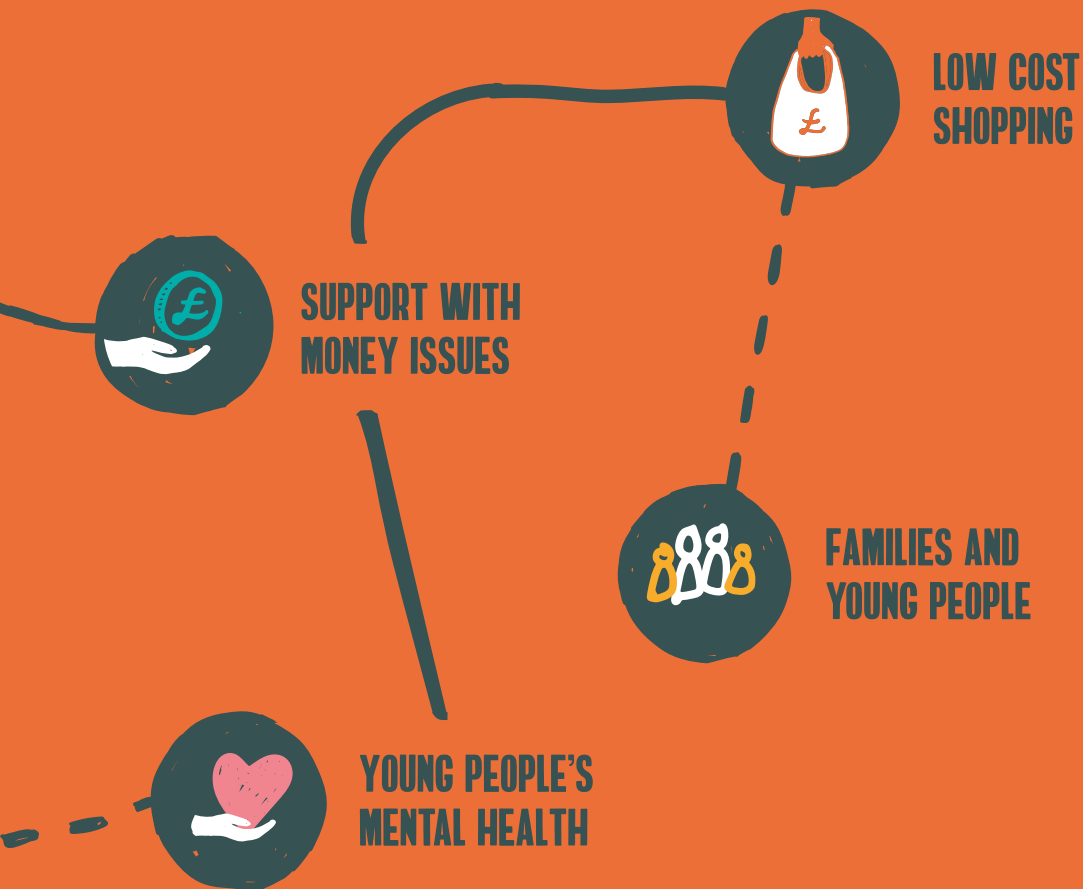


# THE DIRECTORY

CONNECTING PEOPLE, FOOD AND SUPPORT IN LAMBETH



# Are you an EU citizen living in the UK?

Lambeth has a long and proud history of welcoming people from all over the world to live and work in our borough. We value our residents who have come to live here from the EU.

## We want you to stay here after Brexit.

If you're an EU citizen, you and your family can now apply to the EU Settlement Scheme to continue living, working and studying in the UK after any Brexit transition period.

**There is no fee for the EU Settlement Scheme, which will allow you and your family to continue to be eligible for:**

- public services, such as healthcare and schools
- public funds and pensions
- British citizenship, if you meet the requirements and want to apply

**For more information and how to apply visit:**  
[gov.uk/eusettledstatus](https://gov.uk/eusettledstatus)

You may be able to stay in the UK without applying – for example, if you're an Irish citizen or have indefinite leave to remain.



# HELLO

Welcome to the summer issue of The Directory from Brixton Advice Centre & Lambeth Larder. Lambeth Council has kindly funded this joint publication. Inside, you'll find out where to get local help. We hope you find it useful.

