



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 – Mondays

Open Mondays from 7.30pm until they have given away the food (usually by 9pm). They provide food bags from outside, share words from the gospel and alternate between men and women on different weeks. It was women's night on 10th October and it will be men's night on 17th October, so you can work out the week from that. If they have food to spare at the end of the night they pass it to anyone who comes along, male or female. The Ecclesia (London City Mission) 1 Cornmill Lane, Lewisham SE13 7FY. barleyloaves@ecclesia.uk

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 10-11am. Choose food from our selection. Donation drop off 9.30am – 2.30pm Monday – Friday. 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 – Alternate Saturdays

Food and Toiletries Parcels on 1st and 3rd Saturday from 12pm - 2pm at Glass Mill Leisure Centre, 41 Loampit Vale, London SE13 7FT and if these forms can be completed first please:

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

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 – fortnightly on Saturdays

Run by AFRIL and Good Shepherds St Peter's Church Lee. 10am – Midday. This food bank supports refugees, asylum-seekers and vulnerable migrant families. Priority currently given to residents of Lewisham and Greenwich. The food bank food parcel includes food staples, fresh fruit and vegetables and toiletries. Travel expense paid. Now fortnightly with vouchers. Contact Helen food bank director on 07549031729 or foodbank@afril.org.uk

Legendary Community Club – fortnightly on Thursdays and Fridays

Food package support for young people and their families. Operating every other week on the Thursday and Friday of that week. Collection from Youth First sites across the borough. Email legendaryclub@gmail.com or call/message Andra on 07581566004.

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 - Tuesdays, Wednesdays, Thursdays

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.

Lions Food Hub – Fridays

Millwall community centre, Balina road, Se16 3LD, Fridays 9.30am-2.30am, by appointment only. Message their facebook or Instagram page for support.

Lewisham Foodbank - five centres operating on different days

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 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 in Spanish, Portuguese, Arabic and fuel vouchers.

Living Water Christian Centre Food Service - Wednesdays

Honor Oak Community Centre 50 Turnham Rd SE4 2JD. Open Wednesday evenings from 5.30-7.15pm (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.

Rehoboth – Mondays, Tuesdays, Thursdays

Open for collection: Monday 11am-1pm, Tuesday 12-1pm, Thursday 11am-1pm. Wednesdays they deliver to local hostels. Ray Champion Meeting Room, Allwood Close, SE26 4JP

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 (closed 12.30-2pm) We offer members low cost, healthy groceries for £4.00 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/>. People can turn up and register on the day in person.

The Life Giving Project - Saturdays

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

The Tab Church Foodbank Plus - Thursdays

Thursday 12–2pm at The Tab London, 233- 241 Lewisham High St, London SE13 6NQ, 0208 691 1000, info@thetab.org.uk. All donations should be made on Sundays 10:30am-1:30pm.

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 Plus - Thursdays

Hope Church 480 Whitefoot Lane Downham, BR1 5SF. Thursdays 7-8.30pm for those living in the Whitefoot and Downham area. Membership is £4. Members must register with a proof of identification and house address, and able to prove receipt of benefits (excluding Child Benefit).

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

Bear Church Deptford – Sundays

Sunday evening sit down meal every week 6.30 - 7.30pm during term time apart from the 1st Sunday of the month. Currently at The Shaftesbury Centre, Frankham St, SE8 4RN for the rest of October but will be moving somewhere else from November as the Shaftesbury Centre is being knocked down and rebuilt.

Bird's Nest Pub - Tuesdays

The Bird's Nest Pub in Deptford runs a free soup kitchen every Tuesday from 6pm for those who need it. Please check with them before referring someone. 32 Deptford Church St, SE8 4RZ. 020 8305 6503

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

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 take away served outside.

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 take away for Bellingham residents.

Rehoboth Community Outreach - Mondays and 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 - Thursdays

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.



**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: hello@lewishamlocal.com*