

# FREE, LOW-COST FOOD & COMMUNITY MEALS AVAILABLE IN LEWISHAM



You may be facing financial difficulties and need support, or would simply like to eat with others at a community meal.

Perhaps you would like to volunteer or donate...

Please note a listing is not an endorsement! Please make sure you are happy with the organisation's offer and safeguarding procedures before referring yourself and others.



For other financial support, call Advice Lewisham at 0800 231 5453 or visit [worryingaboutmoney.co.uk/lewisham](http://worryingaboutmoney.co.uk/lewisham)



This leaflet is compiled by





## Borough Wide

### Digital Food Sharing Mobile Phone Apps

Collect free food from neighbours using the **Olio** app. Source highly discounted food using the **Too Good To Go** app.

### Lewisham Foodbank

Clients must have an e-voucher which can be obtained from a professional, or by calling Help Through Hardship (0808 208 2138), Advice Lewisham (0800 231 5453) or visiting:

- St Michael's Church, Desmond Street, SE14 6JP
- Lewisham Salvation Army, 4 Albion Way SE13 6BT
- St John the Baptist Church, 353 Bromley Road SE6 2RP
- Perry Rise Baptist Church, Perry Rise, SE23 2QL
- Catford Salvation Army, 23-25 Brownhill Road, SE26 2HE

Dietary needs catered for where available. Advice in Spanish, Portuguese, Arabic, and fuel vouchers. Employment Plus and ThamesReach (homelessness) services.

Contact: 07938 071854 or [info@lewisham.foodbank.org.uk](mailto:info@lewisham.foodbank.org.uk)

Mon 12-14.00  
Tues 10.00-12  
Wed 12-14.00  
Thurs 12-14.00  
Fri 10-12.00

### Rastafari Movement UK Wellbeing CIC Project

Surplus and cultural food distribution to those in need of culturally relevant food and wellbeing support. Offering African and Caribbean foods, fresh fruit and veg via fortnightly deliveries and a doorstep befriending service for members for up to 12 weeks. £4 fortnightly membership required. Register in advance.

Contact: 07387 208519 or [rmuk.info@gmail.com](mailto:rmuk.info@gmail.com)

Fortnightly  
Mon & Tue  
15.00

## BR1

### Silver Lunch Club - with Ageing Well (for over 50s)

Join for £5 for activities and a hot lunch. Regular activities include arts and crafts and gentle exercise, often with speakers and presenters from local groups and organisations.

*Wesley Halls, 2 Shrofffield Road, Downham, BR1 5PE*

Thurs  
12.30-14.30

### Front Room Club Monday

Cafe style drop in, providing a safe, welcoming and supportive place to grow. Free breakfast of hot drink and toast on Monday. Lunch Club on Monday and Friday with a two course lunch for £3. Tuesday Lunch Club provides soup for £1.50.

Contact: Sandra 07957106853 or [stlukesdownham.co.uk/contact](http://stlukesdownham.co.uk/contact)

*St. Lukes Church, Northover, BR1 5JR*

Mon, Tue & Fri  
9.30-14.30

### Whitefoot and Downham Food Project Plus

For those living in the Whitefoot and Downham area. Membership is £4. Members must register with a proof of identification and address, and able to prove receipt of benefits (excluding Child Benefit).

Contact: [wdfplus@gmail.com](mailto:wdfplus@gmail.com)

*Hope Church 480 Whitefoot Lane, BR1 5SF*

Thurs  
19-20.30

### **Downham Gleaning Pantry BR1 4PX**

Social Pantry for people in Downham on low incomes. Residents pay £5 a week to choose from a variety of food to the value of £25 - £40.

Contact: Stephanie 07989 887319 or [downhamaid@gmail.com](mailto:downhamaid@gmail.com)

27 - 29 Brook Lane, Bromley BR1 4PX

Fri  
9.30–12.30

## **SE2**

### **World of Hope**

Based in Greenwich, with some distribution in Lewisham. Offers food, baby food, nappies and cosmetics. Also supports African, refugee and migrant communities across SE London with culturally specific food. Registration required.

Contact: [info@worldofhope.org.uk](mailto:info@worldofhope.org.uk) or 07776 992138.

Bostall Gardens, Viola Avenue, SE2 0TQ

## **SE4**

### **St Peter's Church**

A social supermarket for people in SE4. £3 membership weekly fee and choose enough groceries for a week. Dietary needs catered for. Request food via the website link to get a shopping appointment. Can deliver in some circumstances.

