

ADVICE CENTRES

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 Railton Road, London SE24 0LU

☎ 0207 733 7554

🌐 brixtonadvice.org.uk/for-advice

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 (Walk in)
Tuesday, (Appointments only)
Wednesday, 10am-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

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. Access their Financial Link Worker service by email or phone.

☎ 0207 926 5059

🌐 dub.sh/9KFOGSu

✉ costofliving@lambeth.gov.uk

Lambeth Mutual Aid

Lambeth Mutual Aid is a collective of people who live in the borough. They 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. For more information visit website.

🌐 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)

🌐 dub.sh/CtQR66H

✉ everypoundcounts@lambeth.gov.uk

Fuel Support

Do you have no supply, or are you about to run out of emergency credit and need some 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.

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.

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

🌐 healthstart.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.gov.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. Supports eligible refugee and asylum seeker families. 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

🌐 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 (plus, 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
British Sign Language: Monday to Friday, 10am-6pm

☎ 0808 2000 247 (24 hours)

🌐 nationaldahelpline.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

Women's Aid

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

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

🌐 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. Leave a message and they will aim to get back to you within two working days.

Monday to Friday, 9am-5pm

☎ 020 8159 8355

🌐 dub.sh/7dvt15N

✉ infols@selmind.org.uk

Lambeth Talking Therapies

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

✉ lambethiaptadadministrators@slam.nhs.uk

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

☎ 020 3228 8300

✉ lambethadminmhoa@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, 4-5:30pm

📍 74 Herne Hill, London SE24 9QP

☎ 020 8473 1581

🌐 thewellcentre.org

✉ lamcgg.thewellcentre@nhs.net

EMPLOYMENT SUPPORT

Smart Works

Supports women who are vulnerable, unemployed, and low-income get into employment by providing suitable interview clothing, interview advice, etc. Referral via website.

Monday to Friday, 9am-5pm

☎ 020 7288 1770

🌐 smartworks.org.uk

Southside Rehabilitation Association

Helps people experiencing mental health issues 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

Helps unemployed, and low-income men get into employment by providing suitable interview clothing, interview advice, etc. 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 (Now with translations too!). We hope you find them useful.

In solidarity,
All at Lambeth Larder



THANK YOU

We continue to be extremely grateful the local people and organisations who contribute to, and support, our work during these ever-difficult times. Together we make 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.

Graphic Design: Kind Studio

© Lambeth Larder Community Food Resource CIC

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.

PUBLISHED APRIL 2025

LAMBETH LARDER DIRECTORY

Connecting Local People, Food, and Support

ISSUE 8 – 2025



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.)

Lambeth South & Croydon 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 only: Wednesday, 11am-1pm
 ☎ 07722 121 108
 🌐 lambethsouthcroydon.foodbank.org.uk
 ✉ support@lambethpartnership.foodbank.org.uk

Lambeth South & Croydon Food Bank: 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: Tuesday, 11am-2pm
 ☎ 07722 121 108
 🌐 lambethsouthcroydon.foodbank.org.uk
 ✉ support@lambethpartnership.foodbank.org.uk

Lambeth South & Croydon 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
 🌐 lambethsouthcroydon.foodbank.org.uk
 ✉ support@lambethpartnership.foodbank.org.uk

Waterloo 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
Pre-booked collection only: Tuesday 12-2pm, Wednesday 5.30-6.30pm, Friday 12-2pm
 ☎ 020 7921 4205
 🌐 waterloo.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 Thursday, 11am-3pm
 📍 297-299 Coldharbour Lane, London, SW9 8RP
 ☎ 07538 419 514
 ✉ brixtonsoupkitchen@gmail.com

Copef African Emergency Hub

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

Friday, 3-5pm
 📍 236 Coldharbour Lane, London, SW9 8SD
 ☎ 020 7737 0827
 ✉ copeftrainingskills@gmail.com

Draper Together Food Bank

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

Monday, 3.30-5.30pm
Thursday, 9.30-11.30am
 📍 Draper Hall, Hampton Street, Junction with Newington Butts (next to 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. You can self-refer to register. Photo ID and proof of address required. Monthly collection from their centre.

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. Phone or email to register.

Thursday, 10am-3pm
 📍 1 Othello Close, London, SE11 4RE
 ☎ 020 7820 8666
 🌐 pccclondon.uk
 ✉ info@pccclondon.uk

Stockwell Park Community Trust Food Bank

Free food parcels. No voucher needed. Phone or visit to register. Collection only.

Tuesday, 3-5pm
 📍 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. No voucher needed, just turn up. Collection only.

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

Rastafari Movement UK Wellbeing

Free groceries with cultural foods, and non-food items delivered. Membership is £4 per delivery and they deliver every 2 weeks. Also, doorstep befriending, wellbeing support, and a WhatsApp network for events, etc. Can issue food bank vouchers. Phone or email to register.

Tuesday, 11am-2pm (phone)
 ☎ 07837 208 519
 🌐 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

Foodcyle

Free, hot meal. Everyone is welcome. No need to book, 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
 🌐 holytrinityclapham.org/outreach
 ✉ admin@holytrinityclapham.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 8761 5927 (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
 ✉ 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.

Tuesday, 12-2pm

Friday, 12-2pm

📍 Woodlawns 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

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

Monday, Wednesday, Thursday & Friday, 11am-7pm
 📍 Chartham Court Community Hall, Canterbury Crescent, London SW9 7TP
 ☎ 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 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.

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 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
 🌐 swanlondon.org
 ✉ info@swanlondon.org

Webber Street Day Centre

Supports homeless people. Free tea, coffee, breakfast and other services available.

Monday to Wednesday, 8.30am-11.45am
Thursday, 8.45am-11.45am
 📍 6-8 Webber Street, Waterloo, London SE1 8QA
 ☎ 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 useful 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. Their shop sells surplus food at discounted rates, a kitchen serving hot meals (kids eat free!), and a hub offering self-development courses and activities. To join visit store.

Monday to Friday, 9am-4.45pm
Saturday, 9am-2.45pm
 📍 Vale Street, London SE27 9PA
 ☎ 020 8761 9660

The Food Bus

Healthy, affordable groceries, cupboard items, café and more. The food bus visits sites in Lambeth each week. The sites are:

Friday (12.30-2pm): Larkhall Primary Campus, Smedley St, London SW4 6PH
Friday (2.30pm-4pm): Allen Edwards School, Studley Road, London SW4 6RP
 🌐 be-enriched.org/the-food-bus
 ✉ hello@be-enriched.org

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 Harry Caddick Centre, 63 Lilford Road, London, SE5 9HN
 ☎ 07399 214 574

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 Carry 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, 11am-2pm
 📍 Myatts Field Centre, 24 Crawshay Road, London SW9 6FZ
 ☎ 07701 365 551
 🌐 healthylivingplatform.org
 ✉ contactus@healthylivingplatform.org

OCA Community Shop

Community shop, pay £5, for 12 items or more. Meat, tinned food, fresh fruit & veg, 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
 🌐 ocacommunitykitchen.com

SWAN Food Pantry

Change description: Pay £3 for at least 15 healthy food and store cupboard items. Email or visit centre on a Tuesday to become a member.

Tuesday, 10.30am-12pm
 ☎ Streatham Islamic Centre, 8 Mitcham Lane, London SW16 6NN
 🌐 swanlondon.org
 ✉ info@swanlondon.org