

ADVICE CENTRES

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

Brixton Advice Centre

Face to face, telephone, email support. If advice line is 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

🌐 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. They can issue food bank vouchers.

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

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

📍 91 Kennington Lane, London SE11 4HQ

☎ 0800 254 0298 (select option 4)

🌐 caml.org.uk

LOCAL SUPPORT

These organisations can connect you to local support and services.

Lambeth Council Cost-of-Living Support

Online information about where to get support with cost-of-living issues, debt, benefits, and more in Lambeth. Also has details on how to access council services.

🌐 dub.sh/9KfOGSu

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. Sign up on their website. They also provide other practical support.

🌐 lambethmutualaid.com

✉ lambethmutualaid@gmail.com

MONEY ISSUES

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

Fuel Support

If you have no energy supply, or about to run out of emergency credit and need some help talking to your energy supplier, contact Citizens Advice Consumer Helpline. Explain your situation and ask for The Extra Help Unit. They can issue emergency fuel vouchers.

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

☎ 0808 223 1133

🌐 ehuc.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.

Monday to Friday, 9am-5pm

🌐 turn2us.org.uk

GRANTS, VOUCHERS + SCHEMES

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

🌐 dub.sh/ntfahU7

✉ essteam@lambeth.gov.uk

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

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 voucher, ask staff if they are part of the scheme.

🌐 alexandrarose.org.uk

DOMESTIC VIOLENCE SUPPORT

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

☎ 07852 525468

🌐 cassandraceentre.org.uk

✉ info@cassandraceentre.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 & Tuesday, 9am-5.30pm
Wednesday 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.

Free phone line: open 24/7

Online Chat: Monday to Friday, 10am-10pm

British Sign Language: 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

MENTAL HEALTH SUPPORT

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/HconCc2

✉ lambethspareferrals@slam.nhs.uk

Lambeth & Southwark Mind Helpline

Confidential telephone and email support to direct you to local mental health services.

Monday, Tuesday & Thursday, 9am-5pm

☎ 020 8159 8355

🌐 dub.sh/7dvt15N

✉ infols@selmind.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

🌐 dub.sh/MM4gQTh

✉ lambethiapt administrators@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

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, 4-6pm

📍 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

✉ lambethadmindmhoa@slam.nhs.uk

EMPLOYMENT SUPPORT

Southside Rehabilitation Association

Helps people experiencing mental health issues back into work. Support with accessing adult education, placements, and training.

Monday to Friday, 10am-5pm

📍 45 Knight's Hill, London SE27 0HS

☎ 0208 766 6688

🌐 sra-ltd.co.uk

✉ office@sra-ltd.co.uk

Suited & Booted

Helps unemployed, and low-income men get into work. Provides interview clothing, interview advice, etc. Referral via website.

Monday to Friday, 10am-5pm

☎ 07808 531 654

🌐 suitedbootedcentre.org.uk

✉ info@suitedbootedcentre.org.uk

Smart Works

Supports women who are unemployed, and low-income get into work. Provides interview clothing, interview advice, etc. 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

Times continue to be tough, a massive thank you to all 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

📘 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 7 – 2024





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, Centre 70, 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.)

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.
Pre-booked collection: Wednesday, 11am-1pm

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

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

☎ 07722 121 108

🌐 norwoodbrixton.foodbank.org.uk

✉ norwoodfoodbank@btinternet.com

Norwood & Brixton Food Bank: Vauxhall 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, 11.30am-1.30pm

☎ 07722 121 108

🌐 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

Olive Branch Aid

Free food parcels, clothes, essential items, and support. Monthly collection from their centre. You can self-refer.

Collections by appointment

📍 Arch 648, Portslade Road, London SW8 3DH

🌐 olivebranchaid.org/get-help

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, 2-3.30pm

📍 1 Othello Close, London SE11 4RE

☎ 020 7820 8666

🌐 portuguesecommunitycentre.uk

✉ info@portuguesecommunitycentre.uk

Rastafari Movement UK Wellbeing

Provides a membership offering free groceries with cultural foods and non food toiletries. Membership is £4 per delivery and they deliver every 2 weeks with doorstep befriending, guidance, wellbeing support and a WhatsApp network for events, learning and personal development opportunities. Can issue food bank vouchers. Phone or email to register.

