

FREE, LOW-COST FOOD & COMMUNITY MEALS AVAILABLE IN LEWISHAM



You may be facing financial difficulties and need support, or would simply like to eat with others at a community meal.

Perhaps you would like to volunteer or donate...

Please note a listing is not an endorsement! Please make sure you are happy with the organisation's offer and safeguarding procedures before referring yourself and others.



For other financial support, call Advice Lewisham at 0800 231 5453 or visit worryingaboutmoney.co.uk/lewisham



This leaflet is compiled by



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 - foodbank - referral only

Clients must have an e-voucher which can be obtained from a professional, or by calling Help Through Hardship (0808 208 2138), Advice Lewisham (0800 231 5453) or visiting:

- Deptford Salvation Army, Mary Ann Gardens SE8 3DP - Mon 12- 14.00
- Lewisham Salvation Army, 4 Albion Way SE13 6BT - Tues 10.00- 12
- St John the Baptist Church, 353 Bromley Road SE6 2RP - Wed 12- 14.00
- Perry Rise Baptist Church, Perry Rise, SE23 2QL - Thurs 12-14.00
- Catford Salvation Army, 23-25 Brownhill Road, SE26 2HE - Fri 10-12.00

Dietary needs catered for where available. Advice services available from Citizens Advice, AFRIL, Thames Reach, Employment Plus (Tues & Fri), Spanish speaking advice (Tues, Thurs, Fri) NHS Providers (Mon), energy advice (Fri), Family Support etc

Contact: 07938 071854 or info@lewisham.foodbank.org.uk

Rastafari Movement UK Wellbeing CIC Project - register in advance, delivery (£4 per visit)

Fresh surplus and cultural fruits, veg, chilled and frozen food distribution, wellbeing support and doorstep befriending. Offering African and Caribbean foods. Membership is required you must register in advance. £4 per visit. Contact: rmukwellbeing@gmail.com or 07769813799
www.RMUKWELLBEING.com

Fortnightly
Mon & Tue
15.00

BR1

Silver Lunch Club - with Ageing Well (for over 50s) - community lunch (£5 a visit)

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

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

Thurs
12.30–
14.30

Front Room Club community lunch (£3) - just turn up

Front Room Club is a Cafe style drop in, providing a safe, welcoming and supportive place to grow. A two course lunch is available for £3 on Mondays and Fridays. Tuesday Lunch provides a hot meal for £2. A free breakfast of toast with a variety of preserves and spreads is on offer on Mon, Tues and Fri.

Mon, Tue
& Fri
9.30–
14.30

Contact us at 07516048848 or stlukesdownham.co.uk/contact for further information.

St. Lukes Church, Northover, BR1 5JR

Whitefoot & Downham Food Project Plus - pantry. Bring ID, address, proof of benefits (£4)

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).

Thurs
19–20.30

Contact: wdcfplus@gmail.com

Hope Church 480 Whitefoot Lane, BR1 5SF

Downham Gleaning Pantry BR1 4PX. Pantry (£5 a visit) register via website or turn up with proof of low-income/benefits

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

Fri
9.30–
12.30

Contact: 07593058607 or downhamaid@gmail.com.

www.downhamaid.org

27 - 29 Brook Lane, Bromley BR1 4PX

SE2

World of Hope - foodbank, delivery, register in advance

Based in Greenwich, with some distribution in Lewisham. Offers food, baby food, nappies and cosmetics. Also supports African, refugee and migrant communities across South East London with culturally specific food. Registration required.

Contact: info@worldofhope.org.uk or 07776 992138.

Bostall Gardens, Viola Avenue, SE2 0TQ

SE4

St Peter's Church - pantry (£4), just turn up or register in advance via website

A social supermarket for people in SE4. £4 membership fee includes Community Lunch (Once a month). Coffee, conversation and cake free!

Dietary needs catered for. Request food via the website link to get a shopping appointment. Citizens Advice Lewisham present 10.30am-4pm. Wed 12-14.00
Brockley Ward Counsellors surgery 2nd Wed of the month. Contact: www.stpetersbrockley.org/feedback-food-request

Wickham Road, Brockley, SE4 1LT

Friendship Cafe - community meal, just turn up

Free hot drinks, cake and friendly chat. Anyone welcome.

Contact: nixie67@hotmail.com

St Peter's Brockley, Wickham Road, Brockley SE4 1LT

1st and 3rd

Fri

10.30-12

Living Water Christian Centre Food Service - foodbank

Dietary needs catered for. Closed August and some of January.

Contact: Lwccfoodservice@gmail.com.

Honor Oak Community Centre, 50 Turnham Road SE4 2JD

Wed

17.30-

19.15

Honor Oak Community Centre- community lunch, just turn up

Free hot meal, hot drinks, discussion and games.

