

Places providing free, low-cost food and/or community meals in Lewisham



This is a list of community projects offering free or low-cost food. You may be facing financial difficulties and need support or would like to join others together at a community meal. Perhaps you would like to volunteer. Most of the projects are staffed by volunteers and rely on donations. Please note a listing is not an endorsement, check with the project directly to see if it's a good fit. Call Community Connections Lewisham (0330 058 3464 Mon - Fri 9.30 am - 4 pm) who can find the best option for you and link you up to other support available for Lewisham residents.

Food Giving Projects

Bank of Things Youth Fridge

Monday, Wednesday, Friday 3 – 5.30pm

For young people aged 11 – 25. Distributing fresh fruit and other surplus foods. Contact hannah@lewishamlocal.com or 07726 350915.

Unit 19, Lewisham Shopping Centre, Molesworth Street, SE13 7HB

Barley Loaves Distribution Service

Monday 7.30pm

Open until food runs out (usually by 9 pm). They provide food bags, alternating between men and women on different weeks. It was men's night on 20 March and it will be women's night on 27 March - work out the week from that. If they have food to spare at the end of the night they give it to anyone who comes along. Contact barleyloaves@ecclesia.uk.

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

Catford Fridge Station

Saturday 2 – 3pm

Gives out solidarity bags of surplus food. First come first served. Contact catfordfridge@hotmail.com.

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

Chinbrook Action Residents Team Food Bank

Wednesday 10 – 11am

Choose food from the selection. Tea, coffee, friendly chat and a benefits/financial advisor who can be seen by appointment. Registration on the day. Serves the Chinbrook community, but not exclusively. Contact info@chartbiglocal.org.uk and 020 8851 0174.

WG Grace Community Centre Courtyard, 1 Lions Close, SE9 4HG

Come Out of Hiding: TLN CIC

1st & 3rd Saturday Midday – 2pm

Food and toiletries parcels provided. Complete these registration forms first: <https://forms.gle/Jr3SkbUizc3SjQeg8> and <https://forms.gle/DwvcgDBeu8uUeXKG8A>.

Glass Mill Leisure Centre, 41 Loampit Vale, SE13 7FT

Downham Gleaning Pantry

Friday 9am – 1pm

Social pantry for people on low incomes and affected financially in Downham. Residents pay a membership fee of £5 a week to choose from a variety of food to the value of £25 - £40. To book contact downhammutualaid@hotmail.com or Stephanie on 07989 887319.

Brook Lane Community Church, 27-29 Brook Lane, Bromley BR1 4PX

Evelyn Community Store

Tuesday 2 – 5pm & Friday from 11am

Provides food to store members and delivers food to vulnerable store members (£3.50 per week to use the store for those on low incomes). Free surplus food given out to members on Fridays from 11 am until the food has gone. To become a member, collect a paper form or visit: www.lewishamhomes.org.uk/peoples-supermarket/.

Evelyn Community Store, 1 Kingfisher Square, Clyde Street, SE8 5TW

Feed the Hill – food delivery boxes and social supermarket

Wednesday 10 am - Midday

Small "social supermarket" for people on low incomes who may benefit from spending less on a weekly shop (£2 per shop). No membership required, bring proof of address. Deliveries of food boxes to housebound people in SE4, SE8 & SE14. Free to those self-isolating or experiencing food poverty. Boxes are nutritionally balanced, dietary needs catered for. For food box deliveries text 07748 713212 by the end of Saturday for the next week. Contact feedthehill@gmail.com or see <https://boldvision.uk/feed-the-hill/>.

367 New Cross Road, SE14 6AT

Grove Park Emergency Food Bank Project

Friday Midday – 2pm

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 info@wordoflife-lcc.org.

Word of Life Church, Rehoboth Building, 72A Mayeswood Road, SE12 9RP (Community Resource Centre on Lower Floor).

Helping Hands Foodbank

Run by AFRIL and Church of the Good Shepherd. Supports refugees, asylum seekers and vulnerable migrant families. Priority currently given to residents of Lewisham and Greenwich. The food parcel includes food staples, fresh fruit and vegetables and toiletries. Travel expenses paid. Now fortnightly with vouchers. Contact Helen on 07549 031729 or foodbank@afril.org.uk.

St Peter's Church Lee, SE12 8HQ

Fortnightly - Saturday 10am - Midday

House of Bread Church of God

In partnership with Looprun. Contact: houseofbreadclerk@cogop.org.uk, 020 7732 4970.

39 Kitto Road, SE14 5TW

Monthly - Saturday 9 - 11am

Legendary Community Club

Food package support for young people and their families. Collection from Youth First sites across the borough. Email legendaryclub@gmail.com or call/message Andra on 07581 566004.

Fortnightly on Thursday and Friday

Lewington Food Project

L&Q are running a food bank for local residents. It's first come first served but they can take referrals and deliver on some occasions. Dietary requirements catered for. Call 07940 393291 for more information.