Contact: [www.stpetersbrockley.org/feedback-food-request](http://www.stpetersbrockley.org/feedback-food-request)

Wickham Road, Brockley SE4 1LT

Wed  
12–14.00

### **Living Water Christian Centre Food Service**

Dietary needs catered for. Closed August and some of January.

Contact: [Lwccfoodservice@gmail.com](mailto:Lwccfoodservice@gmail.com).

Honor Oak Community Centre, 50 Turnham Road SE4 2JD

Wed  
17.30–  
19.15

### **Honor Oak Community Centre**

Free hot meal, hot drinks, discussion and games.

50 Turnham Road, SE4 2JD

Tue  
11-15.30

## **SE6**

### **UCKG Catford Soup Kitchen**

Home-cooked soup, meals, and surplus food, e.g. sandwiches, bread and milk to take away. Meat & vegetarian options.

Contact: 020 7686 6000 or 020 7686 6049

UCKG Help Centre, 1 Bromley Road, Catford, SE6 2TS

Sat  
11–14.00

### **RCCG Faith Chapel Lunch Hour**

Hot meal to take away for Bellingham residents.

Contact: 020 8697 7907.

RCCG Faith Chapel, 108 Brookehowse Road SE6 3TW

2nd & 4th  
Sat  
14–16.00

## The Feast

Wed  
19–21.00

Free three course meal along with signposting and support. Particular focus on rough sleepers and homeless people.

Contact: [info@kingschurchlondon.org](mailto:info@kingschurchlondon.org) or call 020 8690 5121

*King's Church, Catford Hill SE6 1PS*

## FoodCycle Lewisham

Wed & Sat  
13.15

Free sit-down three-course vegetarian community meal. Just turn up.

Contact: [lewisham@foodcycle.org.uk](mailto:lewisham@foodcycle.org.uk) or visit [foodcycle.org/location/foodcycle-lewisham](http://foodcycle.org/location/foodcycle-lewisham)

*Lewisham Irish Community Centre, 2a Davenport Road SE6 2AZ*

## Bellingham Monday Lunch Club

Mon  
10.30–  
14.00

Lunch, bingo, raffle, tea and coffee. It's 50p extra for the raffle.

Contact: Kathy at 07880 670241

*Christ Church URC, Bellingham Green, SE6 3HQ*

## Corbett Community Library

Mon  
11.00–  
12.30

103 Torridon Road SE6 1RQ

Monday get-together, hot drinks and biscuits

## Catford Fridge Station

Sat  
12.45

Gives out solidarity bags of surplus food and a few staples. First come first served.

Contact: [catfordfridge@hotmail.com](mailto:catfordfridge@hotmail.com)

*Lewisham Irish Community Centre, 2a Davenport Road SE6 2AZ*

## Bellingham Leisure Centre, Lifestyle Cafe

Tue  
10-12.00  
Thurs  
11.30–  
13:30

Jamaican Pattie Drop In Thursdays with hot drinks for free, chat and games. Over 55s hot drinks for free and toast, and chat on Tuesdays.

*5 Randlesdown Road SE6 3BT*

## SE8

### Evelyn Community Store

Tue  
14–16.30

Food and deliveries to store members (£3.50 per week to use the store for those on low incomes). Free surplus food given out to members on Fridays. To become a member,

collect a paper form on Tuesdays or visit: [lewishamhomes.org.uk/peoples-supermarket/](http://lewishamhomes.org.uk/peoples-supermarket/)

*Evelyn Community Centre, 1 Kingfisher Square, SE8 5TW*

### The Bear Church

Sun  
18–19.00

Sit down drop-in meal. Everyone welcome. Term time only except last Sunday of the month.

Contact: Richard 07392 311794

*Evelyn Community Centre, 1 Kingfisher Square, Clyde Street SE8 5TW*

### The Life Giving Project

Sat  
11.30–

For anyone in the local area. A choice of foods available. Run by the Christ Embassy