Tuesday, 11am-2pm (Phone)

☎ 07769 813 799

✉ 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

Foodcyle

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

Friday, 12:30pm

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

☎ 020 7729 2775

🌐 dub.sh/66YJYda

✉ wandsworthroad@foodcycle.org.uk

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/outreach

✉ admin@holyltrinityclapham.org

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.

Tuesday & Friday, 12pm-2pm

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

🌐 thelunchclub.org.uk

✉ richard@thelunchclub.org.uk

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 8761 5927 (Church Office)

🌐 gipsyhill.org.uk/open-door

✉ opendoor@gipsyhill.org.uk

Platform Café Community Food Service

Free vegetarian meals and food donations in Loughborough Junction. Email for details.

📍 2 Ridgeway Road, London SW9 7AH

✉ hello@theplatformcafe.org

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, 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

HOMELESS DAY CENTRES + OUTREACH

Ace of Clubs

Supports homeless people. Take away and dine-in lunch served (£1 charge). 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: Brixton

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

Monday, 11am-6pm

Wednesday to Thursday, 11am-6pm

📍 Chartham Court Community Hall, Canterbury Crescent, London SW9 7TP

☎ 07492 079 197

🌐 thebrightmorningministries.com

✉ info@thebrightmorningministries.com

Manna Day Centre

Supports homeless people. Breakfast and lunch service. 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

✉ rckoutreach@gmail.com

Spires Centre: Streatham

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-12pm

📍 St Luke's Church, 13 Norwood High St, London SE27 0DT

☎ 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

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

SWAN Soup Kitchen Clapham

Free food for anyone in need.

Saturday (fortnightly), 4.45pm

📍 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 tea, coffee, and light breakfast available outside. Check for new opening times from October after temporary closure.

Monday to Thursday, 9-11am

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

☎ 020 7928 1677

🌐 webberstreet.org.uk

✉ wsenquiries@lcm.org.uk



Are you are 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 means tested benefits. They offer a shop selling surplus food at deeply discounted rates, a kitchen providing hot meals (kids eat free!), and a hub offering self-development courses and engaging 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

🌐 dub.sh/G35Uokd

✉ community-shop.co.uk

Helping Hands Collective

Community food pantry and warm space. Offering a low-cost shop when you spend £5 or £2.50 for fruit, vegetables, and store cupboard items. Enjoy free light refreshments and bring your own bags. Open to all.

Mondays, 12-2pm (not Bank Holidays)

📍 The Remakery, 51 Lilford Road, London SE5 9HY

☎ 07399 214 574

🌐 dub.sh/G35Uokd

✉ community-shop.co.uk

Jubilee Hall Pantry

A community shop offering members healthy, affordable food. Spend between £2 and £8 for 5 to 20 items of fresh fruit, vegetables, and store cupboard goods. Everyone welcome. No referral needed.

Tuesday, 12-2pm

📍 Jubilee Hall, Tulse Hill Estate, London SW2 2LY

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

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

Moorlands Pantry

A community shop offering members healthy, affordable food. Spend between £2 and £8 for 5 to 20 items of fresh fruit, vegetables, and store cupboard goods. Everyone welcome. No referral needed.

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

Tuesday, 10am-1pm

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

☎ 07701 365 551

🌐 healthylivingplatform.org

✉ contactus@healthylivingplatform.org

OCA Community Shop

Pay £5, for 12 items or more. Meat, tinned food, fresh fruit & veg, clothing, and toiletries. Bring your own bags or trolley.

Saturday, 2pm-4 pm

📍 Ashmole Tenant's Hall, 2 Meadow Road, London, SW8 1QD

☎ 07526 018 467