Lewington Community Centre, 9 Eugenia Road, SE16 2RU

Friday 1 - 3pm

Lewisham Donation Hub

Food, clothing, home essentials. They offer a range of fresh and frozen foods, and a more limited selection of non-perishables, toiletries, women's essentials and incontinence pads. Support is provided a maximum of once a week. No booking required but check website for important service update information as it is weather dependent and times of food and other provision can change www.lewishamdonationhub.org.

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

Tuesday, Wednesday, Thursday 11am - 2pm

Lewisham Islamic Centre

Halal Food Parcels available.

363 - 365 Lewisham High Street SE13 6NZ

1st Saturday of each month 1 - 3pm

Lions Food Hub

By appointment only. Message their Facebook or Instagram page for support.

Millwall Community Centre, Bolina Road, SE16 3LD.

Friday 9.30am - 12.30pm

Lewisham Foodbank

Clients must obtain an e-voucher from a professional, or by calling Help Through Hardship on 0808 208 2138 or Advice Lewisham on 0800 231 4543. Six vouchers in six months.

Deptford: Salvation Army Deptford, Mary Ann Gardens, SE8 3DP

Lewisham: Salvation Army Lewisham, 4 Albion Way, SE13 6BT

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

Forest Hill: Perry Rise Baptist Church, Perry Rise, SE23 2QL

Catford: Salvation Army Catford, 23-25 Brownhill Road, SE6 2HE

Dietary needs catered for subject to availability. Advice in Spanish, Portuguese, Arabic and support with fuel vouchers.

Monday - Friday

Monday Midday - 2pm

Tuesday 10am - Midday

Wednesday Midday - 2pm

Thursday Midday - 2pm

Friday 10am - Midday

Living Water Christian Centre Food Service

Check which week it's opening. Dietary needs catered for. Contact: Lwccfoodservice@gmail.com.

Honor Oak Community Centre, 50 Turnham Road, SE4 2JD.

Wednesday 5.30 - 7.15pm

Pepys Community Store

For members around Pepys/Evelyn, Deptford who pay £3.50 a week for their shop. Application form can be picked up at the supermarket or <https://2000cac.org/>.

2000 Community Action Centre, 199-201 Grove Street, Deptford, SE8 3PG.

Friday Midday - 3pm

Rastafari Movement UK Food & Wellbeing Project

Surplus and cultural food distribution to households in need of culturally relevant food and wellbeing support. Offering African and Caribbean foods, fresh fruits, veg and vital emergency delivery and doorstep befriending service. Food projects include cooked food and nutrition programmes for all using cultural foods to bridge gaps and build communities across Lewisham, Lambeth and Southwark. Referrals and applications can be made via www.rmukwellbeing.com or to rmuk.info@gmail.com or call 07769 813799. Users must register in advance. There is a £4 weekly contribution required. Supporting for up to 12 weeks and signpost members to a range of additional services across the boroughs.

Monday & Tuesday evening

Rehoboth Community Outreach Club

Open for collection free hot meals. No referral required.

Food support given for the Hazelgrove Estate & neighbouring area

Deliveries to homeless hostels in Lewisham & Bromley

Contact: 07487 73808 or 07946 354617.

Collection: Ray Champion Meeting Room, 1-18 Allwood Close, SE26 4JP (Hazel Grove Estate).

Monday 11am – 2.30pm

Wednesday 3.30 – 5pm & Thursday 11am – 2pm

7 days a week 8pm – 10pm

St Peter's Church Brockley - Social Supermarket

Wednesday

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

www.stpetersbrockley.org.uk/feedback-food-request.

43 Wickham Rd, Brockley, SE4 1LT.

Sydenham Community Supermarket

Thursday 9am – 4pm (closed 12.30 – 2pm)

Offering members low cost, healthy groceries for £4 a week. Run by residents, for residents. Complete online form to be considered for membership or collect a paper copy. www.lewishamhomes.org.uk/your-community/communitystore/sydenham-community-supermarket-membership/. You can turn up and register on the day.

Kelvin Grove Children's Centre, Kirkdale, SE26 6BB.

The Life Giving Project

Saturday 11.30am – 1pm

For anyone in need in the local area. Choice of foods available. Run by the Christ Embassy Church. Contact 07845 286438.

Pepys Resource Centre, Deptford Strand, SE8 3BA.

The Tab Church Foodbank Plus

Thursday Midday – 2pm

Contact 020 8691 1000, info@thetab.org.uk. All donations should be made on Sundays 10.30 am - 1.30 pm.

The Tabernacle Church, 233 - 241 Lewisham High Street, SE13 6NQ.

Victory Care Food Bank

Sunday 12.30 – 3pm

After the church service. Just turn up for surplus bags of groceries. Contact Maxine on 07368 586898.

157-159, Lewisham High Street, Lewisham, SE13 6AA.