- Are you looking for emergency food and support? The Directory will help you find what you need.
- This issue contains new sections on mental health support, plus information for groups.
- If you want to support community projects by donating your time or money, you can use The Directory to connect with local groups.

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# FOOD HELP



## FINDING EMERGENCY

## FOOD: DID YOU KNOW?

Lambeth Larder website has an Emergency Food & Support finder. Use it to search for your nearest emergency food centre or advice centre, by postcode or by date.

You can also download and print an emergency food list and timetable from the site: [lambethlarder.org](http://lambethlarder.org)

# EMERGENCY FOOD



If you are struggling to pay for food and need support in a crisis, there are places across Lambeth that will help.

## FOOD BANKS

For most food banks, you need a voucher before you can get emergency food. This is how they work:

- To use a food bank, a doctor, health visitor, social worker, advice worker, police, etc. must refer you.
- The person referring you will give you a food bank voucher.
- You take the completed voucher to the food bank to receive food.
- Contact your nearest food bank for where to get a voucher.

You need a food bank voucher to get emergency food at these centres:

### Brixton Food Bank

Tuesday and Saturday, 10am-1pm

St. Paul's Church

Ferndale Road  
London SW9 8AH

T 07722 121 108

E [norwoodfoodbank@btinternet.com](mailto:norwoodfoodbank@btinternet.com)

W [norwoodbrixton.foodbank.org.uk](http://norwoodbrixton.foodbank.org.uk)

### Clapham Park Food Bank

Tuesday and Friday, 11am-2pm

The Bonneville Centre

12 Poynders Road  
London SW4 8NY

T 020 8675 7661

E [info@claphampark.foodbank.org.uk](mailto:info@claphampark.foodbank.org.uk)

W [claphampark.foodbank.org.uk](http://claphampark.foodbank.org.uk)

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### Norwood Food Bank

Tuesday, 10am-1pm  
Friday, 10am-2pm

#### St Luke's Church

Knights Hill  
London SE27 0HS

T 07722 121108

E [norwoodfoodbank@btinternet.com](mailto:norwoodfoodbank@btinternet.com)

W [norwoodbrixton.foodbank.org.uk](http://norwoodbrixton.foodbank.org.uk)

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### Streatham Food Bank

Wednesday, 7pm-8.30pm  
Saturday, 9am-11am (donations only)

#### St. Margaret's Church

Barcombe Avenue  
London SW2 3BH

T 07722 121108

E [norwoodfoodbank@btinternet.com](mailto:norwoodfoodbank@btinternet.com)

W [norwoodbrixton.foodbank.org.uk](http://norwoodbrixton.foodbank.org.uk)

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### Vauxhall Food Bank

Wednesday and Saturday,  
11.30am-1.30pm

#### 105 Tyers Street

London SE11 5HS

T 07398 860 992

E [foodbank@christchurchlondon.org](mailto:foodbank@christchurchlondon.org)

W [vauxhall.foodbank.org.uk](http://vauxhall.foodbank.org.uk)

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### Waterloo Food Bank

Tuesday, 1pm-2.30pm  
Friday and Saturday 10am-12pm

#### Oasis Centre

1 Kennington Road  
London SE1 7QP

T 020 7921 4205

E [foodbank@oasiswaterloo.org](mailto:foodbank@oasiswaterloo.org)

W [waterloo.foodbank.org.uk](http://waterloo.foodbank.org.uk)

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### Waterloo Food Bank

Monday, 9.30am-11.30am  
Thursday, 2.30pm-4pm

#### St George the Martyr Church

Borough High Street  
London SE1 1JA

T 020 7921 4205

E [foodbank@oasiswaterloo.org](mailto:foodbank@oasiswaterloo.org)

W [waterloo.foodbank.org.uk](http://waterloo.foodbank.org.uk)

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### Waterloo Food Bank

Wednesday, 3pm-5pm

#### St John's Waterloo

73 Waterloo Road  
London SE1 8TY

T 020 7921 4205

E [foodbank@oasiswaterloo.org](mailto:foodbank@oasiswaterloo.org)

W [waterloo.foodbank.org.uk](http://waterloo.foodbank.org.uk)

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## FOOD BANK DONATIONS

If you donate to your local food bank, the following items are always useful:

- Nappies
- Toiletries: soap, deodorant, shampoo, etc
- Baby food
- Tin openers
- Sanitary towels & tampons
- Toilet rolls
- Pet food

## OTHER EMERGENCY

### FOOD

You do not need to be referred to receive emergency help at these centres:

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#### Ace of Clubs

Supports homeless and vulnerable people. Cheap lunch & refreshments.

