



These organisations can connect you to local support:

MyCommunity Gateway

Do you need help with food, medicines, advice, etc? MyCommunity Gateway can help. AgeUK Lambeth runs this service for anyone aged over 18.

Monday to Friday, 10am-5pm

T 0333 360 3700

E mycommunity@ageuklambeth.org

Lambeth Mutual Aid

Local volunteer support network. Visit website or Facebook page for more information.

Email or visit website to receive help or to volunteer. Limited support available.

E lambethmutualaid@gmail.com

W lambethmutualaid.co.uk

Lambeth Larder Community Food Resource

Connecting local people and groups to emergency food and other essential services. Visit the website to find local advice and debt services, mental health support, etc.

E info@lambethlarder.org

W lambethlarder.org

ADVICE CENTRES

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

Brixton Advice Centre

Telephone and email support. If busy, use online contact form and request a call back. They can issue electronic food bank vouchers.

Monday to Thursday, 10am-3pm

T 0207 733 7554 (Advice Line)

W brixtonadvice.org.uk

Centre 70

Telephone and email support. If busy, email and request a call back. They can issue electronic food bank vouchers.

Monday, Tuesday, Thursday and Friday, 10am-1pm and 2pm-4pm

Wednesday, 2pm-4pm

T 020 8670 0070

E enquiries@centre70.org.uk

W centre70.org.uk

Citizens Advice Merton & Lambeth

Telephone and email support. If busy, email or use online contact form.

Advice Line service is available Monday to Friday, 10am-4pm

T 0344 488 9625

E appointments@caml.org.uk (include your phone number)

W caml.org.uk

DEBT + BENEFIT SUPPORT

Every Pound Counts

Free welfare and benefits advice for ill and disabled Lambeth residents. Telephone or email support.

Tuesday and Thursday, 1-4pm

T 020 7926 5555

E EveryPoundCounts@lambeth.gov.uk

W lambeth.gov.uk

PayPlan

Telephone support to help you manage debt and money issues. Up-to-date information on Covid-19 and benefits.

Monday to Friday, 8am-8pm

Saturday, 9am-3pm

T 0800 280 2816

W payplan.com

Turn2us

Turn2us has an online benefits calculator, grant finder and other tools to help you find financial support. Up-to-date information on Covid-19 and benefits.

W turn2us.org.uk

Repowering London

Free support if you are having problems paying energy bills. They can also help you save energy and switch energy supplier.

T 020 3674 7519

E communitysupport@repowering.org.uk

W repowering.org.uk

GRANTS + FOOD VOUCHER SCHEMES

Lambeth Emergency Support Scheme

Lambeth Council runs this scheme for people in need. Support includes furniture, appliances, a removal and storage service and household repairs. It also provides food vouchers, household fuel payments and travel warrants.

Apply online at:

lambeth.gov.uk/emergencysupportscheme

Or email:

ESSteam@lambeth.gov.uk with a contact number and they will call you back.

Healthy Start Vouchers

With free Healthy Start Vouchers you can buy milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

You may qualify for Healthy Start Vouchers, if you:

- receive benefits and pregnant
- receive benefits and have children aged under four
- are pregnant and aged under 18

Visit the Healthy Start website or call them for an application form. Or speak to your doctor, midwife or health visitor.

T 0345 607 6823

W healthystart.nhs.uk

Rose Vouchers

Rose Vouchers help families on low incomes buy fresh fruit and vegetables. They give families £3 worth of vouchers per child, per week. Are you eligible for Healthy Start Vouchers? If so, you may qualify. Ask staff at your Children's Centre if they are part of the scheme.

W alexandrarose.org.uk



TRUSSELL TRUST FOOD BANKS

Trussell Trust Food Banks: How they work

If you need food from a Trussell Trust Food Bank, you need a voucher code. Citizen's Advice can issue you with a voucher code. Call free on 0808 208 2138, Monday to Friday, 10am-4pm.

