



# 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 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](mailto:barleyloaves@ecclesia.uk)

## 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](mailto:catfordfridge@hotmail.com)

## CC Foundation Food Bank

Thursdays 10am to 12pm

18 Eltham Road, London, SE12 8TF

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.ccfoundationorg.com](http://www.ccfoundationorg.com) Contact: [info@ccfoundationorg.com](mailto:info@ccfoundationorg.com)

## 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](mailto:chartcicfood@outlook.com) mobile:- 07455 213 291

## 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/>

Last updated October 2024

### 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-icc.org](mailto:info@wordoflife-icc.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](mailto:foodbank@afril.org.uk) or 0208 297 4111

### 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

### 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 11-2pm: collection of free hot meals, fruits and pastries  
Wednesday 2:30pm - 4pm collection of chilled/frozen meals, fruits and vegetables  
Thursday 11am-2pm: collection of ambient/dry goods, chilled/frozen foods.  
**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 £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.

**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 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.

### **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

### **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 & 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](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 1.30pm**

**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](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 a 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**  
**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** **2<sup>nd</sup> & 4<sup>th</sup> Saturday 2 – 4 pm**  
**RCCG Faith Chapel, 108 Brookehowse Road SE6 3TW**  
 Hot meal to take away for Bellingham residents.
- 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
- Seventh-day Adventist Church** **Thursday 5 – 6.30 pm**  
**434 Lewisham High Street, SE13 6LJ**  
 Free hot meal and groceries.
- 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.
- 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

Last updated October 2024.

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)

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