

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

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

Mon 12- 14.00

Lewisham Salvation Army, 4 Albion Way SE13 6BT

Tues 10.00- 12

St John the Baptist Church, 353 Bromley Road SE6 2RP

Wed 12- 14.00

Perry Rise Baptist Church, Perry Rise, SE23 2QL

Thurs 12-14.00

Catford Salvation Army, 23-25 Brownhill Road, SE26 2HE

Fri 10-12.00

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

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.

Fortnightly Mon
& Tue
15.00

Contact: 07387 208519 or rmuk.info@gmail.com

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.

Mon, Tue & Fri
9.30–14.30

Contact: Sandra 07957106853 or stlukesdownham.co.uk/contact. *St. Lukes Church, Northover, BR1 5JR*

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: wdcfplus@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. 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 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. *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. *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

Tues
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

Free three course meal along with signposting and support. Particular focus on rough sleepers and homeless people. Contact: info@kingschurchlondon.org or call 020 8690 5121. *King's Church, Catford Hill, SE6 4PS*

Wed
19–21.00

FoodCycle Lewisham

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

Contact: lewisham@foodcycle.org.uk or visit foodcycle.org/location/foodcycle-lewisham. Lewisham Irish Community Centre, 2a Davenport Road SE6 2AZ

Wed & Sat
13.15

Bellingham Monday Lunch Club

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

Mon
10.30–14.00

Catford Fridge Station

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

Contact: catfordfridge@hotmail.com

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

Sat
12.45

Bellingham Leisure Centre, Lifestyle Cafe

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

Tue 10-12.00
Thurs
11.30–13:30

SE8

Evelyn Community Store

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

Tue
14–16.30

The Bear Church, Evelyn Community Centre

Sit down drop-in meal. Everyone welcome. Term time only except last Sunday of the month. Contact: Richard 07392 311794. 1 Kingfisher Square, Clyde Street SE8 5TW

Sun
18–19.00

The Life Giving Project

For anyone in the local area. A choice of foods available. Run by the Christ Embassy Church. Contact: 07845 286438. Pepys Resource Centre, Deptford Strand, SE8 3BA

Sat
11.30–13.00

Pepys Community Store

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 Application form can be picked up at the supermarket or <https://2000cac.org/>. 2000 Community Action Centre, 199 - 201 Grove Street, Deptford SE8 3PG

Fri
12–15.00

999 Club Early Bird Breakfasts

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: 999club.org. Contact: 020 8694 5797 or breakfast@999club.org 21 Deptford Broadway SE8 4PA

Mon & Thurs
6.30–9.00

Deptford Islamic Centre

Fresh food and drink, household items, frozen food.

Contact: 020 8143 3858 or info@deptfordislamiccentre.com or visit

www.deptfordislamiccentre.com/events

228/229 Railway Arches, Childers Street SE8 5JR

Sat
12-13.00

SE9

Chinbrook Action Residents Team CIC Food Bank

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 chartcicfood@outlook.com

WG Grace Community Centre (enter via the courtyard), 1 Lions Close SE9 4HG

Wed
10-11.00

Eltham Community Foodbank

Free weekly food parcel for any Lewisham resident in need. No voucher required (proof of income taken on first visit). Contact: 020 88596644 or info@ceyp.org

C/O Central Eltham Youth Project 4 Place, SE9 5DN

Mon - Fri
10-18.00

SE12

Ichthus Church Community Table

A free main meal with dessert for anyone in the community. Signposting and support too. Contact: 07950 255630. *Ichthus Lee Green, 23 Lampmead Road, SE12 8QJ*

Fri
13.30-15.30

Grove Park Food Bank and Community Resource Centre

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 address. Contact: 07930 958097 or email info@wordoflife-lcc.org

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

Fri
12-14.00

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.

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 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
Leamore 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
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. *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 / Thurs
08-09.00 /
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 support, no booking required. Tickets shared from 9am. All services are weather/volunteer dependent and subject to change.