1. MyCommunity Gateway can issue food bank voucher codes. Call 0333 360 3700, Monday to Friday, 10am-5pm.
2. You can also get a voucher code from a referral agency. (E.g., doctor, health visitor, social worker, advice centre, police, children's centre, etc.)
3. They will forward the code and your contact details to the food bank. The food bank will deliver food to you. You can also contact your nearest food bank for a list of voucher holders.

Lambeth Trussell Trust food banks aim to deliver food parcels within 48-72 hours. Please make sure you contact them in plenty of time.

They will close from 18th December reopen 4th January, except for some pre-arranged deliveries.

You need a food bank voucher to get emergency food from Trussell Trust food banks.

Clapham Park Food Bank

Delivery service only. Monday to Friday.

T 020 8675 7661

E info@claphampark.foodbank.org.uk

W claphampark.foodbank.org.uk

Norwood & Brixton Food Bank

Delivery service only. Monday to Friday.

T 07722 121 108

E norwoodfoodbank@btinternet.com

W norwoodbrixton.foodbank.org.uk

Vauxhall Food Bank

Delivery service only. Monday to Friday.

T 07586 258 992

E foodbank@christchurchlondon.org

W vauxhall.foodbank.org.uk

Waterloo Food Bank

Delivery service only. Monday to Friday.

T 020 7921 4205

E foodbank@oasiswaterloo.org

W waterloo.foodbank.org.uk

INDEPENDENT FOOD BANKS

You do not need a voucher to receive food from these centres.

Voluntary and community groups run many of the services listed here. They usually respond within 48 hours. If you need help with food, please make sure you contact the group in time.

Al-Nagashi Mosque & Centre (EMCA)

Supporting people in the Vauxhall area with food and medicine, plus help with utility bills.

Collection only, Thursday. Call for support. Open during holiday period.

283-291 Wandsworth Road London SW8 2ND

T 07400 398 005

Cathedral International Cook4Life

Free surplus food/groceries for people in need from the South American community across Lambeth.

They take requests Monday to Saturday, 9am-6pm. Delivery Saturday, 1pm-5pm. Check for opening times over the holiday period.

T 077 5777 1324

E cook4life@crmc.co.uk

W cook4lifeuk.org.uk

Holy Trinity Food Bank

Pop-up food bank for people in need in the Clapham area.

Collection only. Tuesday, 9.30am-1.30pm. Check opening during holiday period.

Holy Trinity Clapham Clapham Common North Side London SW4 0QZ

T 020 7627 0941

E admin@holyltrinityclapham.org

NTCG Brixton Food Bank

Free food parcels for people in need.

Collection only. Every other Thursday, 7pm - 8.30pm. Call or email for dates. Check opening during holiday period.

NTCG Brixton Community Church Lambert Road, Brixton Hill London SW2 5BB

T 0207 737 0963

E admin@ntcbrixton.org

W ntcgbrixton.org

HELLO FROM LAMBETH LARDER!

Welcome to our winter directory of local services. Use it to find help and support nearby. Due to the changing Covid-19 restrictions, the opening times may change at short notice. Please check before using the services listed here.

Stay safe and well.

In solidarity,
Virginia & the Lambeth Larder Team

Southern Women's Aid Network (SWAN) Food Bank

Free food parcels and support.

Collection. Tuesday 10am-12pm. Can help on other days, if urgent. Visit website or call for support. Open during holiday period.

Streatham Islamic Centre 8 Mitcham Lane London SW16 6NN

T 07864 852 157 (WhatsApp preferred)

E info@swanlondon.org

W swanlondon.org

OTHER EMERGENCY FOOD

You do not need a voucher to receive food from these organizations.

Voluntary and community groups run many of the services listed here. They usually respond within 48 hours. If you need help with food, please make sure you contact the group in time.

Bethel Outreach

Free food parcels for people in need in Coldharbour & Vassall wards.

Wednesday, 9-2pm. Delivery only. Closed from 18th December reopens 5th January. Call or email for support.