Monday to Friday, lunch 12-1.30pm (£1), soup & sandwiches 3pm-3.30pm (50p)

St Alphonsus Road  
Clapham SW4 7AS

T 020 7720 2811 or 020 7720 0178

E [info@aceofclubs.org.uk](mailto:info@aceofclubs.org.uk)

W [aceofclubs.org.uk](http://aceofclubs.org.uk)

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#### Brixton Soup Kitchen & Support Centre

Free food and support.

Monday to Friday, 10am-2pm

Brixton Dominoes Community Centre  
297-299 Coldharbour Lane SW9 8RP

E [brixtonsoupkitchen@gmail.com](mailto:brixtonsoupkitchen@gmail.com)

W [brixtonsoupkitchen.org](http://brixtonsoupkitchen.org)

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### **Brixton 7th Day Adventist Church**

**Brixton Open Doors. Free hot meal.  
Thursday, 6-8pm**

Santley Street SW4 7QS

**T** 0207 274 8283

**W** brixtonsa.co.uk

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### **Manna Day Centre**

**Free food and support. Open to  
anyone who is rough sleeping.  
Open daily, 8.30am-1.30pm**

7-13 Melior St  
London SE1 3QP

**T** 0207 403 1931

**W** mannasociety.org.uk

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### **NTCG Brixton Food Bank**

**Free food and support.**

**Every other Thursday, 7pm-8.30pm**

**Check website for dates.**

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

**T** 0207 737 0963

**E** events@ntcgbrixton.com

**W** ntcgbrixtonevents.com

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### **Refugee Community Kitchen**

**Free hot food and other food items  
for anyone displaced or in need.**

**Sunday, 6.30-8.30pm**

Windrush Square  
(Near Ritzy Cinema)  
Brixton SW2 1JG

**E** RCKoutreach@gmail.com

**W** refugeecommunitykitchen.com

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### **Ruach City Church**

**Free hot meal.  
Tuesday, 7pm**

Vida Walsh Centre  
2b Saltoun Road  
London SW2 1EP

**T** 0208 678 6888

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### **Spires Centre**

**Free lunch Tuesday, 12.30-1.30pm**

Supports homeless and vulnerable  
people Monday to Friday. No children  
under 16 admitted. Check online for  
Women's Space and Rough Sleeper  
Space timetable.

8 Tooting Bec Gardens SW16 1RB

**T** 0208 696 0943

**W** spires.org.uk

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### **Teen Challenge**

**Free hot food, plus advice on  
homelessness, drug & alcohol issues.**

**Wednesday, 9-11pm**

Windrush Square  
(Bus parks on Saltoun Rd)  
Brixton SW9 8HE

**T** 0208 553 3338

**W** tclondon.org.uk

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### **Webber Street Day Centre**

**Free food and support. Open to  
anyone who is rough sleeping.**

**Monday to Thursday and  
Saturday, 9am-12pm**

6-8 Webber St  
Waterloo SE1 8QA

**T** 0207 928 1677

**E** wsenquiries@lcm.org.uk

**W** webberstreet.org

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# FREE AND CHEAP MEALS



## Brixton People's Kitchen Vauxhall

Low-cost café using locally sourced food and food surplus.

Tuesday to Friday, 10am-4pm  
Saturday, 9am-4.30pm

Black Prince Trust  
5 Beaufoy Walk  
London SE11 7QE

T 0739 728 8160  
E hello@brixtonpeopleskitchen.com  
W brixtonpeopleskitchen.com

## Christchurch Gipsy Hill

Open Door. Free refreshments and lunch. Advice and debt support from Centre 70.  
Tuesday, 10.45am-3.30pm

Christchurch Gipsy Hill  
Highland Road  
London SE19 1DP

T 020 8761 5927  
E christchurch@gipsyhill.org.uk  
W gipsyhill.org.uk

## Community Shop

Cheap meals for members. Breakfast £1, lunch £1.50.