Church.	13.00
Contact: 07845 286438 <i>Pepys Resource Centre, Deptford Strand, SE8 3BA</i>	
<b>Pepys Community Store</b>	Fri
For Members around Pepys, Evelyn and Deptford who pay £3.50 a week for their shop. Application form to join can be picked up at the supermarket or <a href="https://2000cac.org/">https://2000cac.org/</a> . <i>2000 Community Action Centre, 199 - 201 Grove Street, Deptford SE8 3PG</i>	12–15.00
<b>999 Club Early Bird Breakfasts</b>	Mon & Thurs
A free cooked breakfast and hot drinks for any referred rough sleeper. Members can shower, access laundry facilities, charge their phones, use free WiFi and play chess. Advice and support available from 9am including housing, education, substance misuse, benefits and health. Visit: <a href="http://999club.org">999club.org</a> . Contact: 020 8694 5797 or <a href="mailto:breakfast@999club.org">breakfast@999club.org</a> <i>21 Deptford Broadway SE8 4PA</i>	6.30–9.00
<b>Deptford Islamic Centre</b>	Sat
Fresh food and drink, household items, frozen food. Contact: 020 8143 3858 or <a href="mailto:info@deptfordislamiccentre">info@deptfordislamiccentre</a> or visit <a href="http://www.deptfordislamiccentre.com/events">www.deptfordislamiccentre.com/events</a> <i>228/229 Railway Arches, Childers Street SE8 5JR</i>	12- 13.00
<b>SE9</b>	
<b>Chinbrook Action Residents Team CIC Food Bank</b>	Wed
For food and hygiene essentials. It's quick and easy to register, just bring your ID and proof of address, no referral. Contact: 07455 213 291 or <a href="mailto:chartcicfood@outlook.com">chartcicfood@outlook.com</a> <i>WG Grace Community Centre (enter via the courtyard), 1 Lions Close SE9 4HG</i>	10–11.00
<b>Eltham Community Foodbank</b>	Mon - Fri
Free weekly food parcel for any Lewisham resident in need. No voucher required (proof of income taken on first visit). Contact: 020 88596644 or <a href="mailto:info@ceyp.org">info@ceyp.org</a> <i>C/O Central Eltham Youth Project 4 Place, SE9 5DN</i>	10–18.00
<b>SE12</b>	
<b>Ichthus Church Community Table</b>	Fri
A free main meal with dessert for anyone in the community. Signposting and support too. Contact: 07950 255630. <i>Ichthus Lee Green, 23 Lampmead Road, SE12 8QJ</i>	13.30– 15.30
<b>Grove Park Food Bank and Community Resource Centre</b>	Fri
Providing food and other support including signposting for people of Grove Park and the surrounding area in financial crisis/hardship. Bring one form of ID and one proof of	12–14.00



address.

Contact: 07930 958097 or email [info@wordoflife-lcc.org](mailto:info@wordoflife-lcc.org)

*Word of Life Church, Rehoboth Building, 72A Maveswood Road, SE12 9RP*

### **The Helping Hands Food Bank**

Run by Action For Refugees in Lewisham (AFRIL) and Good Shepherd St Peter's, Lee.

Supporting asylum seekers, refugees and vulnerable migrant families with NRPF. Food parcel includes supermarket vouchers, fresh fruit/veg, salad, and toiletries. Travel expenses paid. Referrals can be made by individuals or on their behalf.

Contact: 07521 056829 or [foodbank@afril.org.uk](mailto:foodbank@afril.org.uk)

*St Peter's Church, Eltham Road SE12 8HQ*

Fortnightly

Sat

9.30–11.30

## **SE13**

### **Lewisham Islamic Centre**

Hot soup take away. Food bank 1st Saturday of the month.

Contact: [info@lewishamislamiccentre.com](mailto:info@lewishamislamiccentre.com) or call 02086905090

*383 Lewisham High Street, SE13 6NZ*

Sat

16–18.00

Food bank

13-15.00

### **Greater Faith Ministries Community Meal**

Free community meal, first come, first served. Vegetarian options available.

Contact: 020 8314 1720 or [info.greaterfaith@gmail.com](mailto:info.greaterfaith@gmail.com)

*Leemore Centre, 29 - 31 Clarendon Rise, SE13 5EY (Bonfield Road entrance)*

2nd Fri

of the month

17–19.00

### **Guru Nanak Seva**

They provide Langar - a free a hot meal cooked by sevadars (selfless servants) for anyone and everyone.

Visit: [www.gurunanakseva.org/free-kitchen](http://www.gurunanakseva.org/free-kitchen)

*Outside Lewisham Library, Lewisham High Street, SE13 6LG*

Sun

13–14.00

### **Victory Care Food Bank**

After the church service they provide surplus bags of groceries. Contact Details required.

Contact: Maxine on 07368 586898

*157 - 159 Lewisham High Street SE13 6AA*

Sun

13–15.30

### **The Tab Church Foodbank Plus**

All donations can be made on Sundays 10.30 am - 1.30 pm.

