



Places providing free, low-cost food and/or Community Meals in Lewisham (categorised by area)



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.worryingaboutmoney.co.uk/lewisham.

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

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 Visit:

www.lewisham.foodbank.org.uk

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 or call 07387 208519 to register in advance.

BR1

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

Thursday 12.30 - 2.30 pm

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.

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/>

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: wdfplus@gmail.com

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 or Stephanie on 07989 887319

SE2

World of Hope

Bostall Gardens, Viola Avenue, SE2 0TQ

Based in Greenwich, with some distribution in Lewisham. Offers food, baby food, nappies and cosmetics. Also supports African, refugee and migrant communities across SE London with culturally specific food. Registration required and there is a waiting list. Contact: info@worldofhope.org.uk or 07776 992138

SE4

St Peter's Church

Wednesday Midday – 2 pm

Wickham Road, Brockley SE4 1LT

A social supermarket for people in SE4. £3 membership weekly fee and choose enough groceries for 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.

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

SE6

UCKG Catford Soup Kitchen

Saturday 11 am – 2 pm

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

RCCG Faith Chapel Lunch Hour

2nd & 4th Saturday 2 – 4 pm

RCCG Faith Chapel, 108 Brookehowse Road SE6 3TW

Hot meal to take away for Bellingham residents.

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.

Bellingham Monday Lunch Club

Monday 10.30 am – 2 pm

Christ Church URC, Bellingham Green, SE6 3HQ

Lunch, bingo and raffle. £5 - includes lunch, tea, coffee and bingo, and it's 50p extra for the raffle. Contact: Kathy 07880 670241

FoodCycle Lewisham

Wednesdays 1.30pm Saturday 1.30pm

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

Free sit down three course vegetarian community meal. Just turn up. Contact: lewisham@foodcycle.org.uk.

Visit: <https://foodcycle.org.uk/location/foodcycle-lewisham/>.

Catford Fridge Station

Saturday 12.45pm

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

Gives out solidarity bags of surplus food and a few staples. First come first served. Contact: catfordfridge@hotmail.com

SE8

999 Club Early Bird Breakfasts

Monday & Thursday 6.30 – 9 am 21

Deptford Broadway SE8 4PA

A free breakfast for any rough sleeper referred to the 999 Club. Service is open between 6.30 and 9am on Mondays and Thursdays and cooked breakfast is available from 7am with unlimited hot drinks, toast and cereals available throughout. Members can shower, and access laundry facilities as well as charge their phones, use free WiFi and even have a cheeky game of chess.

Substance misuse services can be accessed on site via CGL and there is further advice and support available from 9am including housing, education, substance misuse, benefits and health. Contact: Call 020 8694 5797 or e-

mail breakfast@999club.org Visit: www.999club.org

The Bear Church at Evelyn Community Centre

Sunday 6 – 7 pm (term time only, not last Sunday of month)

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

Sit down meal. Just turn up, everyone welcome. Doors open 5.30pm. Contact: Richard 07392 311794

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

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/>.

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/>

SE9

Chinbrook Action Residents Team CIC Food Bank

Wednesday 10 – 11 am

WG Grace Community Centre (enter via the courtyard), 1 Lions Close SE9 4HG

For food and hygiene essentials. It's quick and easy to register, just bring your ID and proof of address - no referral needed. If you have any questions please contact: chartcicfood@outlook.com mobile: 07455 213 291

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

SE12

Ichthus Church Community Table

Friday 1.30 – 3.30 pm

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

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

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: foodbank@afril.org.uk or 0208 297 4111

SE13

Seventh-day Adventist Church

Thursday 5 – 6.30 pm

434 Lewisham High Street, SE13 6LJ. Free hot meal and groceries.

Lewisham Islamic Centre

Saturday 4 – 6 pm

383 Lewisham High Street, SE13 6NZ

Hot soup to take away served outside.

Greater Faith Ministries Community Meal

2nd 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 or 020 8314 1720

Guru Nanak Seva

Sundays 1 - 2pm

Outside Lewisham Library, Lewisham High Street, SE13 6LG

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

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

Victory Care Food Bank

Sunday 1 – 3.30 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

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

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.

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

Bank of Things Youth Fridge

Wednesday & Friday 3 – 5 pm, term times

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 or 07726 350915

Barley Loaves Distribution Service

Monday 7.30 – 9 pm

The Ecclesia 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

CC Foundation Food Bank

Thursdays 10am to 12pm

TEMPORARY LOCATION: Lochaber Hall Community Centre, Manor Ln Terrace SE13 5QL

No Booking or Referral Required: - Anyone is welcome. Offering a range of fresh and frozen foods - (African and Caribbean Foods included.) Home Essentials and Toiletries all included. Visit: www.ccfoundation.org Contact: info@ccfoundation.org

SE14

Victory Centre Charity

Saturday 2 – 5pm

St Michael Centre, 2 Desmond Street, New Cross London, SE14 6JF

Victory Centre is part of Christ Apostolic Church who provide a choice of staple dried groceries for people in need in the local community. Contact Details required.

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, stjamesandstmichaelshatcham.org

Feed the Hill

Wednesday 10 am - Middy

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

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

SE16

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.

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

SE26

Rehoboth Community Outreach

Monday 11 am – 2pm

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

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 £4 a week or £4.50 card. Run by residents for residents. People can turn up and register on the day. Signposting and support available. They accept Healthy Start Vouchers.

Contact: 020 8613 0172 or 074438 88181.

Helping Hands Food Bank (Sydenham)

1st and 4th Wednesdays 12 – 3pm

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

Your foodbank run by LCMIUK CHURCH

Every Saturday from 1-3 at 125-131 Kirkdale Road SE26 4QL.

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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

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