Tuesday to Friday, 9am-5pm

Vale Street  
Gipsy Hill  
London SE27 9PA

T 020 8761 9660  
W companyshop.co.uk

## Salvation Army

Lunch Club, 2 course meal £3.  
Friday, 12pm

58 Westow Street  
Upper Norwood SE19 3AF

T 020 8771 0979  
E upper.norwood@salvationarmy.org.uk

## Stockwell Park Community Centre

Friday Night Supper. Free, warm, community meal from 7pm.

21 Aytoun Place SW9 0TE

T 0207 924 9899  
W thetrust.org.uk  
E info@thetrust.org.uk

## Vida's Café

Low-cost meals from Age UK and MYSocial café.

Tuesday, Wednesday and Friday,  
10am-4pm

Vida Walsh Centre, 2b Saltoun  
Road Brixton SW2 1EP

T 020 7326 1780  
E members@mysocial.london  
W mysocial.london

# SURPLUS FOOD



## Brixton Pound Café

Pay-what-you-can café using quality, surplus ingredients.

Monday to Friday, 9.30am-6pm  
Saturday, 9am-6pm

77 Atlantic Road, Brixton SW9 8PU

T 020 3581 2850  
E info@brixtonpound.org  
W brixtonpound.org

## Compliments of the House

Free, quality, surplus food donated by local food businesses.

Tuesday to Friday, 7pm-9pm

14D Market Row, Coldharbour Lane  
Brixton SW9 8LD

T 07855 242 918  
E sinead@complimentsofthehouse.org  
W complimentsofthehouse.org

## People's Fridge Brixton

Help yourself to free, quality, surplus food.

Monday to Thursday, 9am-7pm  
Friday to Sunday, 9am-5pm

Pop Brixton (find the fridge at the rear, near Impact Hub)  
49 Brixton Station Rd SW9 8PQ

E peoplesfridge@gmail.com  
W peoplesfridge.com

## ABOUT SURPLUS FOOD

There are many reasons why there is surplus food, here are just a few:

- Supermarkets often reject fruit and vegetables from farms if the shape, colour or size does not meet their standards.
- If the outer packaging is damaged in transit, stores may reject a food delivery, even if the contents are undamaged.
- Some stores order too much food or drink. If it doesn't sell quickly enough, they choose to get rid of it to make space for new stock.

The surplus food available at the organisations listed here comes from local businesses or charities like FareShare London and City Harvest. It is good quality and safe to eat.

## FOOD LABELLING

It's worth knowing about food labels, to keep food safe and to not waste money by throwing out what's still good to eat.

**Use By:** The shop must sell the food and you must use it by the date on the package. It may be unsafe to consume otherwise.

**Best Before:** Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best quality.

**Sell By/Display Until:** 'Sell by' and 'display until' dates are for controlling stock in stores. They are instructions for staff, not shoppers. They do not relate to the freshness of food.

# LOW COST SHOPPING



### Approved Foods

Online store selling short-life and surplus food, drink and household products very cheaply.

**W** [approvedfood.co.uk](http://approvedfood.co.uk)

### Brixton Wholefoods

Brixton Wholefoods has a great selection of cheap herbs and spices they sell by weight.

**Monday, 9.30am-7pm**

**Tuesday, Wednesday, Thursday, 9.30am-5.30pm**

**Friday, 9.30am - 6pm**

**Saturday, 9.30am - 5.30pm**

59 Atlantic Road  
Brixton SW9 8PU

**T** 020 7737 2210

**W** [brixtonwholefoods.com](http://brixtonwholefoods.com)

### Community Shop

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

**Tuesday to Friday, 9am-5pm**

Vale Street  
Gipsy Hill SE27 9PA

**T** 020 8761 9660

**W** [companyshop.co.uk](http://companyshop.co.uk)

### FareShares Food Co-op

FareShares is a volunteer-run co-op. They sell cheap herbs and dry goods by weight.

