



Advice centres offer free, independent legal advice and other support.

Brixton Advice Centre

Face-to-face, telephone, email support. If busy, use online contact form and request a call back. They can issue electronic food bank vouchers.

Monday to Thursday, 10am-12pm (Walk-in)

Monday to Thursday, 10am-3pm (Telephone line)

📍 167 Railton Road, London, SE24 0LU

☎ 0207 733 7554 (Advice line)

🌐 brixtonadvice.org.uk

✉ info@brixtonadvice.org.uk

Brixton Advice Centre and Centre 70 also offer a Foodbank Advice Drop-In session with benefit and debt advice, and form filling.

Every Thursday, 11am-2pm

📍 Emmanuel Community Centre
96 Clive Road, London SE21 8BU

Centre 70

Telephone and email support. If busy, email and request a call back. Email preferred. Some face-to-face support for those unable to access remotely. They can issue electronic food bank vouchers.

Monday & Tuesday, 10am-1pm & 2pm-3pm

Wednesday, 2pm-3pm

Thursday & Friday, 10am-1pm & 2pm-3pm

📍 46 Knight's Hill, London, SE27 0JD

☎ 020 8670 0070

🌐 centre70.org.uk

✉ enquiries@centre70.org.uk

Citizen's Advice Merton & Lambeth

Telephone and email support. If busy, email or use online contact form. They can issue electronic food bank vouchers.

Monday to Friday, 10am-4pm

📍 1 Barrhill Road, London, SW2 4RJ

☎ 0800 254 0298

🌐 caml.org.uk

✉ informationsupport@caml.org.uk



These organisations can connect you to local support and services.

MyCommunity Gateway

MyCommunity Gateway can help if you need food, medicines, or other support. They can issue food bank vouchers. AgeUK Lambeth runs this service for anyone aged over 18 years old.

Monday to Friday, 9am-5pm

☎ 0333 360 3700

🌐 connectlambeth.org

✉ mycommunity@ageuklambeth.org

Lambeth Larder Community Food Resource

Lambeth Larder connects people and groups to emergency food and other essential services. Visit website for full directory of local services including advice, debt, mental health support, and more.

🌐 lambethlarder.org

✉ info@lambethlarder.org

Lambeth Mutual Aid

Lambeth Mutual Aid is a volunteer-led group supporting Lambeth residents. Lambeth Mutual Aid runs a Solidarity Fund for people in financial need and may provide other practical support.

✉ lambethmutualaid@gmail.com

🌐 @LambethCOVID19MutualAid



If you have money worries, these organisations may be able to help.

Every Pound Counts

Free welfare and benefits advice for Lambeth residents with a disability or long term health condition. Telephone (Ask for Every Pound Counts) or email support.

Tuesday and Thursday, 1-4pm

☎ 020 7926 5555

🌐 lambeth.gov.uk

✉ everypoundcounts@lambeth.gov.uk

Step Change

Free telephone and online debt and budgeting advice and support.

Monday to Friday, 8am-8pm

Saturday, 8am-4pm

☎ 0800 138 1111

🌐 stepchange.org

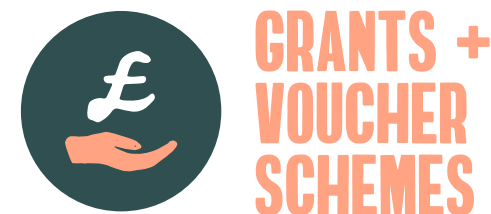
Turn2us

Turn2us has an online benefits calculator, grant finder, and other tools to help you find financial support. Up-to-date information on Covid-19 and benefits.

Monday to Friday, 9am - 5pm

☎ 0800 802 2000

🌐 turn2us.org.uk



If you need help making your money go further, you may be eligible for some of these grants and schemes.

Lambeth Emergency Support Scheme

Lambeth Council's Emergency Support Scheme includes help with high street vouchers, food vouchers, fuel payments, buying second-hand furniture, refurbished washing machine, cooker, fridge, etc., a handy-man service, plus, a removals and storage service.