T 07956 910 256

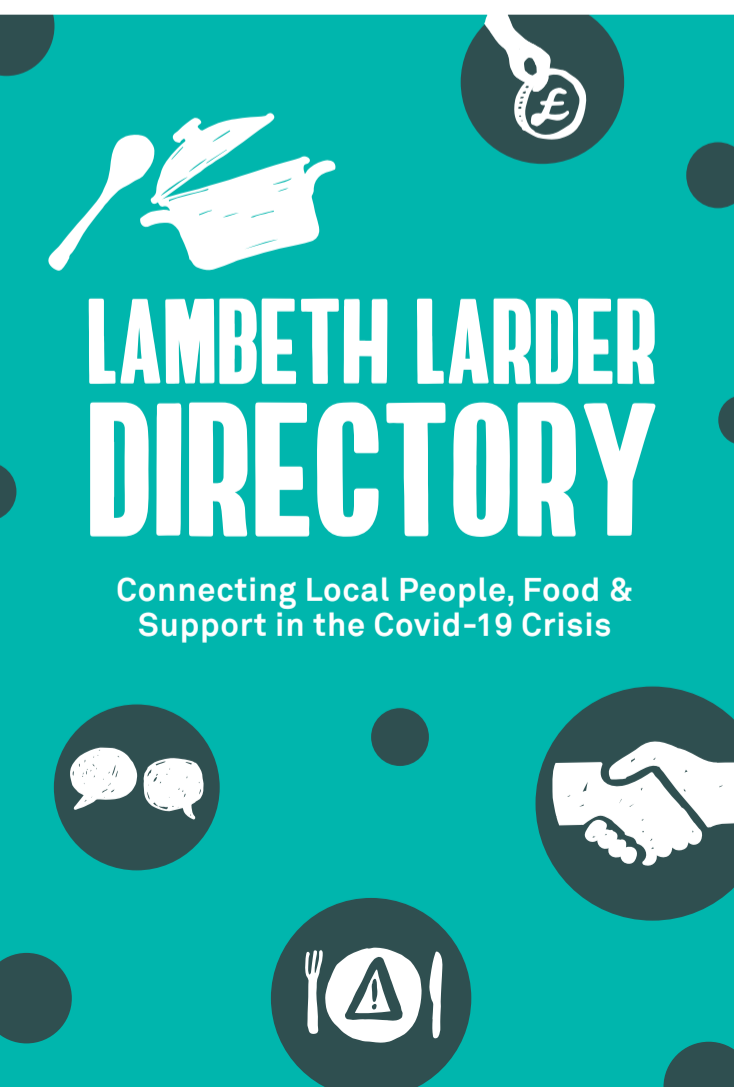
E thecacmbethel@aol.com

Brixton Soup Kitchen

Free food parcels for people in need. Delivery across Lambeth. Check opening during holiday period. Call or email for support.

T 07538 419514

E brixtonsoupkitchen@gmail.com



LAMBETH LARDER DIRECTORY

Connecting Local People, Food & Support in the Covid-19 Crisis

Compliments of the House

Free food parcels for people in need across Lambeth.

Delivery only. Tuesday to Friday. Closed from 18th December reopens 5th January. Call or email for support.

T 0785 524 2918

E team@complimentsofthehouse.org

W complimentsofthehouse.org

Cook To Care

Free meal service for people in need across Lambeth.

Delivery only. Tuesday to Friday. Extra meals and hampers in the week before Christmas. Closed from 18th December reopens 5th January. Email or visit website for support.

E hello@cooktocare.co.uk

W cooktocare.co.uk

Copef Training Skills - African Emergency Hub

African Emergency Hub connecting vulnerable people across Lambeth to emergency food.

Open Mon-Fri 10am - 7pm. Delivery and collection, Wednesday & Friday. Closed 25th & 31st December, 1st January. Call or email for support.