**Thursday, 2-8pm,  
Friday, 4-7pm,  
Saturday, 3-5pm**

56 Crampton Street  
Walworth SE17 3AE

**E** [info@fareshares.org.uk](mailto:info@fareshares.org.uk)

**W** [fareshares.org.uk](http://fareshares.org.uk)

### Vauxhall Food Co-op

Monthly dry and fresh food orders made. Email for how to join the group.

Brixton People's Kitchen Vauxhall  
Black Prince Trust  
5 Beaufoy Walk  
London SE11 7QE

**E** [hello@brixtonpeopleskitchen.com](mailto:hello@brixtonpeopleskitchen.com)

**W** [brixtonpeopleskitchen.com](http://brixtonpeopleskitchen.com)

# 2 MORE LOCAL RESOURCES



## FAMILIES AND YOUNG PEOPLE



### Alexandra Rose Vouchers

Rose Vouchers for Fruit & Veg help families on low incomes to buy fresh fruit and vegetables at local street markets. The project operates through Children's Centres in Lambeth. Pregnant women and families receiving benefits that are eligible for Healthy Start Vouchers may also qualify for Rose Vouchers. Speak to staff at your Children's Centre to find out if they are part of the Rose Voucher Scheme.

**W** [alexandrarose.org.uk](http://alexandrarose.org.uk)

### 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 are:

- receiving benefits and pregnant
- receiving benefits and have children aged under four
- 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](http://healthystart.nhs.uk)



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## Incredible Edible LEAP

Incredible Edible LEAP offers free healthy food; health advice and activities for families of children aged under four living in Coldharbour, Stockwell, Tulse Hill and Vassall wards. Become a member, take part in cook & eat sessions and enjoy Incredibly Edible Bags that contain fresh local fruit and vegetables – all for free. The scheme is a partnership between Incredible Edible Lambeth and Lambeth Early Action Partnership.

**T** 07949 985 343 or 07961 342 247

**E** [incredibleedibleleap@gmail.com](mailto:incredibleedibleleap@gmail.com)

**W** [incredibleediblelambeth.org/ieleap](http://incredibleediblelambeth.org/ieleap)

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## The Red Box Project Lambeth

The Red Box Project provides free sanitary wear for young women in schools, colleges and youth groups. To get involved or find out more about the service visit their Facebook page:

**F** @Redboxprojectlambeth

**E** [redboxprojectuk@gmail.com](mailto:redboxprojectuk@gmail.com)

**W** [redboxproject.org](http://redboxproject.org)

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## The Small Project

The Small Project is a baby clothes library. They offer free bundles of clothes and other baby items to families who need them. People can return as their babies grow and need larger clothing. They also accept donations of good quality baby clothes and equipment (0-3 yrs).

**Thursday, 10am – 12pm**

Oasis Playspace  
Geraldine Mary Harmsworth Park  
Kennington SE11 4TU

**E** [jane@thesmallproject.org.uk](mailto:jane@thesmallproject.org.uk)  
(borrow a bundle & referrals)

**E** [lauren@thesmallproject.org.uk](mailto:lauren@thesmallproject.org.uk)  
(donations)

**E** [andie@thesmallproject.org.uk](mailto:andie@thesmallproject.org.uk)  
(volunteering)

**W** [thesmallproject.org.uk](http://thesmallproject.org.uk)

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# ONLINE RESOURCES



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## Cooking on a Bootstrap

Jack Monroe's money saving food blog.

**W** [cookingonabootstrap.com](http://cookingonabootstrap.com)

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## Feed Yourself for £1 a Day

Facebook group and blog, great ideas for meals and supportive online community.

**F** [feedyourselfforapoundaday](https://www.facebook.com/feedyourselfforapoundaday)

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## Lambeth Larder Community Food Resource

Lambeth Larder helps you find emergency food, advice centres, mental health support and much more.

**W** [lambethlarder.org](http://lambethlarder.org)

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## Love Food Hate Waste

The national campaign for reducing food waste has lots of easy recipes and money saving ideas.

**W** [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

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## Mysupermarket

Fill your online basket to find out which shops have the cheapest prices in your area.

**W** [mysupermarket.co.uk](http://mysupermarket.co.uk)

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## Skint Dad

Lots of money saving tips, plus a low-cost recipe page too.

