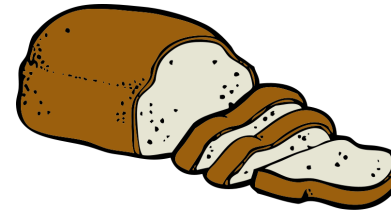


# Food Banks

What it is:	Location:	When:	Cost:
Barley Loaves Food Bank	LCM Building 1 Cornmill Lane (off Loampit Vale) Lewisham, SE13 7FY	Tuesday 7-8:30 pm	Free food and household items
LWCC Food Bank	Honor Oak Community Centre 50 Turnham Rd SE4 2JD	Wednesday 6:15-8:15 pm	Free, bring proof of address
Whitefoot & Downham Food Project	Hope Church 480 Whitefoot Lane Downham, BR1 5SF	Thursday 7-8:30 pm	Food and signposting to services
Lewisham Food Bank, Trussell Trust	Elim Pentecostal 8-10 Allerford Road Catford, SE6 3DD	Saturday 10am-12 pm	3 days food, must bring voucher
Lewisham Food Bank	The Tabernacle Algernon Road Lewisham, SE13 7AT	Tuesday and Thursday 12-2:00 pm	3 days food, must bring voucher
Lewisham Food Bank	Hope Centre Malham Road Forest Hill, SE23 1AN	Wednesday 10 am—12 pm Fridays 12-2pm	3 days food, must bring voucher
Lewisham Food Bank	St James Church New Cross SE14 6AD	Monday 12-2:00 pm	3 days food, must bring voucher

## Food and Meals

Hot meals



Teas and toast

Community Kitchens



020 8314 3244

# Free Tea and Toast, light food

Days:	Food:	Location:	When:
Every day, Monday - Sunday	Tea and Sandwiches	St Saviours Church 175 Lewisham High St SE13 6AA	10 am-4 pm
Weekdays, Monday- Friday	breakfast for people who are rough sleeping	999 Club 21 Deptford Broadway Deptford, SE8 4PA	9:00 –10.30
Weekdays, Monday - Friday	Teas and coffees	DAGE 71 Deptford High St Deptford, SE8 4AA	10am -1 pm Over 60s only
Tuesday and Friday	Sandwiches, toast, cakes	St Luke's Downham Northover, BR1 5JR	9:30 am - 2:30 pm
Saturdays	Soup, bread, light refresh- ments	UCKG Help Centre 1 Bromley Road Catford, SE6 2TS	11 am-2 pm

# Clothing Bank

Eliot Bank Children's Centre	Thorpewood Avenue, Forest Hill, SE26 4BU	Last Thursday of the month, 11:00-12:30 (not August)	Bring proof of benefits, address and ID (also ok if you have no recourse to public funds)
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# Free Hot Meals

Days:	Location:	When:
Monday - Thursday	Deptford Reach 64 Speedwell Street Deptford, SE8 4AT	9am-2 pm
Monday	Rehoboth Church 159 Perry Rise Forest Hill, SE23 2QA	1:30-3:15 pm
Wednesday	Kings Church, Catford Hill Catford, SE6 4PS	7:30-9:00 pm (not during August)
Wednesday fortnightly	The Field 385 Queens Road New Cross, SE14 5HD *vegetarian options*	7:00-9:30 pm  *you can also volunteer to cook*
Thursday	7th Day Adventist Church 434 Lewisham High Street SE13 6LJ	6:00 pm
Friday	Ichthus Lee Green 23 Lampmead Road Lee, SE12 8QJ	2:00-4:00 pm
Saturday	Food Cycle, Irish Centre 2A Davenport Road SE6 2AZ	1:15-3:00 pm *you can also volunteer to cook*
Sunday	Bear Church, Shaftesbury Ctr Frankham Street Deptford, SE8 4RN	6:30 pm