



Places providing free, low-cost food and Community Meals in Lewisham

Here 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 9.30am-4pm) who can find the best option for and link you up to other support available for Lewisham residents.

Barley Loaves Distribution Service - Tuesdays

The Ecclēsia (London City Mission) 1 Cornmill Lane, Lewisham SE13 7FY. Tuesdays between 7.30pm – 8.30pm on alternate weeks: women one week, men another week. They currently provide food bags to take away from outside and share words from the gospel.

Catford Fridge Station - Saturdays

Lewisham Irish Community Centre, 2a Davenport Rd, SE6 2AZ. Saturdays between 2-3pm Catford Fridge gives out solidarity bags of surplus food. First come first served.

Chinbrook Action Residents Team Food Bank - Wednesdays

WG Grace Community Centre Courtyard, 1 Lions Close, SE9 4HG. Wednesdays 10:30-11:30am. Choose food from our selection. Also Tea and coffee and a friendly chat. Registration can take place on the day. Must live in the Chinbrook community.

Come Out of Hiding: TLN CIC - Fridays and Sundays

My Office Club Lewisham, Tower House, 67, 71 Lewisham High St, London SE13 5JX. The community are welcome to drop in on a weekly basis to pick up food and toiletry parcels on Fridays (4-8pm) and Sundays (5-9pm)

Downham Gleaning Pantry - Fridays

Brook Lane Community Church, 27-29 Brook Lane, Bromley BR1 4PX. Open Fri 9-1pm. Social Pantry for people on low incomes and affected financially in Downham. Residents pay a membership fee of £3.50 a week to choose from a variety of food. To book an appt contact downhammutualaid@hotmail.com

Evelyn Community Store - Tuesdays

Evelyn Community Centre, Kingfisher Square SE8 5TW. Open Tuesdays 2 – 5pm. Provide food to Store members and deliver food to vulnerable store members (£3.50 per week to use the store for those on low incomes). Free surplus food given out on Fridays. To become a member, collect a paper form or visit: <https://www.lewishamhomes.org.uk/peoples-supermarket/>.

Feed the Hill – food delivery boxes and social supermarket

Working with Bold Vision, Feed the Hill delivers food boxes to housebound people in SE4, SE8 & SE14. Boxes are delivered for free to those self-isolating or experiencing food poverty.

<https://boldvision.uk/feed-the-hill/> Text: 07748 713 212, by the end of Sat. for next week. Boxes are nutritionally balanced, dietary needs catered for. They run a small “social

supermarket” on Wed 10am-noon for people on low incomes who may benefit from spending less on their weekly shop (£2 per shop) no membership required, please bring proof of address.

Grove Park Emergency Food Bank Project - Fridays

The Word of Life Church, Rehoboth Building, 72A Mayeswood Road, SE12 9RP (Community Resource Centre in the Lower Floor). Open Fridays 12noon to 2pm. For people of Grove Park and the surrounding area in financial crisis/hardship. Bring one form of ID and one proof of address. 07930 958 097 / info@wordoflife-lcc.org

The Helping Hands Food Bank

The helping hands food bank is run by AFRIL and Good Shepherds St Peter's Church Lee. This food bank supports refugees, asylum-seekers and vulnerable migrant families. To make a referral or request support [email](#), visit their [website](#) or call 07549031729. The food bank food parcel includes food staples, fresh fruit and vegetables and toiletries.

Lewington Food Project - Fridays

Lewington Community Centre, 9 Eugenia Road, SE16 2RU. Fridays 1-3pm. 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. Call 07940 393 291 for more information. Dietary requirements catered for.

Lewisham Donation Hub

Located at Unit D, PLACE/Ladywell (SE13 6AY). 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 incontinency pads. The service operates from 11am to 2:30pm on Tues, Wed and Thursday. Support is provided a maximum of once per week. No booking required but do check the website for important service information as it is weather dependent www.lewishamdonationhub.org.

Lewisham Foodbank

Clients must have an e-voucher which can be obtained from a professional, or by calling Community Connections Lewisham: 0330 058 3464 or the National Citizens Advice Freephone Helpline on 0808 208 2138. Five centres: Salvation Army Deptford, Mary Ann Gardens, SE8 3DP, Mondays 12pm – 2pm, Salvation Army Lewisham, 4 Albion Way, SE13 6BT Tuesdays 10am – 12pm, St John the Baptist Church (Downham) 353 Bromley Road, SE6 2RP, Wednesdays 12pm – 2pm, Perry Rise Baptist Church, Perry Rise, SE23 2QL, Thursdays 12-2pm, Salvation Army Catford, 23 – 25 Brownhill Road, SE6 2HE, Fridays 10am–12pm. Dietary needs catered for. Advice service in Spanish, Portuguese, Arabic plus fuel and clothing bank.

Living Water Christian Centre Food Service - Wednesdays

Honor Oak Community Centre 50 Turnham Rd SE4 2JD. Open Wednesday evenings from 5.30-7.30pm (can't deliver). Check which week is opening. Dietary needs catered for. The food service contact details are: Lwccfoodservice@gmail.com and 07783 441 973.

