



# Places providing free, low-cost food and/or 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 eat with others at a community meal. Perhaps you would like to volunteer. Most 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 financial support and advice call Advice Lewisham (0800 231 5453 Mon - Thurs 9 am – 12.30 pm & 1.30 pm – 5 pm) or visit [www.worryingaboutmoworldney.co.uk/lewisham](http://www.worryingaboutmoworldney.co.uk/lewisham).

## Bank of Things Youth Fridge

Wednesday & Friday 3 – 5 pm

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

For young people aged 11 – 25. Distributing fresh fruit and other surplus foods.

Contact: Hannah [hannah@lewishamlocal.com](mailto:hannah@lewishamlocal.com) or 07726 350915

## Barley Loaves Distribution Service

Monday 7.30 – 9 pm

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

Providing food bags from outside, alternating between men and women each week. If there is food to spare at the end it's given to anyone regardless of gender.

Contact: [barleyloaves@ecclesia.uk](mailto:barleyloaves@ecclesia.uk)

## Catford Fridge Station

Saturday 2.30 – 3 pm

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

Gives out solidarity bags of surplus food. First come first served.

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

## Chinbrook Action Residents Team Food Bank

Wednesday 10 – 11 am

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

Choose food from the selection. Donation drop off 9 am – 2 pm Monday – Friday. Tea, coffee, a friendly chat plus benefits/financial advisor (by appointment). Registration can take place on the day.

Contact: [info@chartbiglocal.org.uk](mailto:info@chartbiglocal.org.uk) and 020 8851 0174.

## Come Out of Hiding: TLN CIC

Sunday 1 – 3 pm

157 - 159 Lewisham High Street SE13 6AA

Please complete these short forms to benefit from our community fridge and drop in service for families to have access to essentials like food, toiletries and other essentials you might need. Partnering with Victory Care Food Bank.

<https://forms.gle/Jr3SkbUizc3SJqeg8> and <https://forms.gle/DwcqDBeu8uUeXKG8A>

## Downham Gleaning Pantry

Friday 9.30am – 12.30pm

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

Social Pantry for people in Downham on low incomes. Residents pay a membership fee of £5 a week to choose from a variety of food to the value of £25 - £40. By appointment.

Contact: [downhamaid@gmail.com](mailto:downhamaid@gmail.com) or Stephanie on 07989 887319

## Eltham Community Foodbank

Monday – Friday 10am – 6pm

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

Project is in Greenwich but free weekly food parcel for any Lewisham resident in need. No voucher required (proof of income taken on first visit). Appointments to collect must be booked in advance.

Contact 020 88596644 or [info@ceyp.org](mailto:info@ceyp.org)

## Evelyn Community Store

Tuesday 2 – 4.30 pm

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

Food for store members and deliveries 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 it's gone. To become a member, collect a paper form or visit: <https://www.lewishamhomes.org.uk/peoples-supermarket/>

## Feed the Hill

Wednesday 10 am - Midday

367 New Cross Road SE14 6AT

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. Small social supermarket for people on low incomes (£2 per shop), no membership required, bring proof of address. For food box deliveries text 07748 713212 by the end of Saturday for the next week.

Contact: [feedthehill@gmail.com](mailto:feedthehill@gmail.com) or see <https://boldvision.uk/feed-the-hill/>

### The Field / Pie n Mash

Thursdays 1 - 3pm

385 Queens Road Peckham, SE14 5HD

Hot food and free groceries. Open to all.

Contact: [thefieldnewcross@gmail.com](mailto:thefieldnewcross@gmail.com)

### Grove Park Food Bank and Community Resource Centre

Friday 12 noon – 2 pm

Word of Life Church, Rehoboth Building, 72A Mayeswood Road SE12 9RP (Lower Floor)

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)

### The Helping Hands Food Bank

Saturday (fortnightly) 9.30 – 11.30 am

St Peter's Church, Eltham Road SE12 8HQ

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 with their consent, and they will be contacted back with details of support available.

Contact: Helen, Food Bank Director, [helen@afrii.org.uk](mailto:helen@afrii.org.uk) or 07549 031729

### Helping Hands Food Bank (Sydenham)

1<sup>st</sup> and 4<sup>th</sup> Wednesdays 12 – 3pm

Sydenham SDA Church + St Michael's Church, Champion Crescent, SE26 4HH

### House of Bread Church of God

2nd Saturday of the month 9 – 11 am

39 Kitto Road SE14 5TW

Food bank opening in partnership with Looprun.

Contact: [houseofbreadclerk@cogop.org.uk](mailto:houseofbreadclerk@cogop.org.uk) or 0207 732 4970

### Legendary Community Club

Thursday & Friday (fortnightly)

Food package support for young people and their families. Optional fee of £2.50. Operating every other week on the Thursday and Friday of that week. Collection from Youth First sites across the borough.

Contact: [legendaryclub@gmail.com](mailto:legendaryclub@gmail.com) or call/message Andra 07581 566004

### Lewington Food Project

Friday 1 – 3 pm

Lewington Community Centre, 9 Eugenia Road, SE16 2RU

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.

