

# 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:

- Deptford Salvation Army, Mary Ann Gardens SE8 3DP - 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 services available from Citizens Advice, AFRIL, Thames Reach, Employment Plus, Spanish speaking advice, NHS Providers, Family Support etc

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

### Rastafari Movement UK Wellbeing CIC Project

Fresh surplus and cultural fruits, veg, chilled and frozen food distribution, wellbeing support and doorstep befriending. Offering African and Caribbean foods.

Membership is required you must register in advance. £4 per visit. Contact: [rmukwellbeing@gmail.com](mailto:rmukwellbeing@gmail.com) or 07769813799 [www.RMUKWELLBEING.com](http://www.RMUKWELLBEING.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 Shroffield Road, Downham, BR1 5PE*

Thurs  
12.30–  
14.30

### Front Room Club

Front Room Club is a Cafe style drop in, providing a safe, welcoming and supportive place to grow. A two course lunch is available for £3 on Mondays and Fridays. Tuesday Lunch provides a hot meal for £2. A free breakfast of toast with a variety of preserves and spreads is on offer on Mon, Tues and Fri.

Contact us at 07516048848 or [stlukesdownham.co.uk/contact](http://stlukesdownham.co.uk/contact) for further information.

*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: [wdcfplus@gmail.com](mailto: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](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 South East 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. £4 membership fee includes Community Lunch (Once a month). Coffee, conversation and cake free! Dietary needs catered for. Request food via the website link to get a shopping appointment. Citizens Advice Lewisham present 10.30am-4pm. Brockley Ward Counsellors surgery 2nd Wed of the month.

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

Wickham Road, Brockley SE4 1LT

Wed  
12–14.00

### **Friendship Cafe**

Free hot drinks, cake and friendly chat. Anyone welcome.

Contact: [nixie67@hotmail.com](mailto:nixie67@hotmail.com)

Wickham Road, Brockley SE4 1LT

1st and 3rd  
Fri  
10.30-12

### **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  
11-13.00

### **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](mailto: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. Anyone can 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*

Wed & Sat  
13.15

### **Bellingham Monday Lunch Club**

Lunch £5. Bingo, raffle £1, free teas and coffees.

Contact: Cathy at 07880 670241

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

Mon  
10.30-  
14.00

### **Drop In Fridays**

Lunch, hot drinks, social activities and digital support

Contact: Anna at 07918 981549

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

Fri  
12.30-  
14.00

### **Catford Fridge Station**

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

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

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

Sat  
1.15pm

### **Rastafari Movement UK Wellbeing CIC Project**

Thursday Weekly Social Supermarket with £4 weekly membership you can come and choose your own groceries and non food items worth up to £40

*INI Food & Wellbeing Centre, Downham Rear of 103 Boundfield Road, North Downham Estate, SE61PG*

Thurs  
12-4pm

### **Welcome Club**

Free and friendly lunch arrive by 11.30am to order.

St Marks church, Baudwin Rd, London SE6 1RN

Wed &  
Thurs  
11.30am

### **CC foundation**

No booking or referral required. Fresh and frozen foods (African and Caribbean foods included), home essentials and toiletries. Caters for all dietary requirements.

Contact: 07500 928219 or [info@ccfoundationorg.com](mailto:info@ccfoundationorg.com) or visit

[www.ccfoundationorg.com](http://www.ccfoundationorg.com)

16-22 Brownhill Rd, Catford, SE6 2DS - Opposite The Salvation Army (on the corner building)

Fri  
1.30pm-  
3pm

## **SE8**

### **Evelyn Community Store**

Food 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 email

[Evelyn.communitystore19@gmail.com](mailto:Evelyn.communitystore19@gmail.com)

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

Tue  
14-16.30

### **The Bear Church**

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*

Sun  
18-19.00



<b>The Life Giving Project</b>	Sat
For anyone in the local area. A choice of foods available. Run by the Christ Embassy Church.	11.30–13.00
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> .	12–15.00
<i>2000 Community Action Centre, 199 - 201 Grove Street, Deptford SE8 3PG</i>	

<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> .	6.30–9.00
Contact: 020 8694 5797 or <a href="mailto:breakfast@999club.org">breakfast@999club.org</a>	
<i>21 Deptford Broadway SE8 4PA</i>	

<b>Deptford Islamic Centre</b>	Sat
Fresh food and drink, household items, frozen food.	11:45–12.30
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>	

## SE9

<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.	10–11.00
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>	

<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).	10–18.00
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>	

## SE12

### **Ichthus Church Community Table** - closed in August

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](mailto: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](mailto:foodbank@afril.org.uk)

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

Fortnightly  
Sat  
9.30–  
11.30

## SE13

### **Lewisham Islamic Centre**

Food bank 1st Saturday of the month.

Dry food - Tin food, Long lasting milk, Rice, Pasta and oil etc.

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

### **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  
11:30–  
13.30

**The Tab Church Foodbank Plus**

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

Tin foods, Pasta, rice: No Fruit, Veg or bakery

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, toiletries, clothing, home essentials, women's essentials and incontinence pads. Maximum of once per week support, no booking required. ID/ Confirmation of address is needed All services are weather/volunteer dependent and subject to change. Visit: [lewishamdonationhub.org](http://lewishamdonationhub.org)

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

Tue - Thurs  
10.30–  
14.30

**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

**SE10****Pristine Eats: The People's Soup Kitchen & Pantry**

Pantry price £3.50, fresh, frozen and cupboard items.

