



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 food bank vouchers.

Monday to Thursday, 10am-12pm (Walk in)
Monday to Thursday, 10am-3pm (Advice line)

📍 167 Railton Road, London SE24 0LU

📞 0207 733 7554 (Advice line)

🌐 brixtonadvice.org.uk/for-advice

✉ info@brixtonadvice.org.uk

Centre 70

Face to face, telephone, and email support. Open door sessions Tuesdays & Fridays 10-1pm. Email and online form are the quickest way to make an appointment to speak an adviser. They can issue food bank vouchers.

Monday to Friday, 10am-1pm & 2pm-3pm (Advice line)
Monday to Thursday, 10-12pm (Walk in)

📍 46 Knights Hill, London SE27 0JD

📞 020 8670 0070

🌐 centre70.org.uk/contact-us

✉ enquiries@centre70.org.uk

Citizen's Advice Kennington Hub

Telephone and in person support. They offer pre-booked, in person appointments. They can issue food bank vouchers.

Monday to Wednesday, 10am-12pm & 1pm-3pm (Appointments)
Monday to Friday, 10am-4pm (Advice line)

📍 91 Kennington Lane, London SE11 4HQ

📞 0800 254 0298 (select option 4)

🌐 caml.org.uk

Citizen's Advice Merton & Lambeth

Telephone and email support. If advice line is busy, use online contact form. They can issue food bank vouchers.

Monday to Friday, 10am-4pm (Adviceline)

📞 0800 254 0298 (select option 4)

🌐 caml.org.uk



These organisations can connect you to local support and services.

MyCommunity Gateway

MyCommunity Gateway can help if you need food, help with claiming benefits, etc. They can issue food bank vouchers. AgeUK Lambeth runs this service for anyone aged over 18 years old.

Monday to Friday, 9.30am-4.30pm

📞 0333 360 3700

🌐 ageuk.org.uk/lambeth/

✉ mycommunity@ageuklambeth.org

Lambeth Mutual Aid

Lambeth Mutual Aid is a volunteer-led group supporting Lambeth residents. Their Solidarity Fund offers people in financial need £30 for essentials like food and fuel. They can also provide other practical support.

🌐 lambethmutualaid.com

✉ lambethmutualaid@gmail.com

f @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 & Thursday, 1pm-4pm

📞 020 7926 5555 (select option 4)

🌐 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, 9am-2pm

📞 0800 138 1111

🌐 stepchange.org

Turn2us

Turn2us has an online benefits calculator, grant finder, and other tools to help you find financial help. Phone or use online form to contact them.

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 residents with a household income of less than £30,000 per year or receiving benefits can apply for financial support. Visit website for full details. Email for support to apply or apply online.

🌐 lambeth.gov.uk

✉ essteam@lambeth.gov.uk

Emergency Fuel Vouchers

Citizen's Advice Extra Help Unit can give emergency fuel vouchers if you have no supply, or are about to run out of emergency credit. They can help you talk to your energy supplier if you have problems. Call Citizens Advice Consumer Helpline and ask for The Extra Help Unit.

Monday to Friday, 9am-5pm (except public holidays)

📞 0808 223 1133

🌐 eh.org.uk/advice-for-you

Healthy Start Card

You can apply for a free Healthy Start Card if you receive benefits and are pregnant, or have a child aged under four. With the card you can buy milk; plain, fresh and frozen fruit and vegetables; infant formula milk, and vitamins. Visit the website to apply. Or speak to your doctor, midwife, or health visitor.

Monday to Friday, 8am-6pm (except public holidays)

📞 0300 330 7010

🌐 healthystart.nhs.uk

✉ healthy.start@nhsbsa.nhs.uk

Rose Vouchers

Rose Vouchers help families on low incomes buy fresh fruit and vegetables. Families receive £4 of Rose Vouchers for each child; or £6 if the child is under one year old. Children's Centres issue the vouchers, ask staff if they are part of the scheme.

🌐 alexandrarose.org.uk

Work Wear

Brixton Library and ihateironing lend low-income job seekers smart, clean, clothes for their next interview. You can request in advance directly from ihateironing, making it easier to find the right outfit. Or email to make an appointment to view clothing.

📍 Brixton Tate Library, Windrush Square, London SW2 1QJ

🌐 ihateironing.com/blog/request-clothes-for-an-interview

✉ aolulode@lambeth.gov.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.

