



**Do you want to feel  
more connected to your  
community?**

If you feel lonely or low and live in Lewisham, let us help you meet new people, try new activities and find things to do locally

**020 8314 3244**

[communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)

## **Food, Meals and Food Banks**

available in Lewisham



If you would like to volunteer at any of the meals over the next few pages, please get in touch with the organisers. We're sure they would love to have you!



If any of the information in this leaflet needs updating or you have a new service to add, please get in touch:

[communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk)

Last updated: 25/11/2019

## Food Banks cont'd

Name:	Location:	When:	Info:
Whitefoot & Downham Food Project	Hope Church 480 Whitefoot Lane Downham, BR1 5SF	Thursday 7-8:30 pm	Food and signposting to services
Lewisham Food Bank, Trussell Trust	Elim Pentecostal 8-10 Allerford Road Catford, SE6 3DD	Saturday 10am-12 pm	3 days food, must bring voucher
Lewisham Food Bank	The Tabernacle Algernon Road Lewisham, SE13 7AT	Tuesday and Thursday 12-2:00 pm	3 days food, must bring voucher
Lewisham Food Bank	Hope Centre Malham Road Forest Hill, SE23 1AN	Wednesday 10 am—12 pm Fridays 12-2pm	3 days food, must bring voucher
Lewisham Food Bank	St James Church New Cross SE14 6AD	Monday 12-2:00 pm	3 days food, must bring voucher

## Community Store

Community Store	Evelyn Community Centre, 9 Wotton Rd, Deptford, SE8 5TQ	Tuesdays 5pm-7pm	£3.50 for a week's food supply
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## Free tea and toast, light food

When:	What:	Where:
Weekdays, Monday-Friday, 9:00 –10.30	Breakfast and showers	999 Club 21 Deptford Broadway Deptford, SE8 4PA 020 8694 5797
Monday to Friday, 10am-1pm	Teas and coffees. Over 60s only	DAGE, 71 Deptford High Street, Deptford, SE8 4AA, 020 8691 2849
Monday—Thursday, 9am— 10.30am (breakfasts), 1.45pm (sandwiches) Fridays 10am-12pm (Sandwiches)	Free toast, subsidised cooked breakfast and sandwiches	Deptford Reach, 64 Speedwell Street, Deptford, SE8 4AT, 020 8692 6548
Monday 10am—2pm, Tuesday and Friday, 9:30 am -2:30 pm	Tea, coffee, snacks	St Luke's Downham Northover, BR1 5JR 07774516204
Wednesday 9.30am	Breakfast foods	Lewisham Irish Community Centre 2a Davenport Road SE6 2AZ, 02086956264
Saturdays, 11 am-2 pm	Snacks, light refreshments, take-away bag	UCKG Help Centre 1 Bromley Road Catford, SE6 2TS 02086983612

## Free hot meals

Days:	Location:
Monday - Thursday 12—1.30pm Free soup and subsidised meals	Deptford Reach, 64 Speedwell Street, Deptford, SE8 4AT, 020 8692 6548
Monday, Tuesday, Thursday 1-3pm £1 minimum donation	Soup Kitchen, including Caribbean meal, Hope Centre, 118 Malham Road SE23 1AN
Monday 1:30-3:15 pm	Rehoboth Church, 159 Perry Rise, Forest Hill, SE23 2QA, 02086999339
Monday 12-2pm	999 Club, 21 Deptford Broadway Deptford, SE8 4PA, 020 8694 5797
Wednesday 7:00-9:00 pm (not during August)	Kings Church, Catford Hill Catford, SE6 4PS 020 8690 4646
Wednesday 7:30-9:30 pm *vegetarian options*	The Field, 385 Queens Road, New Cross, SE14 5HD
Thursday 6:00 pm	7th Day Adventist Church, 434 Lewisham High Street, SE13 6LJ
Friday 2:00-4:00 pm	Ichthus Lee Green, 23 Lampmead Road, Lee, SE12 8QJ 07950 255630

## Free hot meals cont'd

Times:	Location:
Saturday 1:15-3:00 pm	Food Cycle, Irish Centre, 2A Davenport Road, SE6 2AZ
Sunday 6:30 pm *except the first Sunday of the month*	Bear Church, Shaftesbury Centre, Frankham Street, Deptford, SE8 4RN 07392311794
Last Sunday of the Month at 3pm	Hillview Community Services, 37 Kitto Road, London SE14 5TW

## Food Banks

Name:	Location:	When:	Info:
Barley Loaves Food Bank	LCM Building 1 Cornmill Lane (off Loampit Vale) Lewisham, SE13 7FY	Tuesday 7.30-8:30 pm	Free food and household items
LWCC Food Bank	Honor Oak Community Centre 50 Turnham Rd SE4 2JD	Wednesday fortnightly 6:15-8:15 pm	Free, bring proof of Address, ID and benefits
ChART Food Project	WG Grace Community Centre, 1 Lions Close, SE9 4HG	Wednesday 12-2pm	