To be eligible you must:

- Be aged 16 or over
- Have lived in Lambeth for 6 weeks (those fleeing domestic or gang violence, people living in council temporary accommodation or registered care projects are exempt from this requirement)
- Be in receipt of benefits

Email for support or apply online.

Monday to Friday, 9am-5pm

🌐 lambeth.gov.uk

✉ essteam@lambeth.gov.uk

Emergency Fuel Vouchers

The Citizens Extra Help Unit can issue emergency fuel vouchers. They can also contact energy suppliers on behalf of vulnerable pre-payment customers who are without a supply or at risk of self-disconnection. Call Citizens Advice Consumer Helpline and ask for the Extra Help Unit.

Monday to Friday, 9am-5pm

☎ 0808 223 1133

Healthy Start Vouchers

With free Healthy Start Vouchers you can buy milk; plain, fresh and frozen fruit and vegetables; infant formula milk, and free vitamins. You may qualify for Healthy Start Vouchers, if you:

- Receive benefits and are pregnant
- Receive benefits and have children aged under four

Visit the Healthy Start website to apply. Or speak to your doctor, midwife, or health visitor.

Monday to Friday, 9am-5pm

☎ 0345 607 6823

🌐 healthystart.nhs.uk

✉ helpdesk@tiu.org.uk

Rose Vouchers

Rose Vouchers help families on low incomes buy fresh fruit and vegetables at local street markets and stores. Rose Vouchers are for families with young children and pregnant women. Children's Centres give out the vouchers. Ask staff at your Children's Centre if they are part of the scheme.

🌐 alexandrarose.org.uk



Are you experiencing domestic violence? Here are some places that can help.

Cassandra Centre

Supports young people and families who have experienced domestic abuse in South West London. Offers free 1-2-1 counselling.

📍 1433A London Road, London, SW16 4AW

☎ 0203 601 7475

🌐 cassandracentre.org.uk

✉ info@cassandracentre.org.uk

Respeito

Telephone, email and online support for people from Portuguese speaking communities experiencing domestic abuse. Portuguese speaking.

Monday to Thursday, 10am-5pm

☎ 0300 365 2800

🌐 respeito.org.uk

✉ info@respeito.org.uk

The Gaia Centre

Supports people of all genders experiencing gender based violence, including domestic and sexual violence in Lambeth. Including advocacy and peer support work.

Daily, 8am-6pm

☎ 020 7733 8724

🌐 refuge.org.uk

✉ lambethvawg@refuge.org.uk

The National Domestic Abuse Helpline

Provides help and support to those experiencing domestic violence and abuse. 24-hour, free helpline.

☎ 0808 2000 247

🌐 nationaldahelpline.org.uk

Women's Aid

Women's Aid supports women and children experiencing domestic violence. Visit their website for safety advice during the Covid-19 crisis.

🌐 womensaid.org.uk

✉ helpline@womensaid.org.uk



Here are some local organizations that can help you manage your mental health.

Lambeth Single Point of Access

Lambeth Single Point of Access helps adults aged 18 to 65 get the right mental health support. Contact them if you need more support than your GP can provide.

- You can refer yourself to the service
- A friend or family member can refer you
- Your GP can refer you
- Visit website or call for more information.

Monday to Friday, 9am-5pm

☎ 0800 090 2456

🌐 lambethtogether.net

✉ lambethspareferrals@slam.nhs.uk

Lambeth & Southwark Mind Helpline

Confidential telephone and email support to direct you to local mental health services. Leave a message and they will aim to get back to you within two working days.

Monday to Thursday, 9am-4pm

☎ 0208 159 8355

🌐 lambethandsouthwarkmind.org.uk

✉ informationservice@lambethandsouthwarkmind.org.uk

Lambeth Talking Therapies

Lambeth Talking Therapies Service offers free support to people aged 18 and over. You can refer yourself using the online form or telephone. They aim to call back within 48 hours. Your GP can also refer you.

Monday to Friday, 9am-5pm

☎ 020 3228 6747

🌐 lambethtalkingtherapies.nhs.uk

✉ lambethaptadministrators@slam.nhs.uk

Mental Health Crisis 24-Hour Helpline

If you, a family member, or friend need urgent help, contact the free South London & Maudsley 24-hour mental health support line or visit the website.

