

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/leisham](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

Rastafari Movement UK Wellbeing CIC Project

Fortnightly
Mon & Tue
15.00

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 or 07769813799 www.RMUKWELLBEING.com

BR1

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

Thurs
12.30-
14.30

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

Front Room Club

Mon, Tue &
Fri
9.30-
14.30

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 for further information.

St. Lukes Church, Northover, BR1 5JR

Whitefoot and Downham Food Project Plus

Thurs

For those living in the Whitefoot and Downham area. Membership is £4.

19-20.30

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

Downham Gleaning Pantry BR1 4PX

Fri

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.

9.30-

Contact: Stephanie 07989 887319 or downhamaid@gmail.com

27 - 29 Brook Lane, Bromley BR1 4PX

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 or 07776 992138.

Bostall Gardens, Viola Avenue, SE2 0TQ

SE4**St Peter's Church**

Wed

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.

12-14.00

Contact: www.stpetersbrockley.org/feedback-food-request

Wickham Road, Brockley SE4 1LT

Friendship Cafe

1st and 3rd

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

Fri

Contact: nixie67@hotmail.com

10.30-12

Wickham Road, Brockley SE4 1LT

Living Water Christian Centre Food Service

Wed

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

17.30-

Contact: Lwccfoodservice@gmail.com

19.15

Honor Oak Community Centre, 50 Turnham Road SE4 2JD

Honor Oak Community Centre Free hot meal, hot drinks, discussion and games. 50 Turnham Road, SE4 2JD	Tue 11-15.30
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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
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RCCG Faith Chapel Lunch Hour Hot meal to take away for Bellingham residents. Contact: 020 8697 7907. RCCG Faith Chapel, 108 Brookeshowse Road SE6 3TW	2nd & 4th Sat 14-16.00
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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
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FoodCycle Lewisham Free sit-down three-course vegetarian community meal. Anyone can 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
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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
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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
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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

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, SE6 1PG

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 or visit

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

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

The Life Giving Project	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>	
 Pepys Community Store	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 https://2000cac.org/	12–15.00
<i>2000 Community Action Centre, 199 - 201 Grove Street, Deptford SE8 3PG</i>	
 999 Club Early Bird Breakfasts	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: 999club.org .	6.30–9.00
Contact: 020 8694 5797 or breakfast@999club.org	
<i>21 Deptford Broadway SE8 4PA</i>	
 Deptford Islamic Centre	Sat
Fresh food and drink, household items, frozen food.	11:45–
Contact: 020 8143 3858 or info@deptfordislamiccentre or visit www.deptfordislamiccentre.com/events	12.30
<i>228/229 Railway Arches, Childers Street SE8 5JR</i>	
 SE9	
 Chinbrook Action Residents Team CIC Food Bank	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 chartcicfood@outlook.com	
<i>WG Grace Community Centre (enter via the courtyard), 1 Lions Close SE9 4HG</i>	
 Eltham Community Foodbank	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 info@ceyp.org	
<i>C/O Central Eltham Youth Project 4 Place, SE9 5DN</i>	

SE12

Ichthus Church Community Table - closed in August	Fri
A free main meal with dessert for anyone in the community. Signposting and support too.	13.30– 15.30
Contact: 07950 255630.	
<i>Ichthus Lee Green, 23 Lampmead Road, SE12 8QJ</i>	

Grove Park Food Bank and Community Resource Centre	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 address.	12–14.00
Contact: 07930 958097 or email info@wordoflife-lcc.org	
<i>Word of Life Church, Rehoboth Building, 72A Mayeswood Road SE12 9RP</i>	

The Helping Hands Food Bank	Fortnightly
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.	Sat
Contact: 07521 056829 or foodbank@afril.org.uk	9.30–
<i>St Peter's Church, Eltham Road SE12 8HQ</i>	11.30

SE13

Lewisham Islamic Centre	Sat
Food bank 1st Saturday of the month.	16–18.00
Dry food - Tin food, Long lasting milk, Rice, Pasta and oil etc.	Food bank
Contact: info@leishamislamiccentre.com or call 02086905090	13–15.00
<i>383 Lewisham High Street, SE13 6NZ</i>	