Parkside Community Centre, 1 Copperwood Pl, SE10 8GE

Tue  
10.00–  
13.00

**SE14****Feed the Hill**

Social supermarket for people on low incomes (£2 per shop), bring proof of address. Deliveries of boxes to housebound people in SE4, SE8 & SE14. Contact: 07748 713212

Feed the Hill, 367 Newcross Road, SE14 6AT

Wed  
10–12.00



### **FoodCycle Lewisham Newcross**

Free sit-down three-course vegetarian community meal. Anyone can turn up.  
School term-time only.

Contact: [newcross@foodcycle.org.uk](mailto:newcross@foodcycle.org.uk)

All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

Thurs

13.15

### **All Saints Community Cafe**

Great affordable food and drink, Contact: 0207 639 9071 or email  
[allsaintscommunitycentre@btconnect.com](mailto:allsaintscommunitycentre@btconnect.com)

All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

Tue & Wed

10am-2pm

## **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.

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

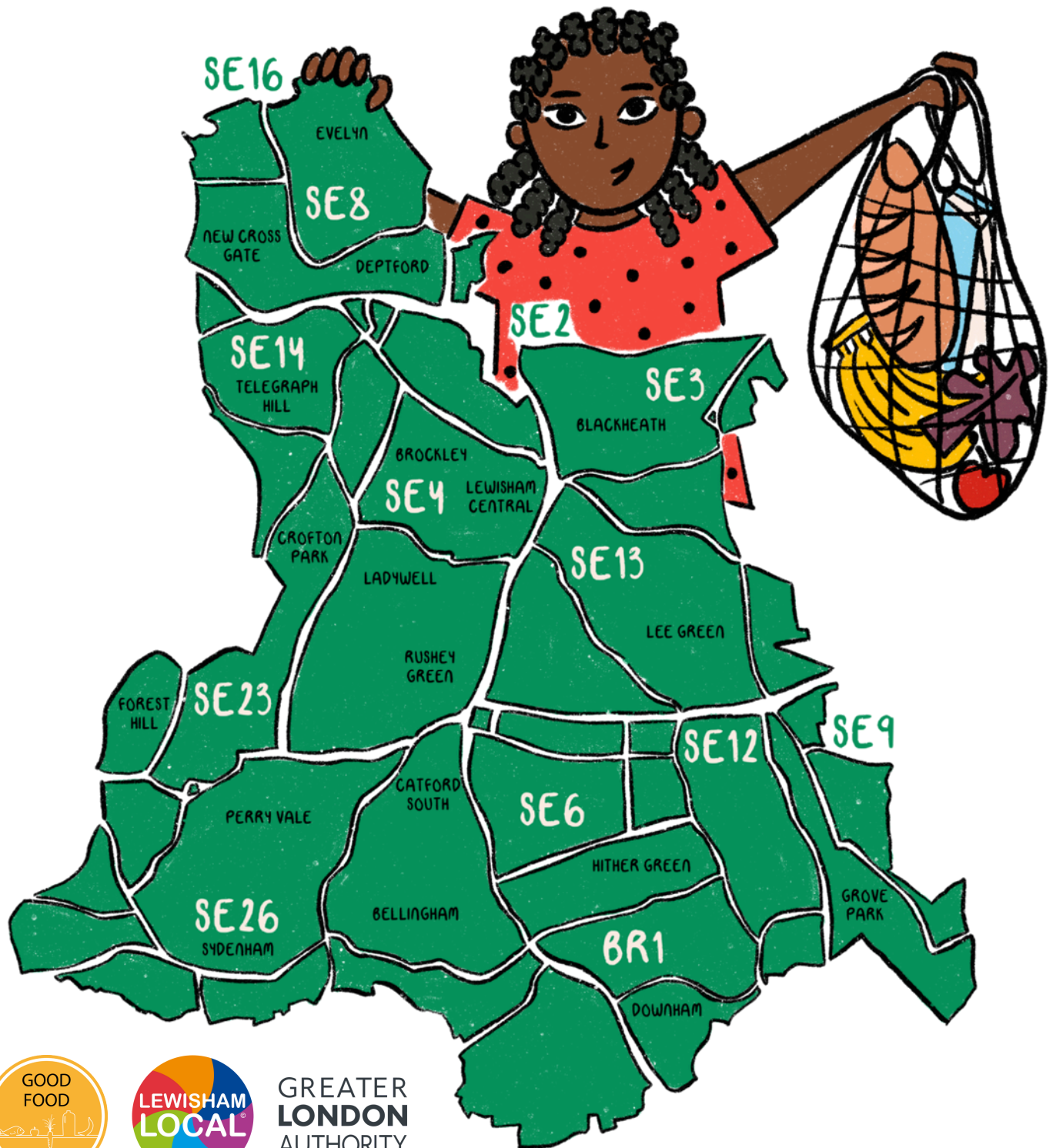
Wed

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

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



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



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

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