



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, 1pm-4pm

☎ 020 7926 5555 (select option 4)

🌐 dub.sh/CtQR66H

✉ everypoundcounts@lambeth.gov.uk

Fuel Support

Do you have no supply? Are you about to run out of emergency credit and need help talking to your energy supplier? Contact Citizens Advice Consumer Helpline and ask for the Extra Help Unit.

Monday to Friday, 9am-5pm (not Bank Holidays)

☎ 0808 223 1133

🌐 ehu.org.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. Use online form to contact them.

🌐 turn2us.org.uk



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

Brixton Advice Centre

Face to face, telephone, online help. If advice line is busy, try calling later, or fill in the advice form. They can issue food bank vouchers.

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

📍 167 Raiton Road, London, SE24 0LU

☎ 0207 733 7554

🌐 brixtonadvice.org.uk/for-advice

Citizen's Advice Kennington Hub

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

Monday, 9.30am-12pm & 1pm-3pm (Walk in)
Tuesday & Wednesday, (Appointments only)
Thursday, 9.30am-12pm & 1pm-3pm (Walk in)
Monday to Friday, 10am-4pm (Advice line)

📍 91 Kennington Lane, London, SE11 4HQ

☎ 0800 254 0298 (select option 4)

🌐 caml.org.uk



These organisations can connect you to local support and services.

Age UK Lambeth

Support includes handy fix service, befriending, hospital services, MySocial for activities/events and much more.

☎ 0207 346 6800

🌐 ageuk.org.uk/lambeth

✉ info@ageuklambeth.org

Lambeth Council Cost of Living Support

Support with housing costs, benefits, free childcare, debt. Any residents needing advice and guidance can access the new Financial Link Worker service.

☎ 0207 926 5059

🌐 dub.sh/9KfOGS

✉ costofliving@lambeth.gov.uk

Lambeth Mutual Aid

A collective of people who live in the borough and try to support Lambeth residents through solidarity actions, not charity. This includes sharing £30 grants from a Solidarity Fund and running a free café every second Sunday of the month in Brixton.

🌐 lambethmutualaid.com

✉ lambethmutualaid@gmail.com



Do you need help making your money go further? These grants and schemes may be useful.

Blue Sky Social Care Card

Are you an unpaid carer? Blue Sky social care card is a new initiative. For just £5 per year, it gives unpaid carers in Lambeth a verified ID card and access to many online discounts. Employers can also apply for their staff.

☎ 0333 034 1101

🌐 blueskycard.uk/apply-now

✉ info@blueskybrokers.org

Healthy Start Card

Are you receiving benefits, pregnant, or have a child aged under four? You can apply for a free Healthy Start Card to buy healthy food and milk and collect 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

Lambeth Emergency Support Scheme

Lambeth Council's Emergency Support Scheme is open to residents with a household income of less than £30,000 per year or receiving benefits. Visit website for full details. Email for support to apply or apply online.

Monday to Friday, 9am-5pm

🌐 dub.sh/ntfahU7

✉ essteam@lambeth.onmicrosoft.com

Rose Vouchers

Rose Vouchers help families on low incomes buy fresh fruit and vegetables. Families receive £4 of Rose Vouchers for each child every week; 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.

🌐 alexandarrose.org.uk



Cassandra Centre

Supports women, girls, and young people in Southwest London who have experienced domestic abuse. Offers free 1-2-1 counselling.

☎ 020 3601 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.

☎ 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.

Monday to Friday, 8am-6pm

Monday to Friday, 6-10pm (out-of-hours)

☎ 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.

Online Chat: Monday to Friday, 10am-10pm, and weekends 10am-6pm

☎ 0808 2000 247 (24-hours)

🌐 nationaldahelpline.org.uk



Lambeth & Southwark Mind Helpline

Confidential telephone and email support for people experiencing mental health problems, family, professionals and the community. Part of Lambeth Advice Services.

Monday to Friday, 9am-5pm

☎ 020 8159 8355

🌐 dub.sh/7dvt15N

✉ infols@selmind.org.uk

Lambeth Older Adults Community Mental Health Team

Lambeth Older Adults Community Mental Health Team provides support for all adults over the age of 65 (or those living with a diagnosis of dementia) and can be contacted directly.

Monday to Friday, 9am-5pm

📍 Maudsley Hospital, Denmark Hill, London, SE5 8AZ

☎ 020 3228 8030

🌐 dub.sh/7dvt15N

✉ lambethadminmhoa@slam.nhs.uk

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

🌐 dub.sh/MM4gQTH

✉ lambethspareferrals@slam.nhs.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. Your GP can also refer you.

Monday to Friday, 9am-5pm

☎ 020 3228 6747

✉ 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 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.