Contact: 020 8691 1000 or [info@thetab.org.uk](mailto:info@thetab.org.uk)

*233 - 241 Lewisham High Street, SE13 6NQ*

Thurs

12–14.00

### **Seventh-day Adventist Church**

Mon: Only groceries. Thurs: Free hot meal and groceries.

Contact: 020 8690 4433.

*434 Lewisham High Street SE13 6LJ*

Mon

08–09.00

Thurs

17–18.30

### **Lewisham Donation Hub**

Emergency food service. Food (fresh, frozen and non-perishables), toiletries, clothing, home essentials, women's essentials and incontinence pads. Maximum of once per week

Tue - Thurs

11–14.00

support, no booking required. Tickets shared from 9am. All services are weather/volunteer dependent and subject to change.

Visit: [lewishamdonationhub.org](http://lewishamdonationhub.org)

*Unit D PLACF/Ladbroke 261 Lewisham High Street SE13 6AY*

### **CommUNITY Space**

Hot drinks and takeaway meals.

*Unit 17, Lewisham Shopping Centre, SE13 7HB*

Tue - Fri

10.30–

17.00

### **Barley Loaves Distribution Service**

Providing food bags alternating between men and women each week. Leftovers given to anyone regardless of gender.

Contact: [barleyloaves@ecclesia.uk](mailto:barleyloaves@ecclesia.uk) or 020 8463 9449

*The Ecclesia Church (London City Mission), 1 Cornmill Lane SE13 7FY*

Mon

19.30–

21.00

### **CC Foundation Food Bank**

No booking or referral required. Fresh and frozen foods (African and Caribbean Foods included), home essentials & toiletries.

Contact: [info@ccfoundationorg.com](mailto:info@ccfoundationorg.com) or visit [www.ccfoundationorg.com](http://www.ccfoundationorg.com)

*Temporarily at Lochaber Hall Community Centre, Manor Ln Terrace SE13 5QL*

Thurs

10–12.00

## **SE14**

### **Victory Centre Charity**

Part of Christ Apostolic Church who provide staple dried groceries for people in need in the local community.

Contact: [info@cacvictorycentre.org.uk](mailto:info@cacvictorycentre.org.uk) or 07476 901527

*St Michael Centre, 2 Desmond Street, New Cross London, SE14 6JF*

Sat

14–17.00

### **Feed the Hill**

Deliveries of food boxes to housebound people in SE4, SE8 & SE14. Free to those self-isolating or experiencing food poverty. Nutritionally balanced, dietary needs catered for.

Social supermarket for people on low incomes (£2 per shop), bring proof of address.

Contact: text 07748 713212 by Saturday for next week's food box deliveries.

*Feed the Hill, 367 Newcross Road, SE14 6JF*

Wed

10–12.00

## **SE16**

### **Lions Food Hub**

Appointment only.

Contact: Facebook, X, Instagram or [lionsfoodhub@gmail.com](mailto:lionsfoodhub@gmail.com)

*Millwall Community Centre, Bolina Road, SE16 3LD*

Fri

9.30–14.30

### **Lewington Food Project**

First come first served food bank for local residents but they can take referrals and deliver on some occasions. Dietary requirements catered for.

Contact: 07940 393291

*Lewington Community Centre, 9 Eugenia Road, SE16 2RU*

Fri

13–15.00



## SE26

### Rehoboth Community Outreach

They can arrange deliveries for over 60s and families who would struggle to attend. Mon & Wed: meal and food parcels, Thurs: food parcels.

Contact: 07487 738908

*Ray Champion Meeting Room, 1 - 18 Allwood Close, SE26 4JP*

Mon & Thurs

11–14.00

Wed

14.30–

16.30

### Helping Hands Food Bank

Contact: [www.facebook.com/sydenhamadventistchurch](https://www.facebook.com/sydenhamadventistchurch)

*Sydenham SDA Church + St Michael's Church, Champion Crescent, SE26 4HH*

1st & 4th

Wed

12–15.00

### The Grove Centre

Homemade lunches at £4.50 for two courses, £3.50 for one. Accessible and free car parking. Book by phone, email or in person.