50 Turnham Road, SE4 2JD

Tue

11-15.30

SE6

UCKG Catford Soup Kitchen - takeaway meal and groceries - just turn up

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

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

Sat

11-13.00

RCCG Faith Chapel Lunch Hour - community lunch, just turn up

Hot meal to take away for Bellingham residents.

Contact: 020 8697 7907.

RCCG Faith Chapel, 108 Brookehowse Road SE6 3TW

2nd & 4th

Sat

14-16.00

The Feast -community meal, just turn up

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

Contact: info@kingschurchlondon.org or call 020 8690 5121

King's Church, Catford Hill, SE6 4PS

Wed

19-21.00

FoodCycle Lewisham - community lunch, just turn up

Free sit-down three-course vegetarian community meal. Anyone can turn up.

Contact: lewisham@foodcycle.org.uk or visit

Wed & Sat

13.15

foodcycle.org/location/foodcycle-lewisham

Bellingham Monday Lunch Club (£5 for lunch)

Lunch £5. Bingo, raffle £1, free teas and coffees.

Contact: Cathy at 07880 670241

Christ Church URC, Bellingham Green, SE6 3HQ

Mon
10.30–
14.00

Drop In Fridays, Bellingham, community lunch, just turn up

Lunch, hot drinks, social activities and digital support

Contact: Anna at 07918 981549

Christ Church URC, Bellingham Green, SE6 3HQ

Fri
12.30–
14.00

Catford Fridge Station - pre-packed grocery bags - just turn up

Gives out solidarity bags of surplus food and a few staples. First come first served.

Contact: catfordfridge@hotmail.com

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

Sat
1.15pm

Rastafari Movement UK Wellbeing CIC Project (£4 per visit)

Thursday Weekly Social Supermarket with £4 weekly membership you can come and choose your own groceries and non food items worth up to £40

*INI Food & Wellbeing Centre, Downham Rear of 103 Boundfield Road,
North Downham Estate, SE6 1PG*

Thurs
12-4pm

Welcome Club at St Marks - community lunch, just turn up

Free and friendly lunch arrive by 11.30am to order.

St Marks church, Baudwin Rd, London SE6 1RN

Wed &
Thurs
11.30am

CC foundation - foodbank - just turn up

No booking or referral required. Fresh and frozen foods (African and Caribbean foods included), home essentials and toiletries. Caters for all dietary requirements.

Contact: 07500 928219 or info@ccfoundationorg.com or visit

www.ccfoundationorg.com

16-22 Brownhill Rd, Catford, SE6 2DS - Opposite The Salvation Army (on the corner)

Fri
1.30pm–
3pm

SE8

Evelyn Community Store - pantry (£3.50 per visit) register in advance

Food to store members (£3.50 per week to use the store for those on low incomes). Free surplus food given out to members on Fridays. To become a member, collect a paper form on Tuesdays or email

Evelyn.communitystore19@gmail.com

Evelyn Community Centre, 1 Kingfisher Square, SE8 5TW

Tue
14–16.30

The Bear Church - community meal, just turn up - term-time only

Sit down drop-in meal. Everyone welcome. Term time only except last Sunday of the month. Closed during summer holidays

Contact: Richard 07392 311794

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

Sun
18–19.00

The Life Giving Project - foodbank - just turn up

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

Contact: 07845 286438

Pepys Resource Centre, Deptford Strand, SE8 3BA

Sat
11.30–
13.00

Pepys Community Store - pantry - just turn up or register via website (£3.50 per visit)

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/>.

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

Fri
12–15.00

Deptford Islamic Centre - foodbank - just turn up

Fresh food and drink, household items, frozen food.

Contact: 020 8143 3858 or info@deptfordislamiccentre or visit

www.deptfordislamiccentre.com/events

228/229 Railway Arches, Childers Street SE8 5JR

Sat
12- 13.00

SE9

Chinbrook Action Residents Team CIC Food Bank, bring ID, proof of address to register

For food and hygiene essentials. It's quick and easy to register, just bring your ID and proof of address, no referral.

Contact: 07455 213 291 or chartcicfood@outlook.com

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

Wed
10–11.00

Eltham Community Foodbank - foodbank, bring proof of low income

Free weekly food parcel for any Lewisham resident in need. No voucher required (proof of income taken on first visit).

Contact: 020 88596644 or info@ceyp.org

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

Mon - Fri
10–18.00

SE12

Ichthus Church Community Table - closed in August. community lunch, just turn up

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

Contact: 07950 255630.

Ichthus Lee Green, 23 Lampmead Road, SE12 8QJ

Fri
13.30–
15.30

Grove Park Food Bank and Community Resource Centre - bring ID, proof of address

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

Word of Life Church, Rehoboth Building, 72A Mayeswood Road SE12 9RP

1st and 4th
Fri
12–14.00

Afril and St Peter's Church in Lee - foodbank refer or self-refer in advance

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.

