



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 & 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.

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

Age UK Lambeth

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

Monday to Friday, 10am-4pm

☎ 0207 346 6800

🌐 ageuk.org.uk/lambeth

✉ info@ageuklambeth.org

Lambeth Mutual Aid

Lambeth Mutual Aid is a collective of local people who try to support Lambeth residents through solidarity actions, not charity. They share £30 grants from a Solidarity Fund and run a free monthly café in Brixton. For details visit website.

🌐 lambethmutualaid.com

✉ lambethmutualaid@gmail.com



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.

🌐 turn2us.org.uk



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.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.

🌐 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

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

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 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

Women's Aid

Women's Aid supports women and children experiencing domestic violence. Email support.

🌐 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

🌐 dub.sh/HconCc2

✉ lambethspareferrals@slam.nhs.uk

Lambeth & Southwark Mind Helpline

Confidential telephone and email information service to help you find the right mental health support in Lambeth and Southwark.

Monday to Friday, 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. Your GP can also refer you.

Monday to Friday, 9am-5pm

☎ 020 3228 6747

🌐 dub.sh/MM4gQTh

✉ lambethapt administrators@slam.nhs.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

✉ 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



Smart Works

Smart Works supports unemployed women with coaching, interview clothing, and advice to help them secure employment. Referral via website.

Monday to Friday, 9am-5pm

☎ 020 7288 1770

🌐 smartworks.org.uk

Southside Rehabilitation Association

Southside Rehabilitation Association help 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

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

As the times continue to be a challenge, the support that we receive from our local community, partners, and funders means more to us than ever. Together we make a difference!

CONTACT US

✉ info@lambethlarder.org

🌐 lambethlarder.org

📷 @lambethlarder

📘 LambethLarderCommunityFood

🦋 @lambethlarder.org

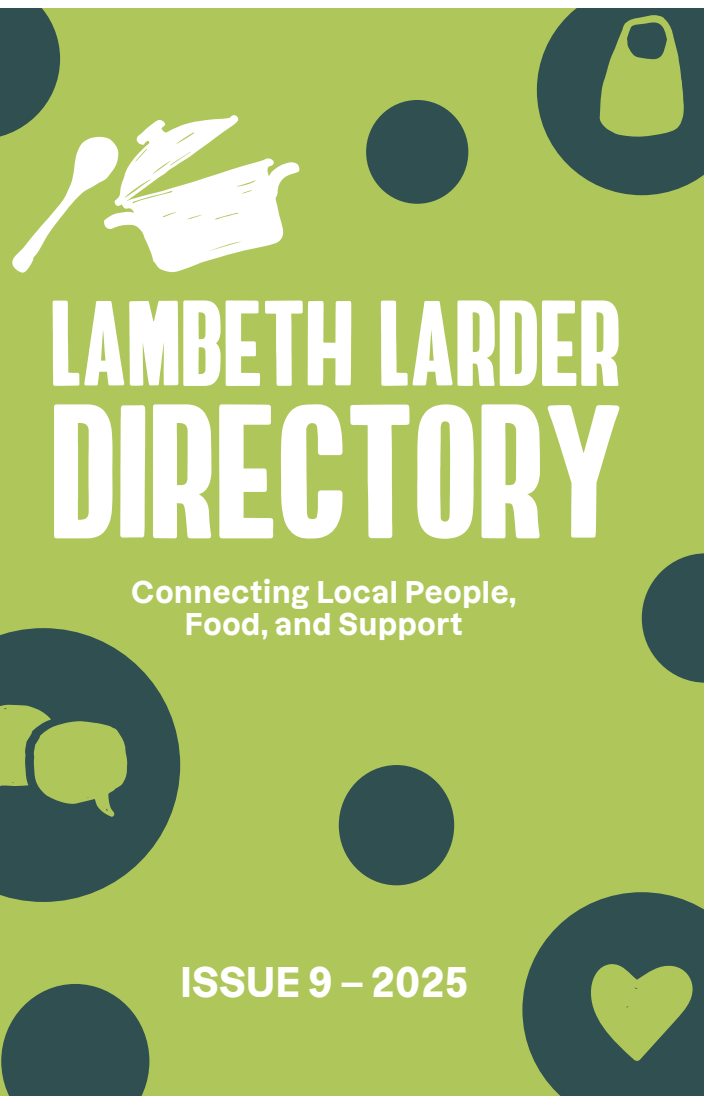


Lambeth Larder produces this free leaflet to provide useful information. We, our partners, and funders do not endorse any organisation listed here. Nor are we liable in connection with the use of information listed here.

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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 9 – 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.
- Call Help Through Hardship helpline.
- 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 & 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 Foodbank: 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

☎ 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, 12-1pm

☎ 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

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

✉ copeftrainingskills@gmail.com

Draper Together Food Bank

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

Monday, 3.30-5.30pm

Thursday, 9.30-11am

📍 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. 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 to register before visiting, or visit and register during food bank opening times. Collection only.

Thursday, 11am-2pm

📍 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, 2-8pm

📍 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

☎ 0207 793 1110

🌐 vgcc.org.uk

✉ admin@vgcc.org.uk

OTHER EMERGENCY FOOD

Rastafari Movement UK Wellbeing

Provides groceries, cultural foods, toiletries and non-food items to the value of £25. Membership is £4 per delivery and they deliver weekly with doorstep befriending, guidance, wellbeing support.

Tuesday, 11am-2pm (phone)

☎ 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

Foodcyle

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/66YYda

✉ wandsworthroad@foodcycle.org.uk

HTC Breakfast Club

Free hot breakfast, plus advice and social support.

Tuesday, 9.30am-11.30am

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

☎ 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. Also, Monday and Thursday, 12-2pm, at the St. Leonard's Community Hall, Tooting Bec Road, SW16 1HS.

Tuesday & Friday, 12pm-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

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

✉ info@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

✉ 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

✉ 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

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

📍 6-8 Webber Street, London SE1 8QA

☎ 020 7928 1677

🌐 webberstreet.org.uk

✉ wsenquiries@lcm.org.uk



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, 11am-3pm

Thursday, 11am-3pm

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

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

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

✉ info@helpinghandscollective.org

Jubilee Hall 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, 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

📍 132A Brixton Hill, London SW2 1RS

☎ 07534 329 883

✉ admin@katakatabrixton.com

Moorlands Pantry

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

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

New community shop. Pay £4 for 6 items, £8 for 13 items, £12 for 20 food items. Bring your own bags or trolley. Call to register.

Saturday, 2pm-4 pm

📍 Kennington Park Community Centre, 1-2 Alverstone House, Magee Street, London SE11 5TS

☎ 07526 018 467

🌐 ocacommunitykitchen.com

✉ info@ocacommunitykitchen.com

SWAN Food Pantry

Pay £3 for at least 15 healthy food and store cupboard items. Please collect. 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

The Food Bus

Healthy, affordable groceries, cupboard items, café and more.

Thursday, 2pm-4pm: Irby House, near Jubilee Primary School, SW2 2HU

Friday, 12.30pm-2pm: Larkhall Primary Campus, Smedley St, London SW4 6PH

Friday (2.30-4pm): Allen Edwards School, Studley Road, London SW4 6RP