



Where to get free or low-cost food during Covid-19 Crisis in Lewisham



Here is a list of some of the community food projects offering support for those facing financial difficulties. Please note a listing is not an endorsement, check with the project directly regarding their service to see if it's a good fit. Alternatively call **Community Connections Lewisham** (0330 058 3464 Monday-Friday 9.30am-4pm) who can help you or anyone you know find the best option.

Barley Loaves Distribution Service

The Ecclēsia (London City Mission) 1 Cornmill Lane, Lewisham SE13 7FY. Tuesdays between 7.30pm – 8.30pm on alternate weeks: women one week, men another week. They currently provide food bags to take away from outside and share words from the gospel.

Catford Fridge Station

Lewisham Irish Community Centre, 2a Davenport Rd, SE6 2AZ. Saturdays between 2-3pm Catford Fridge give out solidarity bags of surplus food during FoodCycle Lewisham's opening times; collect a hot meal and surplus food at the same time.

Catford Salvation Army

23-25 Brownhill Rd Catford, SE6 2HE. Fridays 10am-1pm for emergency food parcels, employment support and additional support where possible.

Chinbrook Action Residents Team Food Bank

Available to Chinbrook residents only. Weekly parcels on a Wednesday. Contact Paul Marling 07455 213 291 paul@chartbiglocal.org.uk or more information.

Downham Gleaning Pantry

Brook Lane Community Church, 27-29 Brook Lane, Bromley BR1 4PX. Open Wed 5-7pm, Thurs 9-2pm Fri 9-2pm. Social Pantry for people on low incomes and those affected financially by the impact of Coronavirus 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 (can't deliver)

Eliot Bank and Kelvin Grove Children's Centre Food Bank

Grove Children's Centre, Kirkdale, Sydenham, SE26 6BB. Open Wednesdays 12-2pm. Provide food and basic essentials for people in need in the local community. People can self-refer but do need to register with the Centre upon arrival. Contact: 020 8613 0172, Caters for dietary needs.

Evelyn Community Store

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/>. Currently a waiting list.

Feed the Hill – free and discounted food box deliveries

Working with Bold Vision, Feed the Hill deliver food boxes to local housebound people in SE4 and SE14. Boxes are delivered for free to those self-isolating or experiencing food poverty. <http://telegraphhillmutualsupport.co.uk/request-help/> Text: 07748 713 212, by the end of Saturday for next week. Boxes are nutritionally balanced and dietary needs catered for.

Grove Park Emergency Food Bank Project

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 struggling to put food on their table, or in financial crisis/hardship. Bring one form of ID and one proof of address. Tel - 07930 958 097 / info@wordoflife-lcc.org

LewCAS Foodbank

St John's Church SE8 4EA. Open Tuesdays 11am-1pm. The LewCAS foodbank specifically supports refugees and Asylum seekers. Contact Peter Farley-Moore peter.stjohnsdeptford@gmail.com or 07786 160 993 to refer an individual.

Lewisham Foodbank

Provides emergency support to residents who find themselves in financial crisis from different sites across the borough, delivery where needed. Dietary needs catered for. Referral needed: please contact an organisation that you are in contact with like a school, housing association, Citizens Advice, GP or faith organisation. If you do not have a support organisation, you can call the National Association of Citizens Advice Bureau: 080 8208 2138 who will assess your situation and make a referral. Offers support and advice in Spanish and Portuguese via an advice worker.

Living Water Christian Centre Food Service

Honor Oak Community Centre 50 Turnham Rd SE4 2JD. Open fortnightly on Wednesday evenings from 7-8.30pm (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

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. A paper application form to join can be picked up at the supermarket or you can apply online at <https://2000cac.org/>

Pie and Mash / The Field Mutual Aid

Provide food parcels for anyone in the Deptford/Peckham area. To request help: piemashfield@riseup.net 07857 024 435. They also give our food at Deptford Library Square at 3pm on Thursdays (subject to change). For more info visit their Facebook page.

Rehoboth Church

Rehoboth Church, 159 Perry Rise, SE23 2QU. Open Thursdays from 11am-1pm to offer free food parcels. They can arrange deliveries for over 60s and families who would struggle to attend. Call Pastor Carla Thomas for more details on 07533 980 741.

Rastafari Movement UK Food and Wellbeing First

Offering African Caribbean Cultural Foods, fresh fruits veg and Ital foods for vulnerable households. Referrals can be made to Sis Marcia at rmukwellbeing@gmail.com Tel 07947 681 875. Deliveries once a week Tuesday evenings.

Salvation Army (Deptford Church and Community Centre)

144A Deptford High St, London SE8 3DP. Help for anyone in our community experiencing financial hardship. They provide emergency food parcels for residents in the SE8 postcode area and refer families into additional support available in Lewisham. They accept self-referrals and referrals from local agencies. Food parcels prepared for a Monday morning and must be collected from our Church and Community Centre by appointment. Contact: deptford@salvationarmy.org.uk or 020 8692 5263

Seventh Adventist Church

430 Lewisham High Street, SE13 6LJ. Open Thursdays from 5-6.30pm, giving away a hot meal and groceries. Parcels tend to be enough for two days, mainly non-perishables, no meat.

St Peter's Church Brockley Food Bank

43 Wickham Rd, Brockley, SE4 1LT. A Social Supermarket for people in the SE4 area on Wednesdays. 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

The Giving Life Food Project

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

The Helping Hands Food Bank

A partnership between Action for Refugees Lewisham (AFRIL) and Good Shepherd St Peter's Church Lee, supports refugee, asylum-seeker, and vulnerable migrant families who are struggling to feed themselves. Referrals can be made via foodbank@afiril.org.uk for support or 07872 161 271. Can deliver, operates Saturday only, dietary needs catered for. Priority given to most urgent needs.

We Care Food Bank and Pantry

50 Friendly Street, Deptford, SE8 4DR. We Care Foodbank (Mon, Wed, Fri, Sat 10-4pm) offers a social pantry at Kath's Place Community Hub (part of the Kath Dugan Equality & Civil Rights Network) where members pay £5 for shopping worth around £40 as well as a foodbank (referral only), baby bank and store. 07871 187 162

Whitefoot and Downham Food Project

Hope Church 480 Whitefoot Lane Downham, BR1 5SF. Open Thursdays 7-8.30pm for those living in the Whitefoot and Downham area. You can just turn up. No delivery, pre-packed bags.

Community Meals

FoodCycle Lewisham

Providing a takeaway vegetarian meal from 2-3pm on Saturdays at Lewisham Irish Community Centre, 2a Davenport Rd, Catford SE6 2AZ from Saturday 12th of September. Guests will need to register and leave a contact number for track and trace.

Ichthus Church Community Table

Friday 2:00-3:00 pm Ichthus Lee Green, 23 Lampmead Road, Lee, SE12 8QJ 07950 255 630 – takeaway service and deliveries to local guests if needed (subject to capacity).

RCCG Faith Chapel Lunch Hour

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 takeaway for residents within the Bellingham community.

Seventh Adventist Church

430 Lewisham High Street, SE13 6LJ. Open Thursdays from 5-6.30pm, giving away a hot meal and groceries.

UCKG Soup Kitchen

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.

How to request help and signposting to other services

Community Connections Lewisham (0330 058 3464 Mon-Friday 9.30am-4pm) provide signposting to local services & support including practical assistance, food shopping slots online.

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We try to keep this information as up-to-date as possible but services are likely to change, please check with the project delivery to check current provision and that the offer is suitable for you. If you would like for your organisation to feature please contact: simone@lewishamlocal.com to join Lewisham's Covid Food Network.