21 Clarewood Walk, London, SW9 8TX

T 0207 737 0827

E copeftrainingskills@gmail.com

W copeftrainingskills.co.uk

Healthy Living Platform

Free food parcels to residents in need in Southwyck and Moorlands estate area of Coldharbour ward, and the Remakery area in Vassall ward. Free hot food for families with new babies (up to 3 months old).

Delivery service only. Check opening during holiday period. Call or email for support.

T 07701365551

E info@healthylivingplatform.org

Insight Into Islam

Free food parcels for people in need across Lambeth.

Delivery only. Mondays and Tuesdays. Call for support. Open during holiday period.

T 07480 153 130 (WhatsApp Preferred)

W insightintoislam.co.uk

Open Door Kitchen

Free meals for people in need in the Gipsy Hill area.

Delivery only. Tuesday lunchtime. No delivery on 29th December, reopens 5th January. Email or call for support.

T 07459 568 151

E opendoor@gipsyhill.org.uk

PALOP In The UK Against Covid-19 (PALOP No Reino Unido Contra o Covid-19)

Free food parcels to Lusophone community members in need across Lambeth.

Delivery service only. Helpline open during holiday period. Call for support.

T 0203 143 4060

Platform Cafe Community Food Service

Free vegetarian meals for people in need in the Loughborough Junction area.

Delivery service only. Wednesday to Friday, 12.30pm-3pm. Closed 18th December reopens 5th January. Call or email in advance to reserve a meal.

T 07593 265 647

E platformcafe.lj@gmail.com

Rastafari Movement UK Well Being

Free food parcels, befriending and support for existing clients in need across Lambeth.

Delivery Tuesdays. Service available over the holiday period: 22nd December, 29th December and 5th January. Any emergency referrals contact them, and they will try to help. Call or email for support.

T 07769 813 799

E rmukwellbeing@gmail.com

Sunday Best

Free Caribbean Sunday dinner for people in need across Lambeth.

Delivery only. No service Sunday 27th December. Call, text, WhatsApp, or visit website for support.

T 07775 631 378

T 07506 168 377

W jagsfoundation.org

The Portuguese Community Centre

Free surplus food/groceries and ready meals to people in need.

Collection only. Monday & Thursday, 2-7.30pm. Also, 24th & 31st December, 2-4pm. Call or email for support.

1 Othello Close
Kennington, London SE11 4RE

T 07772 845 454

E info@portuguesecommunitycentre.uk

W portuguesecommunitycentre.uk

Vital Meals

Free hot meals and food packages for people in need across Lambeth. They can also cook a food parcel for you, if you have trouble cooking.

Delivery only. Check opening during holiday period. Email or visit website to book a delivery.

E hello@vitalmeals.org

W vitalmeals.org

EMERGENCY FOOD FOR HOMELESS PEOPLE

You do not need a voucher to receive food from these centres.

Ace of Clubs

Cheap food service for people in need. Take away food only.

Monday to Friday, 12-1.15pm. Open during holiday period.

St Alphonsus Road
London SW4 7AS

T 020 7720 2811 or 020 7720 0178

E info@aceofclubs.org.uk

W aceofclubs.org.uk

Manna Day Centre

Free, take away food service for people in need.

7 days a week, 10am-1pm. Open during holiday period.

12 Melior Street, London SE1 3QP

T 020 7403 1931

E mail@mannasociety.org.uk

W mannasociety.org.uk

Refugee Community Kitchen

Free, take away food for anyone displaced or in need.

Sunday, 5.30-6.30pm. Open during holiday period.

Windrush Square (Near Ritzy Cinema)
London SW9 8HE

E RCKoutreach@gmail.com

W refugeecommunitykitchen.com

Spires Centre

Limited rough sleeper service available, including take away hot food and drink, etc.

Monday to Friday, 9-11am. Open during holiday period.

8 Tooting Bec Gardens
London SW16 1RB

T 0208 696 0943

W spires.org.uk

Streets Kitchen Clapham Common

Hot food and support for people in need.

Tuesday from 7.30pm. Check opening during holiday period. Located on the grass near Joe's Pizza /opposite Waitrose.