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, Tuesday & Thursday, 9am-4pm

📞 020 8159 8355

🌐 lambethandsouthwarkmind.org.uk/information-service

✉ 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 phone. 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

✉ lambethiaptadministrators@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 mental health support line or visit the website.

Open 24 hours daily

📞 0800 731 2864 (choose option 1)

🌐 slam.nhs.uk/crisis

✉ pals@slam.nhs.uk

The Well Centre

A youth health centre for people aged 11 to 20. Offering face-to-face, online, and telephone appointments.

Monday to Thursday, 11am-6.30pm
Friday, 8am-4pm

📍 74 Herne Hill, London SE24 9QP

📞 020 8473 1581

🌐 thewellcentre.org

✉ lamccg.thewellcentre@nhs.net

Lambeth Older Adults Community Mental Health Team

Support for all adults over the age of 65 (or those living with a diagnosis of dementia). You can contact directly.

Monday to Friday, 9am-5pm

📍 Reay House, Lambeth Hospital, 108 Landor Road, London, SW9 9NT

📞 020 3228 8030

📞 020 3228 8300

✉ lambethadminmhoa@slam.nhs.uk



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

Cassandra Centre

Supports young people and families who are directly or indirectly involved in abusive relationships. Offers free 1-2-1 counselling.

📞 020 3601 7475

📞 07852 525468

🌐 cassandracentre.org.uk

✉ info@cassandracentre.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.

Monday to Friday, 8am-6pm

📞 020 7733 8724

🌐 refuge.org.uk

✉ lambethvawg@refuge.org.uk

The National Domestic Abuse Helpline

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

Online Chat: Monday to Friday, 3pm-10pm
BSL helpline: Monday to Friday, 10am-6pm

📞 0808 2000 247

🌐 nationaldahelpline.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

Women's Aid

Women's Aid supports women and children experiencing domestic violence. Live chat and email support.

Monday to Friday, 8am-6pm
Saturday and Sunday, 10am-6pm

🌐 womensaid.org.uk

✉ helpline@womensaid.org.uk

HELLO FROM LAMBETH LARDER!

Here's our latest directory of local services. Use it to find support nearby. Our website lambethlarder.org has even more information; including where to find advice and help during the Cost-of-Living crisis, and much more.

In solidarity,
Virginia & all at Lambeth Larder



THANK YOU

Despite the difficult times we are in, we continue to be inspired by the generosity of local people and organisations who contribute to, and support, our work. Without you, we couldn't do it!

CONTACT US

✉ info@lambethlarder.org

🌐 lambethlarder.org

📷 @lambethlarder

f 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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IN THESE UNCERTAIN TIMES, ORGANISATIONS MAY CHANGE THEIR SERVICES AT SHORT NOTICE. INFORMATION CORRECT AT TIME OF PRINTING. PLEASE CHECK BEFORE USING THE SERVICES LISTED HERE.

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LAMBETH LARDER DIRECTORY

Connecting Local People,
Food, and Support



ISSUE 5 – 2023



Voluntary and community groups run many of the services listed below. They can help if you are struggling to pay for food. They aim to respond within 48 hours. Please make sure you contact the group in plenty of time.

TRUSSELL TRUST FOOD BANKS

Trussell Trust Food Banks: How They Work

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

- Call Citizen's Advice on **0808 208 2138**, Monday to Friday, 9am-5pm.
- Or call MyCommunity Gateway, **0333 360 3700**, Monday to Friday, 9.30am-4.30pm.
- Another referral agency may be able to issue the voucher. (E.g., doctor, health visitor, social worker, advice worker, police, children's centre, job centre, etc.)

Norwood & Brixton Food Bank: Streatham Hub

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Tuesday, 12-2pm

📍 Immanuel & St. Andrew's Church, 452 Streatham High Road, London SW16 3PY

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

Norwood & Brixton Food Bank: West Dulwich Hub

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Thursday, 11am-2pm

📍 Emmanuel Church, 96 Clive Road, London SE21 8BU

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

Norwood & Brixton Food Bank: Brixton Hub

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Wednesday, 11am-1pm

📍 Brixton Hill Methodist Church, Elm Park, London SW2 2TX

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

Vauxhall Food Bank

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Wednesday, 11:30am-1:30pm

📍 105 Tyers Street, London SE11 5HS

☎ 07398 860 992

🌐 vauxhall.foodbank.org.uk

✉ foodbank@christchurchlondon.org

Waterloo Food Bank: Oasis Centre

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Tuesday, 12-2pm, Friday, 12-2pm

📍 Oasis Centre, 1 Kennington Road, London SE1 7QP

☎ 020 7921 4205

🌐 waterloo.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

Waterloo Food Bank: St. George-the-Martyr

Home delivery or in-person collection of free food parcels, depending on your situation. Food bank voucher required.

