



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

Brixton Advice Centre

Face to face, telephone, email support. Open door sessions Monday to Thursday 10-12pm. Use online contact form to submit your query. 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

🌐 brixtonadvice.org.uk

✉ info@brixtonadvice.org.uk

Centre 70

Face to face, telephone, and email support. Email and online form are the quickest way to make an appointment to speak an adviser Monday to Friday. They can issue food bank vouchers.

Monday to Friday, 10am-1pm & 2pm-3pm (Advice line)
Tuesday & Thursday, 10-1pm (Walk in, last entry 12:45)

📍 46 Knights Hill, London SE27 0JD

☎ 020 8670 0070

🌐 centre70.org.uk

✉ 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



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 monthly Solidarity Fund offers people in financial need £30 for essentials like food and fuel. If the Solidarity Fund is closed, sign up to be notified when it reopens. They can also provide other practical support.

🌐 lambethmutualaid.com

✉ lambethmutualaid@gmail.com



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. Use online form to contact them.

Monday to Friday, 9am-5pm

🌐 turn2us.org.uk



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

Lambeth Emergency Support Scheme

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

Monday to Friday, 9am-5pm

🌐 lambeth.gov.uk/benefits-financial-support

✉ essteam@lambeth.gov.uk

Healthy Start Card

If you receive benefits and are pregnant, or have a child aged under four, you can apply for a free Healthy Start Card. With the card you can buy milk, 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 aged under 5, and each older sibling up to the age 11, 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.

🌐 alexandrarose.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.

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.

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 those experiencing domestic violence and abuse. 24-hour, free helpline.

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

☎ 0808 2000 247

🌐 nationaldahelpline.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



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, Tuesday & Thursday, 9am-5pm

☎ 020 8159 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

🌐 lambethalkingtherapies.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, 4pm-6pm (Drop-in)
Monday to Thursday, 11am-6.30pm (Phone line)
Friday, 8am-4pm (Phone line)

📍 74 Herne Hill, London SE24 9QP

☎ 020 8473 1581

🌐 thewellcentre.org

✉ lamccg.thewellcentre@nhs.net

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

📍 South London and Maudsley NHS Foundation Trust, Reay House, Lambeth Hospital, 108 Landor Road, London, SW9 9NT

☎ 020 3228 8030

🌐 lambethadminmhoa@slam.nhs.uk



Suited & Booted

Suited & Booted helps vulnerable, 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@suitbootedcentre.org.uk

Smart Works

Smart Works supports women who are vulnerable, unemployed, and 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

HELLO FROM LAMBETH LARDER!

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

In solidarity,
All at Lambeth Larder



THANK YOU

As difficult times continue, we are so grateful for the local people and organisations who contribute to, and support, our work. You help us make a difference!

CONTACT US

✉ info@lambethlarder.org

🌐 lambethlarder.org

📷 [@lambethlarder](https://www.instagram.com/lambethlarder)

📘 [LambethLarderCommunityFood](https://www.facebook.com/LambethLarderCommunityFood)

✂ [@lambethlarder](https://www.twitter.com/lambethlarder)

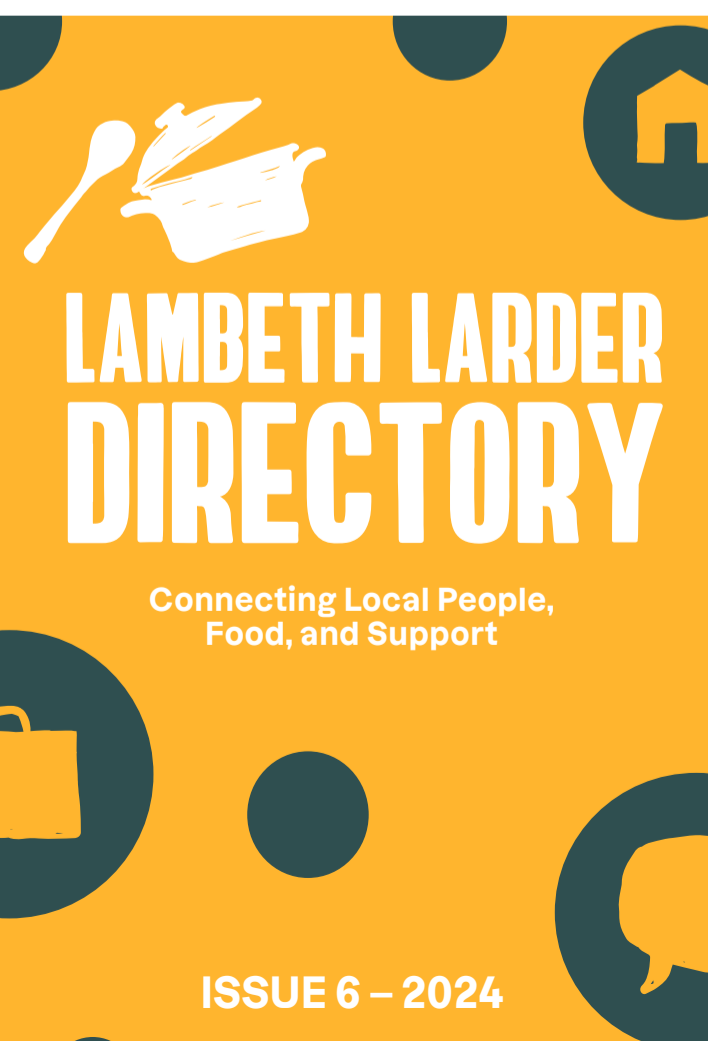


Lambeth Larder produces this free leaflet to provide useful information. We, our partners, and funders do not endorse any organisation listed here. Nor are we liable in connection with the use of information listed here.