Contact: 07458020951 or foodbank@afril.org.uk

Fortnightly
Sat
9.30–
11.30

SE13

Lewisham Islamic Centre -Food bank 1st Saturday of the month. just turn up

Dry food - Tin food, Long lasting milk, Rice, Pasta and oil etc.

Contact: info@lewishamislamiccentre.com or call 02086905090

383 Lewisham High Street, SE13 6NZ

Sat 1st of
month
16–18.00
Food bank
13-15.00

Greater Faith Ministries Community Meal - just turn up

Free community meal, first come, first served. Vegetarian options available.

2nd Fri
of the

Contact: 020 8314 1720 or info.greaterfaith@gmail.com

month

continued next page....

Victory Care Food Bank - foodbank - just turn up

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

Contact: Maxine on 07368 586898

157 - 159 Lewisham High Street SE13 6AA

Sun
11:30–
13.30

The Tab Church Foodbank Plus - foodbank - just turn up

Donations accepted Sundays 10.30 am - 1.30 pm.

Tin foods, Pasta, rice: No Fruit, Veg or bakery

Contact: 020 8691 1000 or info@thetab.org.uk

233 - 241 Lewisham High Street, SE13 6NQ

Thurs
12–14.00

Seventh-day Adventist Church - takeaway meal and groceries

Thurs: Free hot meal and groceries.

Contact: 020 8690 4433.

434 Lewisham High Street SE13 6LJ

Thurs
17–18.30

Lewisham Donation Hub - foodbank and other essential items, proof of address

Emergency food service. Food, toiletries, clothing, home essentials, women's essentials and incontinence pads. Maximum of once per week support, no booking required. ID/ Confirmation of address is needed. All services are weather/volunteer dependent and subject to change. Visit:

lewishamdonationhub.org

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

Tue - Thurs
10.30–
14.30

CommUNITY Space - takeaway meals, just turn up

Hot drinks and takeaway meals.

Unit 17, Lewisham Shopping Centre, SE13 7HB

Tue - Fri
10.30–
17.00

Barley Loaves Distribution Service - foodbank, just turn up

Providing food bags alternating between men and women each week.

Leftovers given to anyone regardless of gender. Contact:

barleyloaves@ecclesia.uk or 020 8463 9449

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

Mon
19.30–
21.00

SE10

Pristine Eats: The People's Soup Kitchen & Pantry - pantry (£3.50 per visit), just turn up

Pantry price £3.50, fresh, frozen and cupboard items.

Parkside Community Centre, 1 Copperwood Pl, SE10 8GE

Tue
10.00–
13.00

SE14

Feed the Hill - pantry (£2 per shop) just turn up with proof of address, plus delivery

Social supermarket for people on low incomes (£2 per shop), bring proof of address. Deliveries of boxes to housebound people in SE4, SE8 & SE14.

Contact: 07748 713212

Feed the Hill, 367 Newcross Road, SE14 6AT

Wed
10–12.00

FoodCycle Lewisham Newcross - community lunch, just turn up - term-time only

Free sit-down three-course vegetarian community meal. Anyone can turn up. School term-time only.

Contact: newcross@foodcycle.org.uk

All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

Thurs
13.15

All Saints Community Cafe - just turn up - low-cost prices

Great affordable food and drink

All Saints Hatcham Community Centre, 105 Newcross Road, SE14 5DJ

Tue & Wed
10am-2pm

SE16

Lions Food Hub - foodbank, book in advance

Appointment only.

Contact: Facebook, X, Instagram or lionsfoodhub@gmail.com

Millwall Community Centre, Bolina Road, SE16 3LD

Fri
9.30–
14.30

Spring Social Supermarket - turn up to register

For anyone who is on eligible benefits or low income. Members can purchase approx. £25 worth of food for £5. Offers culturally sensitive, healthy food. Personal hygiene products on offer for a reduced price.

Community Cafe open Wed & Fri.

Lewington Community Centre, 9 Eugenia Road, SE16 2RU

Mon &
Wed
10–14.00

SE26

Rehoboth Community Outreach - take away meal and parcel, just turn up

They can arrange deliveries for over 60s and families who would struggle to attend. Mon & Wed: meal and food parcels, Thurs: food parcels.

Contact: 07487 738908

Ray Champion Meeting Room, 1 - 18 Allwood Close, SE26 4JP

Mon &
Thurs
11–14.00
Wed
14.30–
16.30

Helping Hands Food Bank - foodbank

Contact: www.facebook.com/sydenhamadventistchurch

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

1st & 4th
Wed
12–15.00

The Grove Centre - community lunch - £4.50

Homemade lunches at £4.50 for two courses, £3.50 for one. Accessible and free car parking. Book by phone, email or in person.