Contact 020 8778 8601 or [office@thegrovecentre.org.uk](mailto:office@thegrovecentre.org.uk), or visit

[www.thegrovecentre.org.uk](http://www.thegrovecentre.org.uk)

*2 Jews Walk, SE26 6PL*

Mon-Thurs

11–14.00

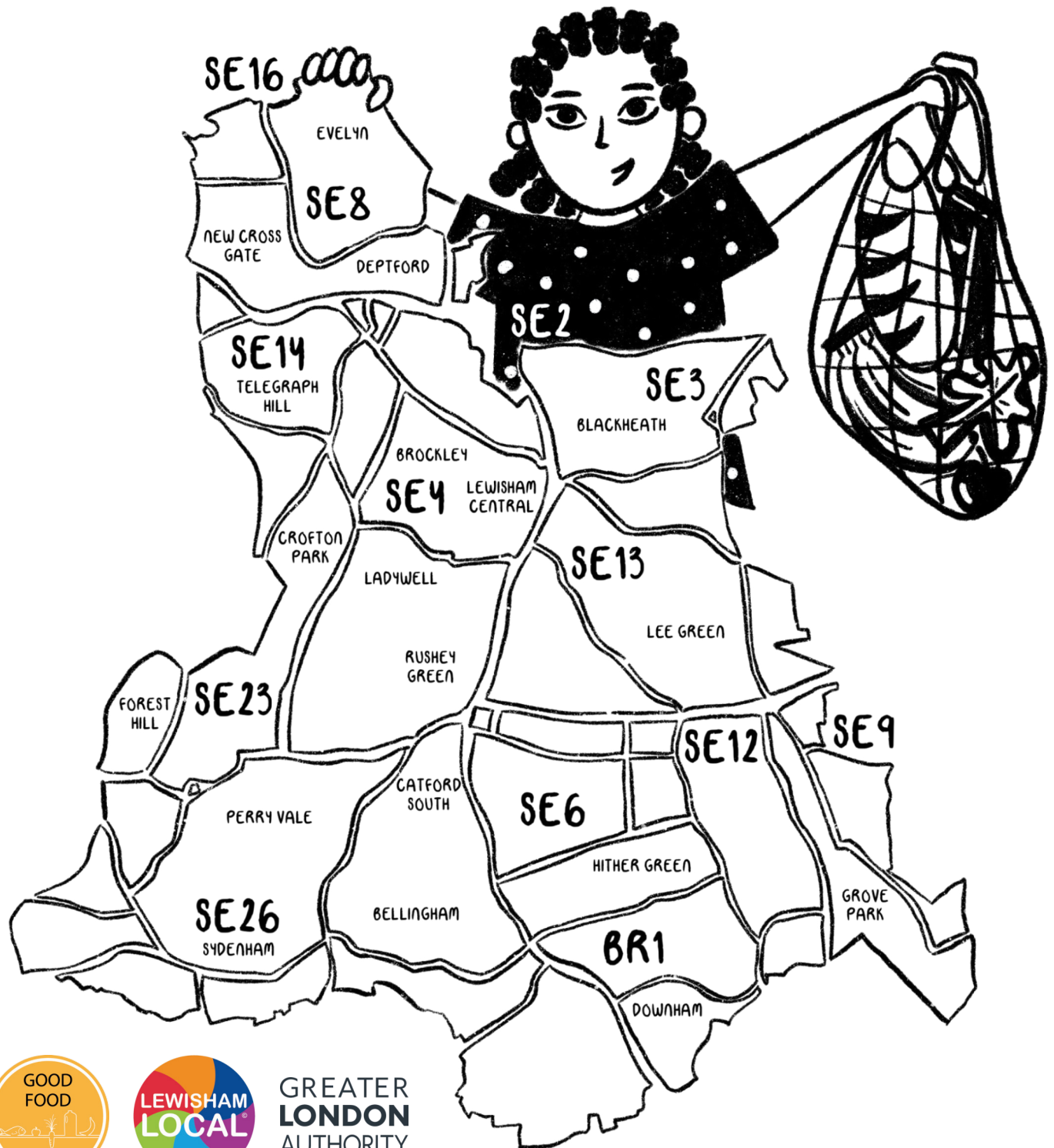
Wed

14.30–

16.30

\*Contact Community Connections Lewisham at 0330 058 3464 to find the right fit for you or to connect with other organisations who might be able to help.

Services are likely to change, please check with the project directly to ensure the details are current. If you have noticed a service change, or would like your organisation to be featured, please contact: [goodfood@lewishamlocal.com](mailto:goodfood@lewishamlocal.com)



GREATER  
LONDON  
AUTHORITY



[www.goodfoodlewisham.org](http://www.goodfoodlewisham.org)



[goodfood@lewishamlocal.com](mailto:goodfood@lewishamlocal.com)

Good Food Lewisham is a network of people working to transform the world of food in Lewisham. Hosted by Lewisham Local and funded by Lewisham Council and the Greater London Authority - Food Roots 2

Published March 2025