Pepys Community Store - Fridays

2000 Community Action Centre, 199-201 Grove Street, Deptford, SE8 3PG. Open Fridays between 12 and 3pm for Members around Pepys/Evelyn, 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/>

Rastafari Movement UK Food and Wellbeing Project - Tuesdays

Offering African and Caribbean Cultural Foods, fresh fruits, veg and Ital emergency delivery and doorstep befriending service for vulnerable households in Lewisham, Lambeth and Southwark. Referrals can be made to rmukwellbeing@gmail.com Tel 07769813799. Deliveries once a week Tuesday evenings. Users must register. There is a £2 to £4 contribution required.

St Peter's Church Brockley - Social Supermarket - Wednesdays

43 Wickham Rd, Brockley, SE4 1LT. A Social Supermarket for people in the SE4 area. Pay £3 membership weekly fee and choose enough groceries to last 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

Sydenham Community Supermarket - Thursdays

Kelvin Grove Children's Centre, Kirkdale, Sydenham, SE26 6BB. Open Thursdays 9.30am-4pm to members offering low cost, healthy groceries for £3.50 a week. The shop is run by residents, for residents. Complete the form online to be considered for membership or collect a paper copy. <https://www.lewishamhomes.org.uk/your-community/community-store/sydenham-community-supermarket-membership/>

The Life Giving Project - Saturdays

Pepys Resource Centre, Deptford Strand. London SE8 3BA. Open Saturdays between 11.30am-1pm. For anyone in need in the local area. A choice of foods available. Run by the Christ Embassy Church.

Victory Care Food Bank - Sundays

157 - 159, Lewisham High Street, Lewisham, London, SE13 6AA, Sundays 12.30-3pm after the church service. Just turn up for surplus bags of groceries.

Whitefoot and Downham Food Project - Thursdays

Hope Church 480 Whitefoot Lane Downham, BR1 5SF. Thursdays 7-8.30pm for those living in the Whitefoot and Downham area. You can just turn up. No delivery, pre-packed bags.

World of Hope

Based in Greenwich but with some distribution in Lewisham, they are offering food distribution supporting African, refugee and migrant communities across South East London with culturally specific food. Contact info@worldofhope.org.uk - 07776 992 138.

Community Meals

Birds Nest

The Bird's Nest Pub in Deptford runs a free soup kitchen every Tuesday from 6pm for those who need it. 32 Deptford Church St, SE8 4RZ. [020 8305 6503](tel:02083056503)

FoodCycle Lewisham - Saturdays

Providing sit down vegetarian hot meal from 1.15-3pm on Saturdays at Lewisham Irish Community Centre, 2a Davenport Rd, Catford SE6 2AZ. Guests will need to register and leave a contact number for track and trace. Extra groceries to takeaway from Catford Fridge.

Front Room Club Mondays, Tuesdays and Fridays

Revised June 2022

Online version with map available at www.lewishamlocal.com

St Lukes, Northover, BR1 5JR Mon 10am to 2pm, Tues and Fri- 9:30am to 2:30pm. The Front Room Club is a cafe style drop in, providing a safe, welcoming and supportive place to grow. On Monday and Friday we now have a lunch club where you can get a lovely two course lunch for just £3.00

Kings Church The Feast - Wednesdays

The Feast - King's Church, Catford Hill, SE6 4PS. Every Wednesday 7-9pm. A free 3 course meal along with signposting and support. Particular focus is on rough sleepers and homeless people.

Ichthus Church Community Table - Fridays

Friday 1:30-3.30 pm at Ichthus Lee Green, 23 Lampmead Road, Lee, SE12 8QJ 07950 255 630 – A free main meal with dessert for anyone in the community. Signposting and support too.

Lewisham Islamic Centre - Saturdays

Saturdays 4-6pm LIC, 383 Lewisham High St. SE13 6NZ. Hot soup to takeaway served outside.

Pie N Mash at The Field

Serve free hot meals outside Deptford Library on Thursdays 3 pm, and can help you seek further support. For more info visit their website: www.pienmash.org.uk

RCCG Faith Chapel Lunch Hour - Saturdays

RCCG Faith Chapel, 108 Brookehowse Rd, SE6 3TW. Open Saturdays 2-4pm on the 2nd and 4th Saturday of the month. They offer a hot meal to takeaway for Bellingham residents.

Rehoboth Community Outreach - Mondays & Thursdays

Ray Champion Room, 1-18 Allwood Close, SE26 4JP. Open Mon & Thurs from 11am-1pm. They can arrange deliveries for over 60s and families who would struggle to attend. Call 07487738908

Seventh Adventist Church

430 Lewisham High Street, SE13 6LJ. Open Thursdays from 5-6.30pm, giving away a hot meal and groceries.

Silver Lunch Club - Thursdays with Ageing Well for over 50s

Wesley Halls, 2 Shrofffield Road, Downham, BR1 5PE, Thursday, 12.30-2.30pm, £5. Join us for activities and a hot lunch. All welcome! Regular activities include arts and crafts and gentle exercise, and we often have speakers and presenters from other local groups and organisations.

UCKG Soup Kitchen - Saturdays

UCKG Help Centre 1 Bromley Road Catford, SE6 2TS 020 8698 3612. Saturdays 11am-2pm, continuing with provision of home cooked soup, meals, and surplus food such as sandwiches, bread and milk to choose from and takeaway. Meat and veg options.



*Find this list and an online map at www.lewishamlocal.com. Services are likely to change, please check with the project directly for most up-to-date details and that the offer is suitable for you. If you would like your project to feature or have noticed a service change, please contact: hello@lewishamlocal.com