Home delivery: Monday to Friday, 9am-5pm.
Collection: Thursday, 1.30pm-2.30pm

📍 St.George the Martyr Church, Borough High Street, London SE1 1JA

☎ 020 7921 4205

🌐 waterloo.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

INDEPENDENT FOOD BANKS

Copef Training Skills - African Emergency Food Bank

Free food parcels for people in need. Collection only. No voucher needed, just turn up.

Wednesday, 3pm-6pm & Friday by appointment

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

☎ 0207 737 0827

✉ copeftrainingskills@gmail.com

Olive Branch Aid

Free food parcels, clothes, essential items, and support. Monthly collection from their centre. No voucher needed. You can self-refer.

Collections by appointment

📍 Arch 648, Portslade Road, London SW8 3DH

☎ 07935 430 380

✉ olivebranchaid1@gmail.com

SWAN Food Bank

Free, monthly, food parcels and support. Please collect. Delivery for vulnerable or elderly people. Photo ID and proof of address needed to register. No voucher needed. You can self-refer.

Tuesday, 10.30am-12pm

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

☎ 07935 430 380

🌐 swanlondon.org

✉ info@swanlondon.org

VGCC Food Bank

Free food parcels and care items. Collection only. No voucher needed, just turn up.

Friday, 11am-2pm

📍 Vauxhall Gardens Community Centre, 5 Glasshouse Walk, London SE11 5ES

☎ 0207 793 1110

🌐 vgcc.org.uk

✉ admin@vgcc.org.uk

OTHER EMERGENCY FOOD

Portuguese Community Centre

Free surplus food/groceries for people in need. Collection only. No voucher needed, just turn up.

Monday & Thursday, 2-4pm

📍 1 Othello Close, London SE11 4RE

☎ 07912 951 593

🌐 portuguesecommunitycentre.uk

✉ info@portuguesecommunitycentre.uk

Rastafari Movement UK Wellbeing

Become a member and pay £4 (a contribution is encouraged) for a 2-weekly food delivery. Provides cultural foods, debt support, and wellbeing service. They can issue food bank vouchers.

Tuesday

☎ 07769 813 799

✉ rmukwellbeing@gmail.com

HOT FOOD PROVIDERS

Be-Enriched Canteen Clapham

Free 3-course lunch and chat.

Wednesday, 1pm-2.30pm

📍 Clapham Park Cube, 116 King's Avenue, London SW4 8EP

🌐 be-enriched.org/canteens

✉ hello@be-enriched.org

FoodCycle Wandsworth Road

Enjoy a free, delicious meal, prepared by FoodCycle volunteers. Everyone is welcome.

Friday, 12.30pm

📍 Christ Church Community Hall, 39 Union Grove, London SW8 2QJ

📞 020 7729 2775

✉ foodcycle.org.uk/location/london-wandsworth-road

HTC Breakfast Club

Free hot breakfast, plus advice and social support.

Tuesday, 9.30am-11.30am

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

☎ 020 7627 0941

🌐 holytrinityclapham.org

✉ admin@holytrinityclapham.org

Open Door

Free hot lunch, tea, coffee, and cake. Lunch served at 12.30pm. Debt and benefits support available from a trained adviser, 12.30-2.30pm.

Tuesday, 12pm-2.30pm

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

☎ 020 8761 5927 (Church Office)

🌐 gipsyhill.org.uk/open-door

✉ opendoor@gipsyhill.org.uk

Platform Café Community Food Service

Free vegetarian meals for people in need in the Loughborough Junction area. Visit, phone, or email to request a meal. Collection only.

Tuesday to Saturday, 9am-3pm

📍 2 Ridgeway Road, London SW9 7AH

☎ 07593 265 647

✉ platformcafe.lj@gmail.com

St. Peter's Breakfast Club

Free, weekly, breakfast café, open to anyone in Vauxhall who needs it. All welcome.