Open 24 hours daily

☎ 0800 731 2864

🌐 slam.nhs.uk/patients-and-carers/crisis-support

HELLO FROM LAMBETH LARDER!

Here is our latest directory of local services. Use it to find help and support nearby. Visit our website at lambethlarder.org for our full directory including where to find advice and support with debt management, mental health, and more.

Stay safe and well.
In solidarity,
Virginia and the Lambeth Larder Team



THANK YOU

Massive thanks, as always, to all the local people and organizations that continue to support our work during these tough times. Your support is much appreciated.

CONTACT US

✉ info@lambethlarder.org

🌐 lambethlarder.org

📷 @lambethlarder

📌 LambethLarderCommunityFood

🐦 @lambethlarder



Lambeth Larder produces this free leaflet to provide useful information. We, our partners, and funders do not endorse any organisation listed here. Nor are we liable in connection with the use of information listed here.

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DUE TO THE PANDEMIC, ORGANISATIONS MAY CHANGE THEIR SERVICES AT SHORT NOTICE. INFORMATION CORRECT AT TIME OF PRINTING. PLEASE CHECK BEFORE USING SERVICES LISTED HERE.

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LAMBETH LARDER DIRECTORY

Connecting Local People,
Food, and Support

ISSUE 3 – 2022



Are you struggling to pay for food? Below are places in Lambeth that can help with free or low-cost food.

Community and voluntary groups run many of the organisations listed here. They usually respond within 48 hours. Please contact the groups in plenty of time.

TRUSSELL TRUST FOOD BANKS

Trussell Trust Food Banks: How they work

You need an electronic voucher code to get food from Trussell Trust food banks. There are a few different ways to get a voucher code:

- Call Citizen's Advice on **0808 208 2138**, Monday to Friday, 10am-4pm.
- Or call MyCommunity Gateway, **0333 360 3700**, Monday, Wednesday, or Friday, 10am-4pm.
- Or another referral agency may be able help. (E.g., doctor, health visitor, social worker, advice worker, police, children's centre, etc.)

Clapham Park Food Bank

Free food parcels and support. Delivery / collection depending on your situation. Food bank voucher required.

Monday-Friday, 9am-5pm

☎ 020 8675 7661

☎ 07597 030 452

🌐 claphampark.foodbank.org.uk

✉ info@claphampark.foodbank.org.uk

Norwood & Brixton Food Bank

Free food parcels and support. Delivery / collection depending on your situation. Food bank voucher required.

Monday-Friday, 9am-5pm

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

Vauxhall Food Bank

Free food parcels and support. Delivery / collection depending on your situation. Food bank voucher required.

Monday-Friday, 9am-5pm

☎ 07398 860 992

🌐 vauxhall.foodbank.org.uk

✉ foodbank@christchurchlondon.org

Waterloo Food Bank

Free food parcels and support. Delivery / collection depending on your situation. Food bank voucher required.

Monday-Friday, 9am-5pm

☎ 020 7921 4205

🌐 waterloo.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

INDEPENDENT FOOD BANKS

Southern Women's Aid Network (SWAN) Food Bank

Free food parcels and support. Can help other days, if urgent. Please collect. Delivery for vulnerable or elderly people. You can self-refer. No voucher needed.

Tuesday, 10am-12pm

📍 Streatham Islamic Centre, 8 Mitcham Lane, London, SW16 6NN

☎ 07864 852 157

🌐 swanlondon.org

✉ info@swanlondon.org

VGCC Food Bank

Free food parcels and care items. Collection only. You can self-refer. No voucher needed.

Friday, 11am-2pm

📍 Vauxhall Gardens Community Centre, 5 Glasshouse Walk, London

☎ 0207 793 1110

🌐 vgcc.org.uk

✉ admin@vgcc.org.uk

OTHER EMERGENCY FOOD

Brixton Soup Kitchen

Free food parcels for people in need across Lambeth. Call for support. No voucher needed. You can self-refer.

Monday to Friday, 12pm-4pm

📍 297-299 Coldharbour Lane, London, SW9 8RP

☎ 07538 419 514

✉ brixtonsoupkitchen@gmail.com

Copef Training Skills - African Emergency Hub

Free food parcels weekly for people in need. Collection only. Call or email for support. No voucher needed. You can self-refer.