Contact: 07940 393291

### Lewisham Donation Hub

Tuesday, Wednesday, Thursday 11 am – 2 pm

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

Emergency food service with support tickets shared from 9 am. Food, clothing, home essentials. Offering a range of fresh and frozen foods, and a more limited selection of non-perishables, toiletries, women's essentials and incontinence pads. Support provided a maximum of once per week. No booking required but check the website before visiting for important service information. All services are weather/volunteer dependent and are subject to change.

Visit: [www.lewishamdonationhub.org](http://www.lewishamdonationhub.org)

### Lions Food Hub

Friday 9.30 am – 2.30 pm

Millwall Community Centre, Bolina Road, SE16 3LD

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

### Lewisham Foodbank

Monday – Friday (different times at different locations)

Clients **must** have an e-voucher which can be obtained from a professional, or by calling Help Through Hardship (0808 208 2138) or Advice Lewisham (0800 231 5453). Vouchers can be fulfilled at any of these centres:

Deptford Salvation Army	Mary Ann Gardens, SE8 3DP	Mondays Midday – 2 pm
Lewisham Salvation Army	4 Albion Way, SE13 6BT	Tuesdays 10 am – Midday
St John the Baptist Church (Downham)	353 Bromley Road, SE6 2RP	Wednesdays Midday – 2 pm
Perry Rise Baptist Church	Perry Rise, SE23 2QL	Thursdays Midday - 2 pm
Catford Salvation Army	23–25 Brownhill Road, SE6 2HE	Fridays 10 am – Midday

Dietary needs catered for where available. Advice in Spanish, Portuguese, Arabic, and fuel vouchers. Employment Plus and ThamesReach (homelessness) services.

Contact: 07938 071854 [info@lewisham.foodbank.org.uk](mailto:info@lewisham.foodbank.org.uk) Visit: [www.lewisham.foodbank.org.uk](http://www.lewisham.foodbank.org.uk)

### Living Water Christian Centre Food Service

Wednesday 5.30 – 7.15 pm

Honor Oak Community Centre, 50 Turnham Road SE4 2JD

Dietary needs catered for. Closed August and some of January

Contact: [Lwccfoodservice@gmail.com](mailto:Lwccfoodservice@gmail.com)

### **Pepys Community Store**

**Friday Midday – 3 pm**

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

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/>.

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

**Fortnightly Monday & Tuesday after 3 pm**

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.

**Contact:** email [rmuk.info@gmail.com](mailto:rmuk.info@gmail.com) or call 07387 208519 to register in advance.

### **Rehoboth Community Outreach Club**

**Monday + Thursday 11am–1pm, Wednesday 2–4 pm**

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

Monday: collection of free hot meals, fruits and pastries

Wednesday: collection of chilled/frozen meals, fruits and vegetables

Thursday: collection of ambient/dry goods, chilled/frozen foods

Fridays: 8 – 10 pm food deliveries to local hostels

**Contact:** 07487 738908 or 07946 354617

### **Seventh-day Adventist Church**

**Mondays 8 - 9am + Thursday 5 – 6.30 pm**

**434 Lewisham High Street SE13 6LJ**

Mondays: Only groceries, Thursdays: Free hot meal and groceries.

### **St James Hatcham Foodbank**

**Wednesdays 11am - 1pm**

**St James Church Hall, St James's, New Cross Gate, SE14 6AD**

New food bank providing a diverse array of fresh, canned, and non-perishable food items and toiletries.

Anyone is welcome.

**Contact:** 07939812253, [revd.yeboah@gmail.com](mailto:revd.yeboah@gmail.com), [stjamesandstmichaelshatcham.org](http://stjamesandstmichaelshatcham.org)

### **St Peter's Church**

**Wednesday Midday – 2 pm**

**Wickham Road, 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 in some circumstances. [www.stpetersbrockley.org.uk/feedback-food-request](http://www.stpetersbrockley.org.uk/feedback-food-request).

### **Sydenham Community Supermarket**

**Thursday 9am – 12 (term time) 1 – 3 pm (holiday)**

**Kelvin Grove Children Centre, Kelvin Grove, Sydenham SE26 6BB**

Offering members low cost, healthy groceries for £3.50 a week. Run by residents for residents. People can turn up and register on the day.

**Contact:** 020 8613 0172 or 074438 88181.

### **The Life Giving Project**

**Saturday 11.30 am – 1 pm**

**Pepys Resource Centre, Deptford Strand, SE8 3BA**

For anyone in need in the local area. A choice of foods available. Run by the Christ Embassy Church.

**Contact:** 07845 286438

### **The Tab Church Foodbank Plus**

**Thursday 12 – 2 pm**

**The Tab, 233 - 241 Lewisham High Street, SE13 6NQ**

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

**Contact:** 020 8691 1000 email [info@thetab.org.uk](mailto:info@thetab.org.uk)

### **Victory Care Food Bank**

**Sunday 1 – 3 pm**

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

After the church service they provide surplus bags of groceries. Contact Details required.