Visit: lewishamdonationhub.org

Unit D, PLACE/Ladywell, 261 Lewisham High Street, SE13 6AY

Tue - Thurs
11-14.00

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 or 020 8463 9449
The Ecclēsia 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 or visit 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 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. For food box deliveries text 07748 713212 by Saturday for the next week.
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
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

Sydenham Community Supermarket

Offering members low cost, healthy groceries for £4 a week. People can turn up and register on the day. They accept Healthy Start Vouchers. Contact: 020 8613 0172 or 074438 88181. *Kelvin Grove Children Centre, Kelvin Grove, Sydenham SE26 6BB*

Thurs
9–13.45

Helping Hands Food Bank

Contact: www.facebook.com/sydenhamadventistchurch. *Sydenham SDA Church + St Michael's Church, Champion Crescent, SE26 4HH*

1st & 4th
Wed 12–
15.00

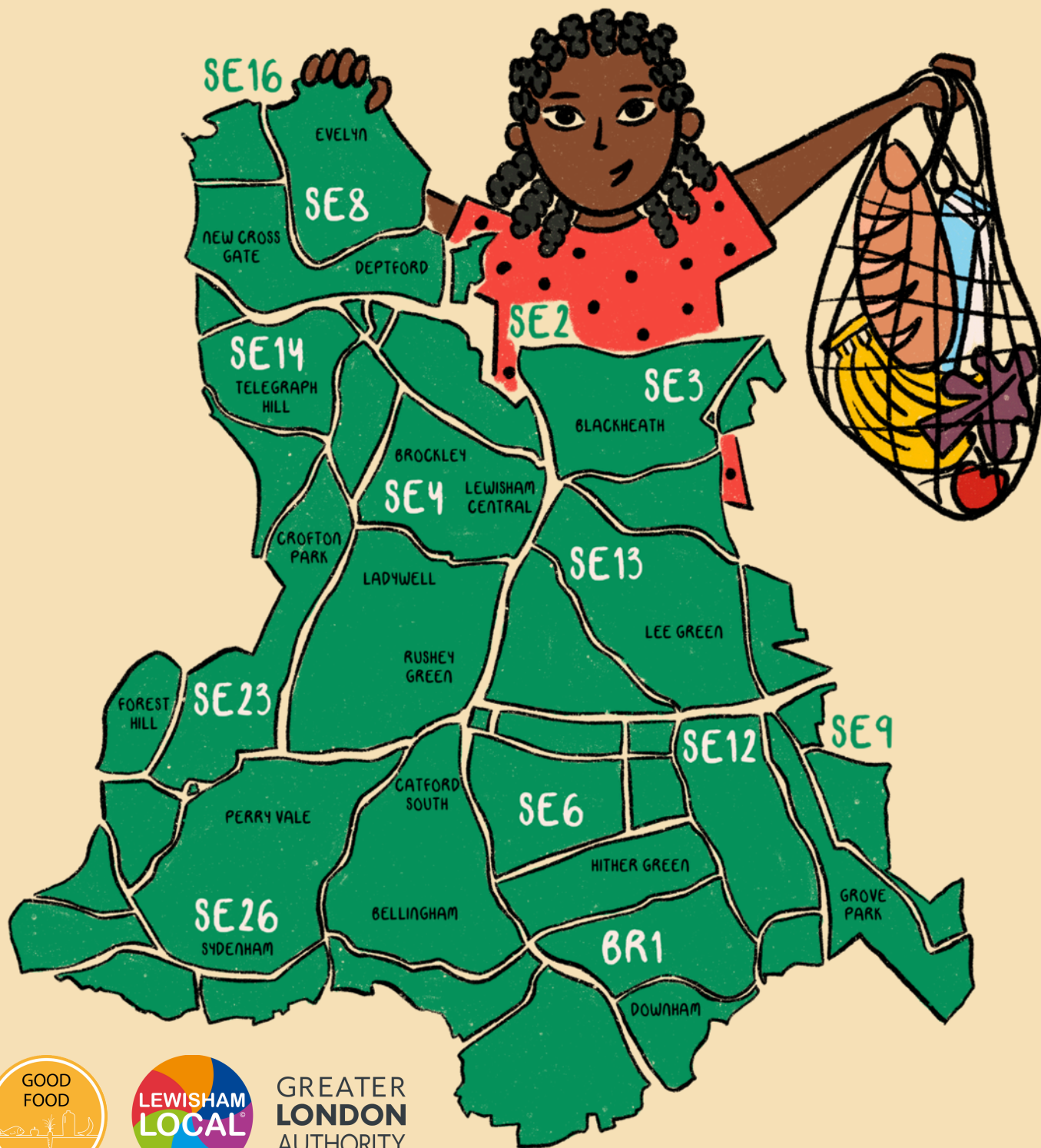
The Grove Centre

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, or visit www.thegrovecentre.org.uk. *2 Jews Walk, SE26 6PL*

Mon, Tues,
Weds, Fri
12.30–13.30

*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



GREATER LONDON AUTHORITY



www.goodfoodlewisham.org



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

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