Wednesday & Friday, 3pm-6pm

📍 21 Clarewood Walk, Off Moorlands Road, London, SW9 8TX

☎ 020 7737 0827

🌐 copeptrainingskills.co.uk

✉ info@copeptrainingskills.co.uk

The HTC Breakfast Club & Advice Clinic

Free hot breakfast, plus trained advisors offering financial and legal advice and support with housing from the charity Robes.

Tuesday, 9.30am-12.15pm

📍 Holy Trinity Clapham, Clapham Common North Side, London, SW4 0QZ

☎ 020 7627 0941

🌐 holytrinityclapham.org

✉ admin@holytrinityclapham.org

Open Door Kitchen

Two free meals per week delivered to people in need in Gipsy Hill and West Norwood areas. Tuesday - Gipsy Hill, Thursday - West Norwood. Email or call for support. You can self-refer.

Tuesday & Thursday

📍 Christchurch Gipsy Hill, Highland Road, London, SE19 1DP

☎ 07459 568 151

🌐 gipsyhill.org.uk

✉ opendoor@gipsyhill.org.uk

Platform Café Community Food Service

Free vegetarian meals for people in need in the Loughborough Junction area. Collection only. Call or email in advance to reserve a meal. No voucher needed. You can self-refer.

Monday to Friday, 12.30pm-3pm

📍 2 Ridgeway Road, London, SW9 7AH

☎ 07593 265 647

✉ platformcafe.lj@gmail.com

Portuguese Community Centre

Free surplus food/groceries and ready meals for people in need. Collection only. No voucher needed. You can self-refer.

Monday & Thursday, 4pm-6pm

📍 1 Othello Close, London, SE11 4RE

☎ 07772 845 454

🌐 portuguesecommunitycentre.uk

✉ info@portuguesecommunitycentre.uk

Rastafari Movement UK Well Being

Weekly food delivery and wellbeing service including on-off support for people self-referring in an emergency. Provides cultural foods. Contribution of £4 towards costs for those who can afford it. Call or email for support. No voucher needed.

Tuesday

☎ 07769 813 799

✉ rmukwellbeing@gmail.com

Sunday Best

Delivering a free, healthy, cooked meal to families and young people in need. A JAGS Foundation project.

Sunday

☎ 07775 631 378

🌐 jagsfoundation.org

✉ admin@jagsfoundation.org

SWAN Soup Kitchen - Clapham

Free food for anyone in need.

Saturday, 6.30pm

📍 Outside Dudley Hotel, 79-81 Clapham Common Southside, London, SW4 9DQ

☎ 07935 430 380

🌐 swanlondon.org

✉ info@swanlondon.org

SWAN Soup Kitchen - Streatham

Free food for anyone in need.

Monday, 6.45pm-7.30pm

📍 Outside Streatham Odeon Cinema, 47-49 High Road, London, SW16 1PW

☎ 07935 430 380

🌐 swanlondon.org

✉ info@swanlondon.org

HOMELESS DAY CENTRES + OUTREACH

Ace of Clubs

Supports homeless people. Take away and dine-in lunch. Just turn up. Advice service by appointment. Ace of Clubs can link people to accommodation, welfare, rehab, training, healthcare, etc.

Monday to Friday, 12pm-2:30pm

📍 Saint Alphonsus Road, London, SW4 7AS

☎ 020 7720 2811

☎ 020 7720 0178

🌐 aceofclubs.org.uk

✉ info@aceofclubs.org.uk

Manna Day Centre

Supports homeless people. Take away food service. Just turn up. Housing and welfare advice telephone line available.

Food Service: Monday to Sunday 8.30am-1.30pm

Housing & welfare advice line: Monday to Friday 10am-1pm

📍 7-13 Melior Street, London, SE1 3QP

☎ 0207 357 9363

☎ 020 7403 1931 (Option 1) Advice Line

🌐 mannasociety.org.uk

✉ mail@mannasociety.org.uk

Refugee Community Kitchen

Free, take-away, hot food for anyone displaced or in need. Just turn up.