**W** [skintdad.co.uk](http://skintdad.co.uk)

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## Turn2us

Turn2us has an online benefits calculator, grant finder and other tools to help you find financial support.

**W** [turn2us.org.uk](http://turn2us.org.uk)

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# 3 ADVICE AND SUPPORT

## ADVICE CENTRES



Advice centres offer free legal advice and other support. Visit the websites for details.

**T** 020 8670 0070  
**E** [enquiries@centre70.org.uk](mailto:enquiries@centre70.org.uk)  
**W** [centre70.org.uk](http://centre70.org.uk)

### Citizens Advice Merton & Lambeth

1 Barrhill Road  
London SW2 4RJ  
**T** 0344 234 8430

### Brixton Advice Centre

Monday to Thursday, 10am–3pm

Free legal advice clinic every other Thursday evening 6.30pm to 7.30pm. See website for dates.

167 Railton Road  
London SE24 0LU  
**W** [brixtonadvice.org.uk](http://brixtonadvice.org.uk)

Visit Brixton Advice Centre's website for links to many useful local and national organisations that can help with a range of issues.

### Lambeth Law Centre

Telephone for an appointment.

Unit 4, The Co-op Centre  
11 Mowll St  
London SW9 6BG

**T** 020 7840 2000  
**W** [lambethlawcentre.org](http://lambethlawcentre.org)

### Centre 70

Free legal advice and low-cost counselling service

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

46 Knight's Hill  
London SE27 0JD

## OTHER ADVICE AND SUPPORT

### Ace of Clubs

Free advice session appointments can be made outside these hours. Just visit the centre during opening hours and speak to staff.

Supports homeless and vulnerable people.

Monday to Friday, 12pm-4pm

St Alphonsus Road  
London SW4 7AS

**T** 020 7720 2811 or 020 7720 0178  
**E** [info@aceofclubs.org.uk](mailto:info@aceofclubs.org.uk)  
**W** [aceofclubs.org.uk](http://aceofclubs.org.uk)

### Age UK Lambeth

Regular advice sessions across Lambeth, plus home visits and telephone support. Call for more information.

336 Brixton Rd  
London SW9 7AA

**T** 020 7346 6800  
**E** [info@ageuklambeth.org.uk](mailto:info@ageuklambeth.org.uk)  
**W** [ageuk.org.uk/lambeth](http://ageuk.org.uk/lambeth)

### Blackfriars Settlement

Offering free legal advice, mental health and wellbeing support, plus social activities.

Rushworth Street  
SE1 0RB

**T** 020 8761 5927  
**E** [info@blackfriars-settlement.org.uk](mailto:info@blackfriars-settlement.org.uk)  
**W** [blackfriars-settlement.org.uk](http://blackfriars-settlement.org.uk)

### Christchurch Gipsy Hill

Open Door Advice Clinic from Centre 70 advisors.

Tuesday, 10.45pm to 3.30pm

Highland Road  
London SE19 1DP

**T** 020 8761 5927  
**E** [christchurch@gipsyhill.org.uk](mailto:christchurch@gipsyhill.org.uk)  
**W** [gipsyhill.org.uk](http://gipsyhill.org.uk)

### Disability Advice Service Lambeth

Telephone for an appointment.

336 Brixton Road  
London SW9 7AA

**T** 020 7738 5656  
**E** [enquiry.line@disabilitylambeth.org.uk](mailto:enquiry.line@disabilitylambeth.org.uk)  
**W** [disabilitylambeth.org.uk](http://disabilitylambeth.org.uk)

### Indoamerican Refugee and Migrant Organization (IRMO)

Free legal advice and support for Latin American communities.

Monday to Friday, 10am-1pm and  
2pm-5pm

Unit 8, Warwick House, Overton Road  
London SW9 7JP

**T** 020 7733 9977  
**T** 074 2266 7327

### Waterloo Legal Advice Centre

Free legal advice session

Thursday, 6pm-7.30pm (Doors open  
6pm for 6.30pm start)

(No debt advice, welfare, benefits,  
parking, council tax issues)

Waterloo Action Centre  
14 Baylis Road  
London SE1 7AA

**T** 0207 261 1404  
**W** [waterlooactioncentre.co.uk](http://waterlooactioncentre.co.uk)

# SUPPORT WITH MONEY ISSUES



### CAP Debt Coaches

Free support to learn skills to budget, save and prevent debt.