Thursday, 9.30-11am

📍 St. Peter's Vauxhall, 310 Kennington Lane, London SE11 5HY

🌐 stpetersvauxhall.org/breakfast-club

✉ hello@stpetersvauxhall.org

HOMELESS DAY CENTRES + OUTREACH

Ace of Clubs

Supports homeless people. Take away and dine-in lunch (£1 contribution encouraged). Just turn up. Advice service by appointment, plus links to accommodation, welfare, rehab, training, healthcare, etc.

Monday to Friday, 12pm-2.30pm

📍 Saint Alphonsus Road, London SW4 7AS

☎ 020 7720 2811

🌐 aceofclubs.org.uk

✉ info@aceofclubs.org.uk

Bright Morning Star Outreach

Prison and homeless outreach. Free food and support (benefits, housing, and IT) for those in need. Just turn up.

Tuesday, 9am-1pm

📍 Pedlar Community Hall, 1 Opal Street, London SE11 4HZ

☎ 07492 079 197

🌐 thebrightmorningministries.com

✉ info@thebrightmorningministries.com

Manna Day Centre

Supports homeless people. Breakfast and lunch service. Just turn up. Housing and welfare advice telephone line available.

Food Service: Monday to Sunday, 8.30am-1.30pm
Housing & welfare advice line: Mon to Wed, 10am-1pm

📍 7-13 Melior Street, London SE1 3QP

☎ 020 7357 9363

🌐 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, 5.30-6.30pm

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

🌐 refugeecommunitykitchen.org

✉ outreach@refugeecommunitykitchen.org

Spires Centre

Supports homeless people. Free breakfast, etc.

Roughsleeper space: Monday, Tuesday & Friday, 9am-10.30am; Wednesday, 10am-12pm; Thursday, 9am-1pm

Women's space: Monday & Friday, 10.30am-1.30pm

Open access support: Tuesday, 10.30am-2pm

📍 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

📍 Next to Sainsbury's Local, opposite Stockwell tube station entrance SW4 6TA

🌐 streetskitchen.org/locations/london

SWAN Soup Kitchen Clapham

Free hot food for anyone in need.

Saturday, 6.30pm

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

☎ 07935 430 380

✉ info@swanlondon.org

🌐 swanlondon.org

Webber Street Day Centre

Supports homeless people. Free breakfast and other services available.

Monday to Saturday, 8.30-9.15am (breakfast served)
Friday drop-in session, 9-12pm (no breakfast)

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

☎ 020 7928 1677

🌐 webberstreet.org.uk

✉ wsenquiries@lcm.org.uk



Food co-ops, social supermarkets, and food pantries offer a great alternative to high street shops and food banks, if you are struggling to pay for food.

The Borough Food Co-op

Become a member and pay £4.50 up to 16 grocery items. Anyone can join the co-op.

Tuesday, Thursday & Saturday, 11am-3pm

📍 St. George the Martyr Church, Borough High Street, London SE1 1JA

☎ 020 7357 7331

✉ food@sgtm.org.uk

🌐 boroughfoodcooperative.co.uk

Community Shop

A low-cost, social supermarket for Lambeth residents receiving benefits. They also offer volunteering and mentoring opportunities, training, support courses, etc. Plus, hot food from their kitchen for £1.50. Call or visit to join.

Monday to Friday, 9am-4.45pm
Saturday, 9am-2.45pm

📍 Vale Street, London SE27 9PA

☎ 020 8761 9660

🌐 community-shop.co.uk

Kata Kata Food Pantry

Community food pantry at Katakata Restaurant offering healthy fruit, vegetables, and dry goods for £5.

Wednesday 11am-2pm

📍 132 Brixton Hill, London SW2 1RS

☎ 07534 329 883

✉ admin@katakatabrixton.com

Liz Atkinson Pantry

A community shop offering members healthy, affordable food. Pay £2.50 or £5 for fresh fruit, vegetables, and store cupboard goods. For families with children aged 0-4 years.

Friday, 12pm-2pm

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

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

Moorlands Pantry

A community shop offering members healthy, affordable food. Pay £2.50 or £5 for fresh fruit, vegetables, and store cupboard goods. Everyone welcome.

Thursday, 11am-3pm

📍 Moorlands Community Centre, 50a Corry Drive, London SW9 8QT

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

Myatts Field North Pantry

A community shop offering members healthy, affordable food. Pay £2.50 or £5 for fresh fruit, vegetables, and store cupboard goods. Everyone welcome.

Tuesday, 10am-1pm

📍 Myatts Field Centre, 24 Crawshay Road, London SW9 6FZ

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

St. Stephen's Pantry