Sunday, 5.30pm-6.30pm

📍 Windrush Square (Near Ritzy Cinema), London, SW2 1JG

☎ 020 7737 0827

🌐 refugeecommunitykitchen.org

✉ rckoutreach@gmail.com

Spires Centre

Supports homeless people. Free breakfast, etc.

Roughsleeper space: Monday, Tuesday, Thursday & Friday 9am-11am

Women's services: Monday to Friday 9am-3.30pm by appointment

Open access support: Monday, Tuesday

Thursday & Friday 11-4pm by appointment

📍 8 Tooting Bec Gardens, London, SW16 1RB

☎ 020 8696 0943

🌐 spires.org.uk

Streets Kitchen - Clapham Common

Free, take-away, hot food for anyone homeless or in need. Located on the grass near Joe's Pizza/ opposite Waitrose.

Tuesday, 7.30pm

📍 The Pavement, London, SW4 0HY

🌐 streetskitchen.org/locations/london

✉ claphamcommon@streetskitchen.org

Streets Kitchen - Stockwell

Free, take-away food for anyone homeless or in need. Located next to Sainsbury's Local, opposite Stockwell tube station entrance.

Wednesday, 7pm

🌐 streetskitchen.org/locations/london

Webber Street Day Centre

Supports homeless people. Free breakfast and other services available.

Monday to Wednesday & Saturday from 8.30am

Closed Thursday

Friday drop in session from 9am (No breakfast)

📍 6-8 Webber Street, Waterloo, London, SE1 8QA

☎ 0207 928 1677

🌐 webberstreet.org



Are you are on a low income or benefits? Here are some low cost food outlets in Lambeth.

Community Shop

Lambeth residents receiving benefits can join Community Shop. As well as low-cost food, they offer volunteering and mentoring opportunities, training, development, and support courses. Plus, hot food every day from their kitchen.

Monday to Friday 9am-5pm, Saturday 9am-3pm

📍 Vale Street, London, SE27 9PA

☎ 020 8761 9660

🌐 community-shop.co.uk

Community Pantry - Myatt's Field North

Become a member and pay £5 and can choose up to 20 items of fresh fruit, vegetables, store cupboards items. No voucher needed. You can self-refer. A Healthy Living Platform project.

Tuesday, 11am-2pm

📍 Myatt's Field Community Centre, Myatt's Field North Centre, 24 Crawshay Road, SW9 6FZ

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ info@healthylivingplatform.org

Liz Atkinson Pantry

Become a member and pay £5 and can choose up to 20 items of fresh fruit, vegetables, store cupboards items. No voucher needed. You can self-refer. A Healthy Living Platform project.

Also, free fruit and vegetable bags and healthy living activities for pregnant mothers and families with children aged 0-3 in Stockwell, Vassall, Tulse Hill and Coldharbour wards and close surrounding areas.

Friday, 12pm-2pm

📍 Liz Atkinson Children's Centre, 9 Mostyn Road, London, SW9 6PH

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ info@healthylivingplatform.org

St. Stephen's Pantry

Do you have children aged under 5? Become a member and pay £5 and can choose up to 20 items of fresh fruit, vegetables, store cupboards items. No voucher needed. You can self-refer. A Healthy Living Platform project.

Wednesday, 12.30-2.30pm

📍 St. Stephen's Children's Centre, 1 Meadow Place, London, SW8 1XY

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ info@healthylivingplatform.org

The Pantry

Low-cost community food shop offering a diverse range of fresh fruit, vegetabeles, and cupboard/ long-life products to choose from - up to 20 items for just £5. No voucher or referral needed. A Healthy Living Platform project.

Thursday, 11-3pm

📍 Brixton Street Gym, 10 Somerleyton Road, London, SW9 8ND

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ info@healthylivingplatform.org

The London Food Bus

Healthy, affordable groceries, cupboard items, café and more. The bus visits sites in Lambeth every week.

Wednesday

📍 Henry Fawcett School, Bowling Green Street, London SE11 5BZ, 8.30am-12.30pm

📍 Allen Edwards School, Studley Road, London SW4 6RP, 1pm-4pm

☎ 07575 010 582

🌐 be-enriched.org/the-food-bus