <b>30</b><br>THUR JUL | <b>SUTTON HALL SPORTS &amp; CRAFTS</b><br>11-3PM DROP OFF/PICK UP SUTTON HALL | <b>20</b><br>THUR AUG | <b>SUTTON HALL SPORTS &amp; CRAFTS</b><br>11-3PM DROP OFF/PICK UP SUTTON HALL |

**plinth** Limited Places Available!  
Food, Transport & Admission Costs Included for All Events  
Booking Via Plinth

**For More Information or to secure your place:**  
All sessions need to be booked via Plinth, speak to staff in Shop to learn more. Eligibility Criteria - Free School Meals, Kids Aged 6-14



## Free School Holiday Clubs for FSM Kids

Thanks to South Tyneside Council, we've secured our Holiday Activity Fund (HAF) and are, once again delivering fun, free activities for those children eligible for Free School Meals during the summer 6 weeks holidays.

At our Easter HAF, our young people had an absolute ball! Some were reluctant, nervous,

## Horsley Hill Square Food Hub

**From Pancakes to Panackelty, we're serving up tasty school holiday meals!**

During the Kids Summer Six Weeks holidays, we're serving up low cost, nutritious meals that you and the kids will love.

If you need a break, and want to get the kids out for a cheap, nutritious meal. Join Kate, Bev

or shy at first, but ended up loving their time with us. Meeting new friends, going to new places, trying new food & experiencing new activities.

And every single session is FREE! Amazing!

At Easter, participants enjoyed sports sessions, pizza making, crafting and a visit to Sunderland Winter Gardens.

Every young person also receives a FREE hot lunch EVERY day, and ALL transport and associated costs are covered within activities.

Our trips this Summer include Newcastle Centre for Life, Tynemouth Aquarium, Sutton Hall for Sports & Crafts, Jesmond Dene and Laser Quest to name but a few. But places are **very limited!** So act now!

To apply for all 6 weeks holiday HAF activities, with us, or other providers, you need to apply on the STC 'Plinth' portal below.

### **What Ellie Said**

*"I really wasn't sure about coming here at first, but within the first half hour I just knew it was really fantastic!"*

and the team, for some amazing summer holiday treats between 9am-2pm

From gooey breakfast pancakes, from just £2.50. To lunchtime paninis & tasty soups, our menu changes weekly, but we're always serving up delicious home style cooked meals, from just £3.

## **School's Work Experience**

Huge thanks to those who joined us from our local school's for work experience this past fortnight. We were inundated with applications for work experience and we're only sorry we couldn't facilitate every one!

Students spent time working across our entire charity, giving them a chance to experience our work first hand.

On Monday, we welcomed several students from Mortimer Community College and St Wilfrid's to our Foodbank; they learned about assembling parcels and took in several donations; including one from Beacon of Light Church in South Shields and another from our dedicated ASDA South Shields Collection Trolley.

*Plus i got to cook pizza, do  
really fun new stuff & eat cool  
food with my new friends"*

Easter HAF Participant @  
Hospitality & Hope

## What Stephen Said

*"I was worried at first that I  
wouldn't know anyone or that  
it would be boring, but  
actually, I had a really great  
time and made new friends.  
The ladies who ran the course  
were so nice too!"*

Easter HAF Participant @  
Hospitality & Hope

Apply on the Plinth  
Portal now

Thank you so much for your  
support!

Students also spoke with CEO  
Peter Maloney about  
organising Food Drives in their  
schools as part of a social  
action project for Harvest. With  
Harvest Festival approaching in  
just a few short weeks, we're  
particularly mindful to ask  
schools to consider us when  
collecting and make sure that  
these are organised to begin  
as soon as you start back in  
September for maximum  
impact.

Learn more about  
The Food Hub



# Charity Shop with Free School Uniforms

Following on from South Tyneside Council's recent decision to provide free school uniforms across the borough this Summer, we wanted to remind you of our own **Free School Uniform Charity Shop** at Chichester Metro which distributes free items of clothing and equipment on site.

We appreciate what an expensive time the start of the new school term can be and how much financial pressure this can put on families already experiencing overstretched budgets. Children's uniforms become soiled or damaged and need replacing throughout the school year. Fact.

To support our families, with these challenges and costs, we have a Charity Clothes Shop located at 331-335 Laygate, South Shields, NE33 4JB. Next to Chichester Metro.

In order to better support families this Summer, for the next three



weeks, our Charity Shop will open Tue to Sat, 9am to 4pm. The shop also sells Toys, clothing for all ages, Jewellery, Handbags and a selection of Baby Items such as Cribs & Strollers available to view on request.

Charity Shop

# We need your help to Support our Work



Calling all parents who are part of a sports club, gym, church or are you an employee who's place of work arranges events? Could you nominate Hospitality & Hope as your chosen charity for a fundraising activity? **We're seeking community champions, that can raise vital funds, donations, or organise a food drive on our behalf.** Its so easy to make a big difference to Hunger &

Homelessness across South Tyneside. 🧡

**Whether you're organising your own event, participating in a sporting challenge, or donating food or money, you can make a huge difference across your community. If you let us know, what event you are doing, we can help share your fundraising platform, and provide you with branded items to support your fundraising.**

**Regular fundraising & donations help us plan ahead, respond quickly to urgent needs, and grow the impact of our services long-term.**

**Can't donate right now?** Please consider sharing the link with friends, family, or colleagues who may want to get involved – every share counts!

**Tag us with our Hashtags** - *#TeamHandH #HospitalityAndHope*

**Together we can help South Tyneside thrive, not just survive 🙏**

[Donate Now](#)

# THE FOOD HUB

EAT IN  
OR  
TAKE  
AWAY!

All things food.  
**THURSDAY MENU**

**Make Thursday YOUR Hub Breakfast Day; All Menu Items  
Served with your choice of Tea, Orange Juice or Coffee  
(Coffee is 50p Extra) - Horsley Hill Square, NE34 7HE**

## MENU

Full English Breakfast - £4

'Hub Muffins' - choose Bacon  
or Sausage, includes

Egg & Cheese with Hash Brown - £3

American Pancakes - £2.50

Breakfast Omelette with  
Toast & Beans - £3

Served 9.30AM - 12 Noon



SUPPORTED BY



# YOUR LOW COST Community Shop



& GATHERING PLACE AT THE HEART OF THE COMMUNITY

INTRODUCE A FRIEND TO OUR  
SHOPS AND GET YOUR £5 SHOP  
FOR FREE

Choose 11  
Items  
for £5

PLUS THE PERSON YOU INTRODUCE  
GETS THEIR FIRST SHOP FOR £2.50!



Scan Me To Find Out  
About Membership:

SHOP MEMBERSHIP INCLUDES FOOD HUB, AND FREE WELLBEING ACTIVITIES



COMMUNITY SHOPS



WELLBEING ACTIVITIES



FOOD HUB



EAT IN OR TAKEAWAY

Our Shops are Open  
9am to 2pm  
(Selected Days) at :

Horsley Hill Square  
(NE34 7HE)

Hudson Street  
(NE34 0AE)

Fowler Street  
(NE33 1NS)



## Hospitality & Hope

You are receiving this email as you've made a previous donation or have signed up to our newsletter. We are committed to combatting homelessness and hunger in South Tyneside and we would be delighted if you could share this email. Should you wish to unsubscribe from future emails, please click on the link below.

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