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

Drop in: Monday, 4pm-5.30pm

📍 74 Herne Hill, London, SE24 9QP

☎ 020 8473 1581

🌐 thewellcentre.org

✉ lamccg.thewellcentre@nhs.net



Get Rid of and Donate

Free clothing, shoes, and other essentials for people in need. You can self-refer or be referred by organisations. Registered members will be invited to attend 'Open House' on a Monday at their community hub in North Dulwich. Phone to register.

Monday, 9.30am-2.30pm

Evening session, last Monday of the month, 6.30pm-8.30pm

☎ 07944 102 112

🌐 getridofit-donate.com

✉ info@getridofit-donate.com

Smart Works

Supports women, transgender, and non-binary people who are unemployed, and on low-income get into employment by providing suitable interview clothing, interview advice, and career coaching. Referral via website.

Monday to Friday, 9am-5pm

☎ 020 7288 1770

🌐 smartworks.org.uk

✉ london@smartworks.org.uk

Southside Rehabilitation Association

Help for people experiencing mental health issues to get back into work. Support with accessing adult education, work placements, and training.

📍 45 Knight's Hill, London, SE27 0HS

☎ 0208 766 6688

🌐 sra-ltd.co.uk

✉ office@sra-ltd.co.uk

Suited & Booted

Suited & Booted helps unemployed, and low-income men get into employment by providing suitable interview clothing, interview advice, and mentoring. Referral via website.

Monday to Friday, 10am-5pm

☎ 07808 531 654

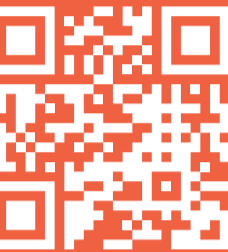
🌐 suitedbootedcentre.org.uk

✉ info@suitedbootedcentre.org.uk

HELLO FROM LAMBETH LARDER!

Welcome to our latest directory of local services. Use it to find support nearby. Visit our website for even more information, including Cost-of-Living support, and much more. We hope you find them useful.

In solidarity,
All at Lambeth Larder



THANK YOU

This is our 10th Issue of the Directory! We couldn't have come this far without the incredible support of our local community, partners, and funders. Together, we keep on making a difference!

CONTACT US

✉ info@lambethlarder.org

🌐 lambethlarder.org

📷 @lambethlarder

📌 LambethLarderCommunityFood

🐦 @lambethlarder.org



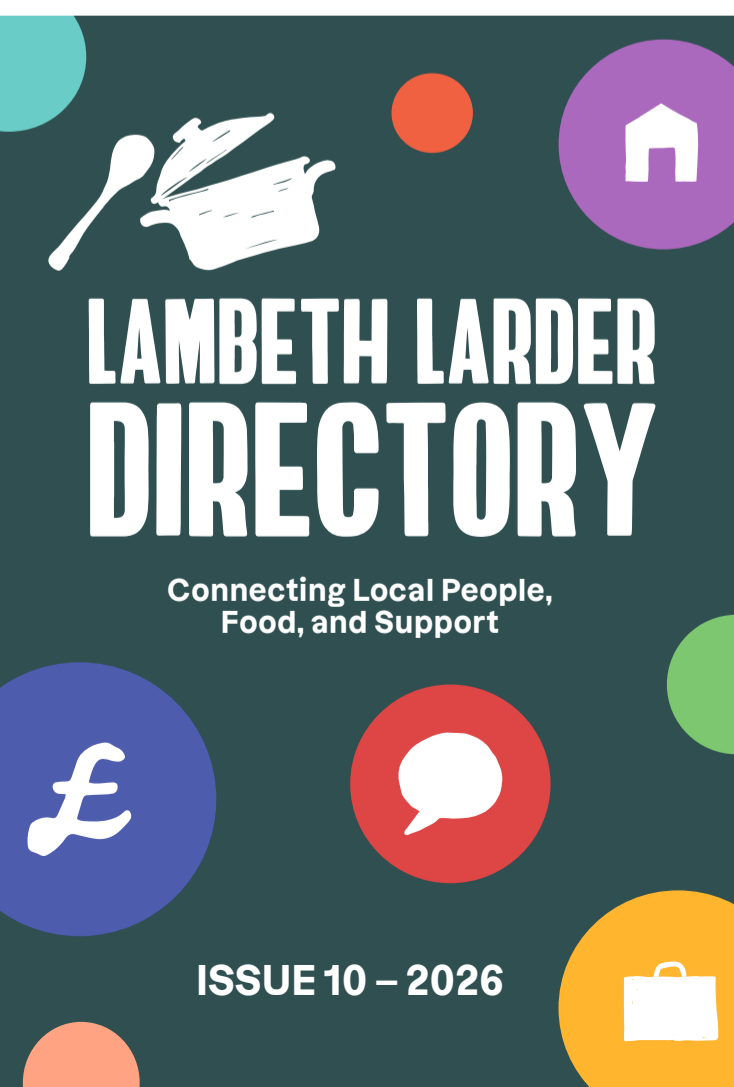
Lambeth Larder produces this free leaflet to provide useful information. We, our partners, and funders do not endorse any organisation listed here. Nor are we liable in connection with the use of information listed here.