Monday to Thursday, 9.30am-5pm  
Friday, 9.30am-3.30pm

Brixton Debt Centre, call to make  
an appointment.

**T** 0800 328 0006  
**E** [info@capuk.org](mailto:info@capuk.org)  
**W** [capuk.org](http://capuk.org)

### Every Pound Counts

Every Pound Counts is a welfare  
benefits advice service for ill and  
disabled Lambeth residents.

Telephone or email for an  
appointment. Phone line, Tuesday  
and Thursday, 1pm-4pm

**T** 020 7926 5555  
**E** [EveryPoundCounts@lambeth.gov.uk](mailto:EveryPoundCounts@lambeth.gov.uk)  
**W** [lambeth.gov.uk](http://lambeth.gov.uk)

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## Money A&E

Free money advice appointments with a Money Coach available across Lambeth.

Spanish and English speaking.

**T** 0208 616 3750

**E** [info@moneyaande.co.uk](mailto:info@moneyaande.co.uk)

**W** [moneyaande.co.uk](http://moneyaande.co.uk)

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## Oasis Debt Advice Centre

Free service offering advice, practical help and support to anyone in debt.

24-hour answerphone. Leave a message to make an appointment.

1 Kennington Road SE1 7QP

**T** 020 7921 4646

**E** [debtadvice@oasiswaterloo.org](mailto:debtadvice@oasiswaterloo.org)

**W** [oasiswaterloo.org](http://oasiswaterloo.org)

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## Payplan

Offers free telephone support to help you manage your debt and money issues.

Monday to Friday, 8am–8pm

Saturday, 9am–3pm

**T** 0800 280 2816

**W** [payplan.com](http://payplan.com)

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## WLM St. Luke's Hub

St Luke's runs a range of free services to help build financial resilience, digital inclusion and wellbeing.

WLM St Luke's Hub

25A Wincott Street

Kennington SE11 4NT

**T** 0207 735 5802

**E** [stlukes@wlm.org.uk](mailto:stlukes@wlm.org.uk)

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## BANKING

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### London Mutual Credit Union

Credit unions offer an alternative to high street banking. They promote saving and affordable loans.

Monday to Friday, 9.30am–4.30pm

10 Acre Lane

Brixton SW2 5SG

**T** 0207 787 0770

**W** [creditunion.co.uk](http://creditunion.co.uk)

# DIGITAL SUPPORT



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## Digi-buddies

Digi-Buddies run free sessions if you need support getting online.

Wednesday, 1–4pm

Friday, 10am–1pm

WLM St. Luke's Hub

25a Wincott St

London SE11 4NT

**T** 0207 735 5802

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## Tech Mates

A free introduction to computers, smartphones and IT for older people.

Thursday, 10am–11am. Book through the Pop Brixton website.

Pop Brixton

49 Brixton Station Rd

Brixton SW9 8PQ

**E** [info@popbrixton.org](mailto:info@popbrixton.org)

**W** [popbrixton.org](http://popbrixton.org)

# 4 MENTAL HEALTH

## FREE + LOW-COST COUNSELLING



### Lambeth IAPT

Lambeth Talking Therapies Service is part of Lambeth IAPT. Free mental health support if you are over 18 and live in Lambeth, or are registered with a Lambeth GP. They offer appointments across Lambeth.

Your GP can refer you to their services or you can self-refer. Call 0203 228 6747 to arrange a telephone assessment with one of their therapists.

### Centre 70

Low-cost counselling priced according to income, for up to one year.

For more information:

Centre 70  
46 Knights Hill  
West Norwood SE27 0JD

**T** 020 8670 2775  
**E** counselling@centre70.org.uk  
**W** centre70.org.uk

### Telefono de la Esperanza

Free counselling and support to Spanish and Portuguese speaking people.

For more information:

Telefono de la Esperanza UK  
St. Paul's Church  
Lorrimore Square SE17 3QU

**T** 0207 733 0471  
**E** info@telefonodelaesperanza.org.uk  
**W** telefonodelaesperanza.org.uk

### The Albany Trust Centre

Counselling priced according to income. Low-cost clinic for people unemployed or on low income. Specializes in sexuality and gender issues.