E ClaphamCommon@streetskitchen.org

Streets Kitchen Stockwell

Mobile outreach team, who start their route from the pavement next to Sainsbury's Local, opposite Stockwell tube station entrance (SW9 9AE). Tuesday 7-8pm.

E ClaphamCommon@streetskitchen.org

Webber Street Day Centre

Free breakfast for people in need.

Monday to Thursday & Saturday 9am-9.30am. Closed from 23rd December, reopens 11th January.

6-8 Webber St, London, SE18QA

T 0207 928 1677

W webberstreet.org

LOW-COST FOOD

Brixton People's Kitchen Community Shop

Community shop for people in the Vauxhall/Kennington area (within reach of Ethelred Estate). Buy 15 items for £5 to £10.

**Monday to Friday, 10am-4pm
Christmas Dinner will be available on Christmas Day. Call or email for details.**

Black Prince Trust
5 Beaufoy Walk
London SE11 7QE

T 07400 478 786

E hello@brixtonpeopleskitchen.com

W brixtonpeopleskitchen.com

Community Shop

Low-cost, high quality, surplus food for people receiving benefits in the West Norwood area. To use the shop, you must become a member.

Monday to Friday, 9am-3.45pm. Extra opening times Saturday 5th, 12th & 19th December, 9am-2pm.

Vale Street, Gypsy Hill, London, SE27 9PA

T 020 8761 9660

W community-shop.co.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 are worried about your mental health and 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 the Single Point of Access website for more information.

T 0800 090 2456
(Monday to Friday, 9am - 5pm)

Lambeth & Southwark Mind Helpline

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

Monday, Tuesday and Thursday, 8am-3pm. Closed on Bank Holidays.

T Helpline - 0208 159 8355

W lambethandsouthwarkmind.org.uk

Lambeth Talking Therapies

You can access free counselling through Lambeth Talking Therapies Service

**If you want to register or have any questions, email:
LambethIAPTAdministrators@slam.nhs.uk**

Or phone 07971 717 534 and they will aim to call you the next day.



DOMESTIC VIOLENCE SUPPORT

Cassandra Centre

Supports young people and families who have experienced domestic abuse in South West London. Offers free 1-2-1 counselling.

T 0203 601 7475

E info@cassandraceentre.org.uk

W cassandraceentre.org.uk

The Gaia Centre (run by Refuge)

Supports people of all genders experiencing gender based violence, including domestic and sexual violence in Lambeth. Including advocacy and peer support work. Open 8am-6pm.

T 020 7733 8724

E lambethvawg@refuge.org.uk

W refuge.org.uk

The National Domestic Abuse Helpline

Provides help and support to those experiencing domestic violence and abuse. Call 24-hour, free helpline on **0808 2000 247**

Respeito

Trabalhamos para a prevenção e redução do abuso doméstico na comunidade de língua portuguesa. De Segunda a quinta-feira das 10:00rs às 17:00 hrs.
Linha de Apoio 0300 355 2800

E info@respeito.org.uk

W respeito.org.uk

Women's Aid

Women's Aid supports women and children experiencing domestic violence. Visit their website for safety advice during the Covid-19 crisis.

W womensaid.org.uk

GOVERNMENT & NHS COVID-19 INFORMATION

- If you go out, make space. Stay at least a metre away from people not in your household.
- Wash hands. Keep washing your hands regularly.
- Cover face. Wear a face covering over your nose and mouth in enclosed public spaces.
- If you feel unwell, get a test and do not leave home for at least 10 days. You can spread the virus even if you don't have symptoms.
- To book a test call 119 or visit the NHS website.

THANK YOU

A massive 'THANK YOU!' to all the local people and organizations that have supported to our work during the Covid-19 crisis. We couldn't do it without you!

CONTACT US

E info@lambethlarder.org

W lambethlarder.org



LONDON
COMMUNITY
RESPONSE FUND



Lambeth

Lambeth Larder produces this 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. Information correct at time of printing. Published **December 2020**.

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