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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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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 some ways to get a voucher code:

- Call Citizen's Advice on **0808 208 2138**, Monday to Friday, 9am-5pm.
- Brixton Advice Centre or Citizen's Advice Merton & Lambeth
- Other referral agencies may be able to issue the voucher. (E.g., doctor, health visitor, social worker, advice centre, police, children's centre, etc.)

Lambeth & Croydon Foodbank: 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
Pre-booked collection only: Wednesday, 11am-1pm

☎ 020 7921 4205

🌐 lambethcroydon.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

Lambeth & Croydon 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
Pre-booked collection only: Tuesday, 12-2pm, Wednesday, 5-6pm, Friday, 12-2pm

☎ 020 7921 4205

🌐 lambethcroydon.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

Lambeth & Croydon Foodbank: 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
Pre-booked collection only: Tuesday, 11-1pm

☎ 020 7921 4205

🌐 lambethcroydon.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

Lambeth & Croydon Foodbank: Tulse Hill

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
Pre-booked collection only: Monday, 1-3pm

☎ 020 7921 4205

🌐 lambethcroydon.foodbank.org.uk

✉ foodbank@oasiswaterloo.org

INDEPENDENT FOOD BANKS

Brixton Soup Kitchen

Free food parcels and support for people in need. No voucher needed.

Monday to Friday, 11am-3pm

📍 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. No voucher needed, just turn up. First come, first served.

Friday from 1.30pm

📍 236 Coldharbour Lane, London, SW9 8SD

☎ 020 7737 0827

✉ copeptrainingskills@gmail.com

Draper Together Food Bank

Free food parcels and space to socialise. Collection only. No voucher needed, just turn up.

Monday, 3.30pm-5.30pm

Thursday, 9.30am-11am

📍 Draper Hall, Hampton Street, Junction with Newington Butts (next to the Santander bike stand), London, SE17 3AN

☎ 07719 977 642

🌐 drapertogether.org

✉ office@drapertogether.org

Olive Branch Aid

Free food parcels, clothing, other essential items, well-being, advice, and support. Monthly collection from their centre. You can self-refer to register. Photo ID and proof of address required.

Collections by appointment

📍 Arch 648 Portslade Road, London, SW8 3DH

🌐 olivebranchaid.org/get-help

Portuguese Community Centre

Free surplus food/groceries for people in need. Photo ID and proof of address needed to register. Email or visit during food bank opening times to register. Collection only.

Thursday from 12pm

📍 1 Othello Close, London, SE11 4RE

☎ 020 7820 8666

🌐 pcclondon.uk/food-bank

✉ info@pcclondon.uk

Stockwell Park Community Trust Food Bank

Free food parcels. No voucher needed. Phone to register by 2pm on the food bank day. Collection only.

Tuesday, 12-4pm

📍 21 Aytoun Place, London, SW9 0TE

☎ 020 7924 9899

🌐 thetrust.org.uk

✉ info@thetrust.org.uk

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

☎ 020 7793 1110

🌐 vgcc.org.uk

✉ admin@vgcc.org.uk

OTHER EMERGENCY FOOD

Rastafari Movement UK Wellbeing

Provides groceries, cultural foods, and toiletries to the value of £45-50. Can also provide free clothing, shoes, and household items to those in need. Membership is £4 per delivery. Delivery is weekly with doorstep befriending, guidance, wellbeing support. Phone or email to register.

Tuesday & Friday, 11am-2pm (phone)

📍 Inl Food and Wellbeing Centre, Rear of 103 Boundfield Road, London, SE6 1PG

☎ 07769 813 799

🌐 rmukwellbeing.com

✉ rmukwellbeing@gmail.com

HOT FOOD PROVIDERS

Be Enriched Canteen Clapham

Weekly, 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

Enjoy company with others from your local area over a free, delicious meal, prepared with care by FoodCycle volunteers. Everyone welcome, no matter your background or circumstances. No referral needed, just turn up.

Friday, 12:30pm

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

☎ 020 7729 2775

🌐 dub.sh/66YIYda

✉ wandsworthroad@foodcycle.org.uk

HTC Breakfast Club

Free hot breakfast, plus advice and social support.