Greater Faith Ministries Community Meal	2nd Fri
Free community meal, first come, first served. Vegetarian options available.	of the
Contact: 020 8314 1720 or info.greaterfaith@gmail.com	month
<i>Leemore Centre, 29 - 31 Clarendon Rise, SE13 5EY (Bonfield Road entrance)</i>	17–19.00

Victory Care Food Bank	Sun
After the church service they provide surplus bags of groceries. Contact Details required.	11:30– 13.30
Contact: Maxine on 07368 586898	
<i>157 - 159 Lewisham High Street SE13 6AA</i>	

The Tab Church Foodbank Plus	Thurs
All donations can be made on Sundays 10.30 am - 1.30 pm.	12-14.00
Tin foods, Pasta, rice: No Fruit, Veg or bakery	
Contact: 020 8691 1000 or info@thetab.org.uk	
233 - 241 Lewisham High Street, SE13 6NQ	
 Seventh-day Adventist Church	Mon
Mon: Only groceries. Thurs: Free hot meal and groceries.	08-09.00
Contact: 020 8690 4433.	Thurs
434 Lewisham High Street SE13 6LJ	17-18.30
 Lewisham Donation Hub	Tue - Thurs
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 neededAll services are weather/volunteer dependent and subject to change. Visit: lewishamdonationhub.org	10.30-14.30
Unit D, PLACE/Ladywell, 261 Lewisham High Street, SE13 6AY	
 CommUNITY Space	Tue - Fri
Hot drinks and takeaway meals.	10.30-
Unit 17, Lewisham Shopping Centre, SE13 7HB	17.00
 Barley Loaves Distribution Service	Mon
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	19.30-21.00
The Ecclesia Church (London City Mission), 1 Cornmill Lane SE13 7FY	
 SE10	
 Pristine Eats: The People's Soup Kitchen & Pantry	Tue
Pantry price £3.50, fresh, frozen and cupboard items.	10.00-
Parkside Community Centre, 1 Copperwood Pl, SE10 8GE	13.00
 SE14	
 Feed the Hill	Wed
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	10-12.00
Feed the Hill, 367 Newcross Road, SE14 6AT	

FoodCycle Lewisham Newcross Thurs
Free sit-down three-course vegetarian community meal. Anyone can turn up. 13.15
School term-time only.
Contact: newcross@foodcycle.org.uk
All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

All Saints Community Cafe Tue & Wed
Great affordable food and drink, Contact: 0207 639 9071 or email 10am-2pm
allsaintscommunitycentre@btconnect.com
All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

SE16

Lions Food Hub Fri
Appointment only. 9.30–
Contact: Facebook, X, Instagram or lionsfoodhub@gmail.com 14.30
Millwall Community Centre, Bolina Road, SE16 3LD

Lewington Food Project Fri
First come first served food bank for local residents but they can take referrals and 13–15.00
deliver on some occasions. Dietary requirements catered for.
Lewington Community Centre, 9 Eugenia Road, SE16 2RU