Whitefoot and Downham Food Project Plus

Thursday 7 - 8.30pm

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

Hope Church, 480 Whitefoot Lane Downham, BR1 5SF.

World of Hope

Based in Greenwich but with some distribution in Lewisham to disabled and elderly people. They are offering food, baby food, nappies and cosmetics. They are also supporting African, refugee and migrant communities across South East London with culturally specific food. Contact info@worldofhope.org.uk, 07776 992 138. Registration required.

Community Meals

999 Club Early Bird Breakfasts

Monday and Wednesday 6.30 – 9am

A free breakfast for those facing homelessness or rough sleeping. Showers, internet, laundry services and access support services eg community outreach, housing, employment and benefits advice available. Call 020 8694 5797, email breakfast@999club.org or visit www.999club.org.

999 Club Day Centre at 21 Deptford Broadway SE8 4PA.

Bear Church Deptford

Sunday 6.30 – 7.30pm during school term time (except 1st Sunday of month)

Sit down meal. A drop in so just turn up, everyone welcome. Contact Richard on 07392 311794.

At the Evelyn Community Centre, 1 Kingfisher Square, Clyde Street, SE8 5TW.

Bellingham Monday Lunch Club

Monday 10.30am – 2pm

Lunch, bingo and raffle. £5 includes lunch, tea, coffee and bingo, 50p extra for the raffle. Contact Kathy on 07880 670241.

At Christ Church URC, Bellingham Green, SE6 3HQ.

CC Breakfast

6 – 9am

Free weekly nutritious breakfast using eggs organically sourced. Offered by the CC Foundation, the breakfast eases the pressure of the morning routine for young people by providing them with a space to prep before school/college. For more information and to sign up to join the waiting list email info@ccfoundation.org.com.

18 Eltham Road, SE12 8TF (by Leegate House, buses 122, 261, 202).

The Field

Friday from 6pm

Community meal. Call or message 07856 693527 to check they're open that day.

The Field Community Centre, 385 Queen's Road SE14 5HD.

FoodCycle Lewisham

Saturday 1.30 – 3pm

Providing a free sit down three course vegetarian community meal. Extra groceries to take away from Catford Fridge. No need to book, just turn up. Contact lewisham@foodcycle.org.uk. See: www.foodcycle.org.uk/location/foodcycle-lewisham/.

At the Lewisham Irish Community Centre, 2a Davenport Rd, SE6 2AZ

Front Room Club

Monday 10am – 2pm, Tuesday and Friday 9.30am – 2.30pm

Cafe style drop in, providing a safe, welcoming and supportive place to grow. On Monday and Friday they have a lunch club where you can get a lovely two course lunch for just £3. Contact Sandra on 07930 399907, see www.stlukesdownham.org.uk/front-room-club/.

St Lukes Church, Northover, BR1 5JR.

Greater Faith Ministries Community Meal

2nd Friday of the month 5 – 7pm

Free community meal, first come, first served. Aiming to serve 30 - 40 people. Vegetarian options available. Contact info.greaterfaith@gmail.com or call 0208 314 1720.

Leemore Centre, 29 - 31 Clarendon Rise, SE13 5EY, use the Bonfield Road Entrance.

Kings Church The Feast

Wednesday 7 – 9pm

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

King's Church, Catford Hill, SE6 4PS.

Ichthus Church Community Table

Friday 1.30 – 3.30pm

Free main meal with dessert for anyone in the community. Signposting and support too. Contact 07950 255630.

Ichthus Lee Green, 23 Lampmead Road, Lee, SE12 8QJ.

Lewisham Islamic Centre

Dec/Jan only: Saturday 4 – 6pm

Hot soup to take away. Check details on www.lewishamislamiccentre.com/2022/11/17/lic-winter-soup-kitchen/

LIC, 383 Lewisham High Street, SE13 6NZ.

RCCG Faith Chapel Lunch Hour

2nd & 4th Saturday of the month 2 – 4pm

Hot meal to take away for Bellingham residents.

RCCG Faith Chapel, 108 Brookehowse Road, SE6 3TW.

Rehoboth Community Outreach Club

Monday and Thursday 11am – 1pm

They can arrange deliveries for over 60s and families who would struggle to attend. Call 07487 738908.

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

Seventh-day Adventist Church

Thursday 5 – 6.30pm

Free hot meal and groceries.

434 Lewisham High Street, SE13 6LJ.

Silver Lunch Club - with Ageing Well for over 50s

Thursday 12.30 – 2.30pm

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

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

UCKG Soup Kitchen

Saturday 11 am – 2pm

Home cooked soup, meals, and surplus food such as sandwiches, bread and milk to choose from and take away. Meat and vegetarian options. Call 020 8698 3612.

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

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Online version with map available at www.lewishamlocal.com

Any amendments should be emailed to helen@lewishamlocal.com and goodfood@lewishamlocal.com