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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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EMERGENCY FOOD

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

Waterloo Food Bank and Norwood & Brixton Food Bank run the Trussell Trust food banks in Lambeth.

You need an **electronic voucher code** to receive food from them. Please make sure you get a voucher code in plenty of time. Here are some ways to get a voucher code:

- Call Citizen's Advice on **0808 208 2138**, Monday to Friday, 9am-5pm.
- Call MyCommunity Gateway, **0333 360 3700**, Monday to Friday 9.30am-4.30pm.
- Contact Brixton Advice Centre, Centre 70, Citizen's Advice (Details overleaf)
- Another referral agency may be able to issue the voucher code. (E.g., doctor, health visitor, social worker, advice centre, police, children's centre, etc.)
- The referral agency will give the voucher code and your contact details to the food bank.
- The food bank will contact you to find out what food you need and to organise delivery.

Norwood & Brixton Food Bank: Brixton Hill 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

- ☎ 07722 121 108
- 🌐 norwoodbrixton.foodbank.org.uk
- ✉ norwoodfoodbank@btinternet.com

Norwood & Brixton Food Bank: Streatham Common 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, 12-2pm

- ☎ 07722 121 108
- 🌐 norwoodbrixton.foodbank.org.uk
- ✉ norwoodfoodbank@btinternet.com

Norwood & Brixton Food Bank: Vauxhall

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, 11:30am-1:30pm

- ☎ 07398 860 992
- 🌐 norwoodbrixton.foodbank.org.uk

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.
Pre-booked collection only: Thursday, 11am-2pm

- ☎ 07722 121 108
- 🌐 norwoodbrixton.foodbank.org.uk
- ✉ norwoodfoodbank@btinternet.com

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.
Pre-booked collection only: Tuesday, 12-2pm & Friday, 12-2pm

- ☎ 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.
Pre-booked collection only: Thursday, 1.30-2.30pm

- ☎ 020 7921 4205
- 🌐 waterloo.foodbank.org.uk
- ✉ foodbank@oasiswaterloo.org

INDEPENDENT FOOD BANKS

Copef Training Skills - African Emergency Hub

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, 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
- 🌐 olivebranchaid.org/direct-referral

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. 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

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

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
- 🌐 holyltrinityclapham.org
- ✉ admin@holyltrinityclapham.org

Open Door

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

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 and hot drinks for people in need in the Loughborough Junction area. Limited to one meal and one hot drink per person each week. Visit or email to reserve a meal. Collection only.

Lunch available Tuesday to Friday, 12pm-3pm

- 📍 2 Ridgeway Road, London SW9 7AH
- ☎ 07593 265 647
- ✉ hello@theplatformcafe.org

Share Community Café

Free, freshly cooked, ready meals to take-away for anyone in need in the community. Vegetarian and meat options. No referral needed, just turn up.

Monday, Tuesday & Thursday, 11.30am-3.30pm

- 📍 Black Prince Trust Community Food Hub, 5 Beaufoy Walk, off Black Prince Road, London SE11 6AA
- ☎ 07549 367 039
- ✉ phoebef@sharecommunity.org.uk

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

OTHER EMERGENCY FOOD

Portuguese Community Centre

Free surplus food/groceries for people in need. Collection only. Phone or email to register. Collection only.

Monday & Thursday, 2-4pm

- 📍 1 Othello Close, London SE11 4RE
- ☎ 020 7820 8666
- 🌐 portuguesecommunitycentre.uk
- ✉ info@portuguesecommunitycentre.uk

Rastafari Movement UK Wellbeing

Provides free groceries with cultural foods. Food deliveries with doorstep befriending, guidance, and wellbeing support in Lambeth on a 2-weekly rota. £4 contribution is encouraged. Can issue food bank vouchers. Phone or email to register.

Tuesday, 1pm-4pm

- ☎ 07837 208 519
- ✉ rmukwellbeing@gmail.com

HOMELESS DAY CENTRES + OUTREACH

Ace of Clubs

Supports homeless people. Take away and dine-in lunch served (£1 contribution encouraged). Just turn up.

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

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

Tuesday, 11am-3pm

- 📍 Pedlar Community Hall, 1 Opal Street, London SE11 4HZ
- ☎ 07492 079 197
- 🌐 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 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
- ✉ rkoutreach@gmail.com

Spires Centre

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

Monday & Thursday, 9am-11.30am

- 📍 St.Leonard's Church, 8 Tooting Bec Gardens, London, SW16 1RB
- ☎ 020 8696 0943
- 🌐 spires.org.uk

Spires Centre West Norwood

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

Tuesday & 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, 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

- 📍 SW4 6TA
- 🌐 streetskitchen.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

Webber Street Day Centre

Supports homeless people. Free breakfast and other services available.

Monday to Thursday & Saturday, 8.30-9.15am (Tea, coffee & breakfast served)

- 📍 6-8 Webber Street, Waterloo, London SE18QA
- ☎ 020 7928 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 great alternative to high street shops and food banks.

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
- 🌐 boroughfoodcooperative.co.uk
- ✉ food@sgtm.org.uk

Community Shop

Community Shop is a social supermarket for Lambeth residents receiving benefits. They also offer volunteering and mentoring opportunities, training, and support courses. 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 Kataka 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 & Southwyck 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 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

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.

Wednesday, 12-2pm

- 📍 St. Stephen's Children's Centre, 1 Meadow Place London SW8 1XZ
- ☎ 07701 365 551
- 🌐 healthylivingplatform.org
- ✉ contactus@healthylivingplatform.org