**Contact:** Maxine on 07368 586898

### **Whitefoot and Downham Food Project Plus**

**Thursday 7 – 8.30 pm**

**Hope Church, 480 Whitefoot Lane, BR1 5SF**

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)

### **World of Hope**

**Bostall Gardens, Viola Avenue, SE2 0TQ**

Based in Greenwich, with some distribution in Lewisham. Offering food, baby food, nappies and cosmetics. They are also supporting African, refugee and migrant communities across South East London with culturally specific food. Registration required and there is a waiting list.

**Contact:** [info@worldofhope.org.uk](mailto:info@worldofhope.org.uk) or 07776 992138

## Community Meals

### 999 Club Early Bird Breakfasts

Monday & Wednesday 6.30 – 9 am

**21 Deptford Broadway SE8 4PA**

A free breakfast for anyone sleeping rough. Turn up any time between 6.30 and 9am on Mondays and Wednesdays for a traditional fry up as well as unlimited hot drinks, toast and cereals. People can shower, access the internet, charger access, laundry facilities and support services including housing, education, substance misuse, benefits and health.

**Contact:** Call 020 8694 5797 or e-mail [breakfast@999club.org](mailto:breakfast@999club.org) **Visit:** [www.999club.org](http://www.999club.org)

### The Bear Church at Evelyn Community Centre

Sunday 6 – 7 pm (term time only)

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

Sit down meal **apart from the last Sunday of the month**. Just turn up, everyone welcome. Doors open 5.30pm.

**Contact:** Richard 07392 311794

### Bellingham Monday Lunch Club

Monday 10.30 am – 2 pm

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

Lunch, bingo and raffle. £5 which includes lunch, tea, coffee and bingo, and it's 50p extra for the raffle.

**Contact:** Kathy 07880 670241

### FoodCycle Lewisham

Wednesdays 1.30pm Saturday 1.30 – 3 pm

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

Free sit down three course vegetarian community meal. Extra groceries to take away from Catford Fridge. Just turn up.

**Contact:** [lewisham@foodcycle.org.uk](mailto:lewisham@foodcycle.org.uk). **Visit:** <https://foodcycle.org.uk/location/foodcycle-lewisham/>.

### The Field / Pie n Mash

Fridays 6 - 9pm

**385 Queens Road Peckham, SE14 5HD**

Free community meal. Pay what you can afford. Come and help set up, cook and tidy up if you want.

**Contact:** [thefieldnewcross@gmail.com](mailto:thefieldnewcross@gmail.com)

### Front Room Club

Monday, Tuesday & Friday 9.30 am – 2.30 pm

**St Lukes Church, Northover, BR1 5JR**

Cafe style drop in, providing a safe, welcoming and supportive place to grow. Lunch Club on Monday and Friday with a two course lunch for £3.

**Contact:** Sandra 079571 06853. **Visit:** <http://stlukesdownham.org.uk/front-room-club/>

### Greater Faith Ministries Community Meal

2<sup>nd</sup> Friday of the month 5 – 7 pm

**Leemore Centre, 29 - 31 Clarendon Rise, SE13 5EY** (Bonfield Road entrance)

Free community meal, first come, first served. Aiming to serve 30-40 people. Vegetarian options available.

**Contact:** [info.greaterfaith@gmail.com](mailto:info.greaterfaith@gmail.com) or 020 8314 1720

### Guru Nanak Seva

Sundays 1 - 2pm

**Outside Lewisham Library, Lewisham High Street, SE13 6LG**

They provide Langar - a free hot meal cooked by sevadars (selfless servants) for anyone and everyone.

**Contact:** <https://www.gurunanakseva.org/free-kitchen>

### The Feast

Wednesday 7 – 9 pm

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

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

### Ichthus Church Community Table

Friday 1.30 – 3.30 pm (not August)

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

A free main meal with dessert for anyone in the community. Signposting and support too.

**Contact:** 07950 255630

### Lewisham Islamic Centre

Saturday 4 – 6 pm

**383 Lewisham High Street, SE13 6NZ**

Hot soup to take away served outside.

### **RCCG Faith Chapel Lunch Hour**

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

Hot meal to take away for Bellingham residents.

**2<sup>nd</sup> & 4<sup>th</sup> Saturday 2 – 4 pm**

### **Rehoboth Community Outreach**

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

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

**Contact:** 07487 738908

**Monday 11 am – 1 pm**

### **Seventh-day Adventist Church**

**434 Lewisham High Street, SE13 6LJ**

Free hot meal and groceries.

**Thursday 5 – 6.30 pm**

### **Silver Lunch Club - with Ageing Well for over 50s**

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

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

**Thursday 12.30 – 2.30 pm**

### **UCKG Catford Soup Kitchen**

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

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

**Saturday 11 am – 2 pm**



Last updated December 2023.  
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 organisation to feature or have noticed a service change, please contact: [goodfood@lewishamlocal.com](mailto:goodfood@lewishamlocal.com)