Tuesday 9.30am-12.30pm

📍 Trinity House Clapham Hall, 31-33 Venn Street, London, SW4 0BN

☎ 020 7627 0941

🌐 holyltrinityclapham.org/outreach

✉ admin@holyltrinityclapham.org

Open Door

Free hot lunch, tea, coffee, and cake. Lunch served at 12.30pm. Just turn up

Tuesday 12pm-2.30pm

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

☎ 020 4636 4468 (Church Office)

🌐 gipsyhill.org.uk/open-door

✉ opendoor@gipsyhill.org.uk

Share Community Café

Freshly cooked and free meals for anyone in need in the community. Ready packaged meals to take-away. Vegetarian and meat options. No referral needed, just turn up.

Monday to Friday, 10am-3.30pm

📍 Black Prince Trust Community Food Hub, 5 Beaufoy Walk, off Black Prince Road, London, SE11 6AA

☎ 07549 367 039

🌐 dub.sh/o6r0U6S

✉ phoebef@sharecommunity.org.uk

The Lunch Club

Cooked lunches for £1 in a warm, friendly space in Streatham. You can either take away or eat in and socialise with others. Also, Monday and Thursday, 12-2pm, at the St. Leonard's Community Hall, Tooting Bec Road, SW16 1HS.

Tuesday & Friday, 12pm-2pm

📍 Woodlawn Centre, 16 Leigham Court Road, London, SW16 2PL

🌐 thelunchclub.org.uk

✉ richard@thelunchclub.org.uk

HOMELESS DAY CENTRES + OUTREACH

Ace of Clubs

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

Monday to Friday, 12pm-2.15pm

📍 Saint Alphonsus Road, London, SW4 7AS

☎ 020 7720 2811

🌐 aceofclubs.org.uk

✉ info@aceofclubs.org.uk

Bright Morning Star Outreach: Brixton Police Station

Prison and homeless outreach. Free food, signposting, housing advice, and support for anyone in need. Just turn up.

Monday, Wednesday & Friday, 2pm-6pm

📍 Outside Brixton Police Station, 367 Brixton Road, London, SW9 7DD

☎ 07946 288 144

🌐 thebrightmorningministries.com

✉ info@thebrightmorningministries.com

Manna Day Centre

Supports homeless people. Free breakfast, lunch and other services available. Just turn up.

Food Service: Monday to Sunday, 8.30am-1.30pm

📍 7-13 Melior Street, London, SE13QP

☎ 0207 357 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

✉ rckoutreach@gmail.com

Spires Centre: Streatham

Supports homeless people. Rough sleeper drop-in with free breakfast, etc.

Tuesday & Thursday, 9am-11.30am

📍 St Leonards Church Hall, 8 Tooting Bec Gardens, London, SW16 1RB

☎ 020 8696 0943

🌐 spires.org.uk

✉ info@spires.org.uk

Spires Centre: West Norwood

Supports homeless people: Rough sleeper drop-in with free breakfast, etc.

Tuesday, Thursday & Friday, 9am-11.30am

📍 St Luke's Church, 13 Norwood High St, London, SE27 ODT

☎ 020 8696 0943

🌐 spires.org.uk

✉ info@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 & Thursday, 7.30pm

📍 The Pavement, London, SW4 0HY

🌐 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

📍 London, SW4 6TA

🌐 streetskitchen.org

Webber Street Day Centre

Supports homeless people. Free tea, coffee, breakfast and other services available. Women's Space Friday, 9.30am-12.30pm.

Monday to Thursday, 8.45am-11.45am (Tea, coffee & light breakfast served)

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

☎ 0207 928 1677

🌐 webberstreet.org.uk

✉ wsenquiries@lcm.org.uk



Are you struggling to pay for food? Local social supermarkets, food co-ops, and food pantries offer a useful alternative to high street shops and food banks.

Borough Food Co-op

Become a member and pay £4.50 for 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

☎ 0207 357 7331

🌐 boroughfoodcooperative.co.uk

✉ food@sgtm.org.uk

Community Shop

A social supermarket for Lambeth residents receiving means tested benefits. They offer a shop selling surplus food at discounted rates, a kitchen providing hot meals (kids eat free!), plus free courses and activities. To join visit store or fill out online form.

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

📍 Vale Street, London, SE27 9PA

☎ 020 8761 9660

🌐 companyshop.co.uk/community-shop

Helping Hands Collective

Low-cost shopping when you spend £5 or £2.50 for fruit, vegetables, and store cupboard items. Plus, free light refreshments. Bring your own bags. Open to all.

Monday, 12pm-2pm (not Bank Holidays)

📍 The Harry Caddick Centre, 63 Lilford Road, London, SE5 9HN

☎ 07399 214 574

🌐 info@helpinghandscollective.org

Jubilee Pantry

Spend between £2 and £8 for 5 to 20 items of fresh fruit, vegetables, and store cupboard goods. Everyone welcome. No referral needed.

Tuesday, 12pm-2pm

📍 GLOWS, Tulse Hill Estate, London, SW2 2LY

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

Kata Kata Food Pantry