SE26

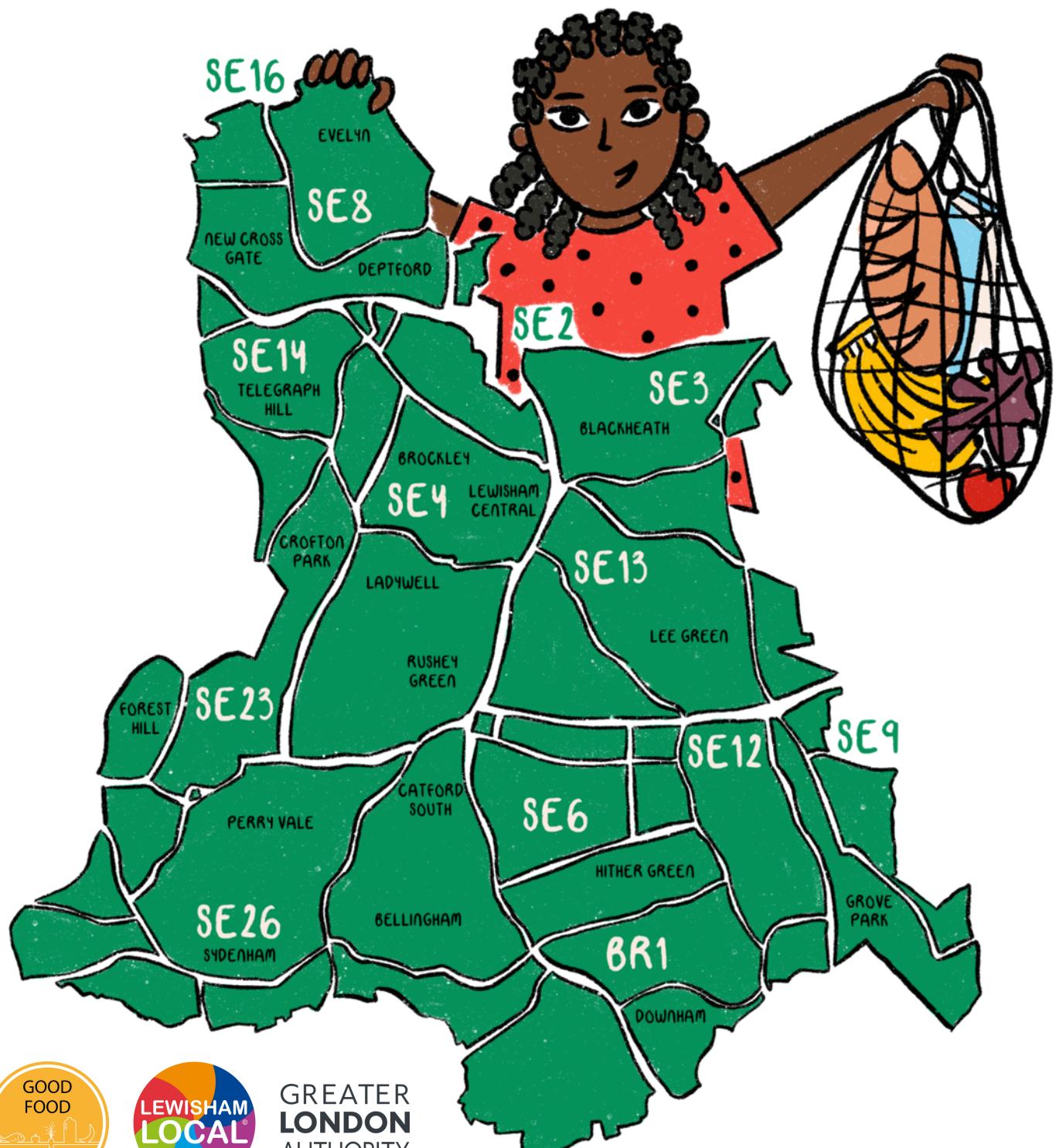
Rehoboth Community Outreach Mon & Thurs
They can arrange deliveries for over 60s and families who would struggle to 11–14.00
attend. Mon & Wed: meal and food parcels, Thurs: food parcels. Wed
Contact: 07487 738908 14.30–
Ray Champion Meeting Room, 1 - 18 Allwood Close, SE26 4JP 16.30

Helping Hands Food Bank 1st & 4th
Contact: www.facebook.com/sydenhamadventistchurch Wed
Sydenham SDA Church + St Michael's Church, Champion Crescent, SE26 4HH 12–15.00

The Grove Centre Mon-Thurs
Homemade lunches at £4.50 for two courses, £3.50 for one. Accessible and free 11–14.00
car parking. Book by phone, email or in person. Contact 020 8778 8601 or Wed
office@thegrovecentre.org.uk, or visit www.thegrovecentre.org.uk 2 Jews Walk, 14.30–
SE26 6PL 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



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
 goodfood@lewishamlocal.com

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