Contact 020 8778 8601 or office@thegrovecentre.org.uk, or visit

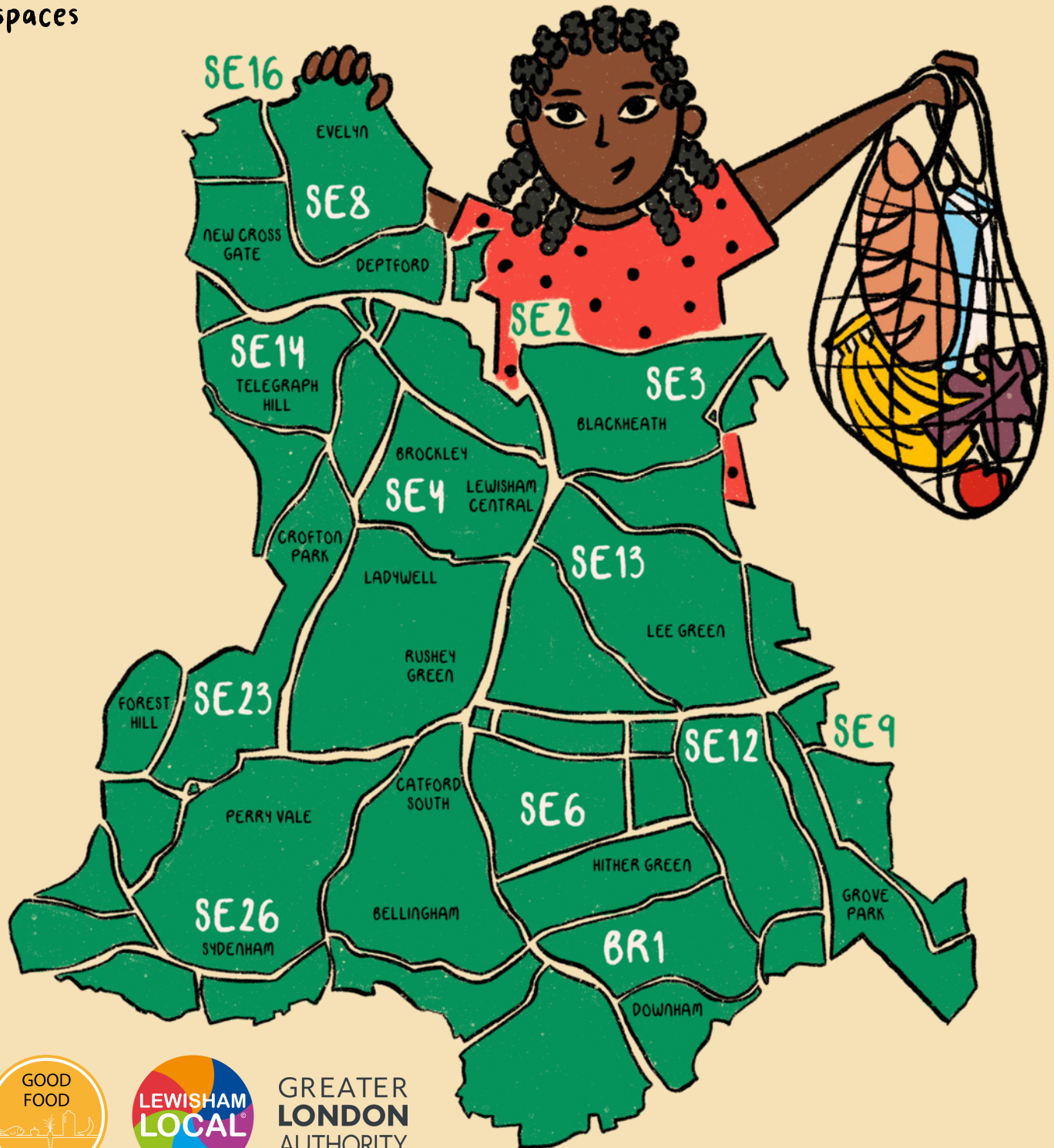
www.thegrovecentre.org.uk

2 Jews Walk, SE26 6PL

Mon-Thurs
11–14.00
Wed
14.30–
16.30

*Contact Community Connections Lewisham at 0330 058 3464 to find the right fit for you or to connect with other organisations who might be able to help.

Services are likely to change, please check with the project directly to ensure the details are current. If you have noticed a service change, or would like your organisation to be featured, please contact: goodfood@lewishamlocal.com
Visit www.goodfoodlewisham.org for digital maps including community growing spaces



GREATER
LONDON
AUTHORITY

Good Food Lewisham is a network of people working to transform the world of food in Lewisham. Hosted by Lewisham Local and funded by Lewisham Council.



www.goodfoodlewisham.org



goodfood@lewishamlocal.com

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