293a Balham High Road  
SW17 7BE

**T** 020 8767 1827  
**E** info@albanytrust.org  
**W** albanytrust.org.uk

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## The Awareness Centre

Low-cost counselling for people on state benefits or low income.

The Awareness Centre is a partner of Lambeth IAPT.

41 Abbeville Rd, Clapham SW4 9JX

T 020 8673 4545

E [info@theawarenesscentre.com](mailto:info@theawarenesscentre.com)

W [theawarenesscentre.com](http://theawarenesscentre.com)

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## The Low Cost Counselling Centre

Contact them first for an assessment.

Wandsworth Association of Psychotherapists

293a Balham High Road SW17 7BE

T 020 8767 2828

E [info@wandsworthap.co.uk](mailto:info@wandsworthap.co.uk)

W [wandsworthap.co.uk](http://wandsworthap.co.uk)

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## Waterloo Community Counselling

General low-cost counselling priced according to income.

Free Multi-Ethnic Counselling in a range of languages for refugees and asylum-seekers, and BAME communities living in Lambeth & Southwark.

Ask for referral via Lambeth IAPT.

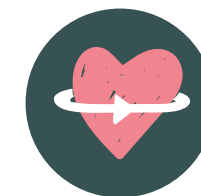
Barley Mow Clinic, Greet House  
Frazier Street, Waterloo SE1 7BD

T 020 7928 3462

E [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)

W [waterloocc.co.uk](http://waterloocc.co.uk)

# ONGOING MENTAL HEALTH ISSUES



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## Mosaic Clubhouse

Mosaic Clubhouse provides support and opportunities to Lambeth residents living with a mental illness and aged 16-65. Your GP or care coordinator can refer you.

65 Effra Road

Brixton SW2 1BZ

T 020 7924 9657

E [infohub@mosaic-clubhouse.org](mailto:infohub@mosaic-clubhouse.org)

W [mosaic-clubhouse.org](http://mosaic-clubhouse.org)

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## Certitude

Lambeth Peer Support Network helps offers activities for people with mental health needs to support each other to stay well.

Monday to Friday, 9am-6pm

Free coffee & cake Wednesday, 4pm-6pm and Friday, 4pm-6pm

105-107 Railton Road

Brixton SE24 0LR

T 0207 737 2888

E [peernetworklambeth@certitude.org.uk](mailto:peernetworklambeth@certitude.org.uk)

W [certitude.org.uk](http://certitude.org.uk)

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## Living Well Network Hub

Lambeth Living Well Network Hub directs people to support for mental health and wellbeing. They work from different locations around the borough Monday to Friday.

Call them for an appointment near you.

65 Effra Road

Brixton SW2 1BZ

T 0203 691 5080

E [slm-tr.lwnhub@nhs.net](mailto:slm-tr.lwnhub@nhs.net)

W [lambethccg.nhs.uk](http://lambethccg.nhs.uk)

# ACUTE MENTAL HEALTH ISSUES



## SHARP Team Lambeth

Specialist mental health team supporting people using mental health services in Lambeth. Offers therapies to help develop coping skills, resilience and wellbeing.

Your care coordinator or consultant must refer you.

308 Brixton Rd  
SW9 6AA

**T** 0203 228 7050  
**E** sharp@slam.nhs.uk

## SLAM 24-Hour Helpline

If you, a family member or friend need urgent help or advice, contact the free South London & Maudsley 24-hour mental health crisis support line on 0800 731 2864.

## Solidarity in a Crisis

Solidarity in a Crisis is a user and carer service providing out-of-hours phone support and in person. Peer Supporters run the service, they have experience of facing and overcoming mental health crises.

Monday to Friday 6pm-12am  
Saturday & Sunday 12pm-12am

**Freephone**  
0300 123 1922

**Text**  
0788 9756 087 or 0788 9756 083

**Email**  
outofhours-solidarity@certitude.org.uk

# YOUNG PEOPLE'S MENTAL HEALTH



## OASIS

OASIS offers advice, support and treatment for young people suffering mental distress aged 14 to 35 and living in south London. You can self-refer or go via your GP.

Monday to Friday, 9am-5pm

190 Kennington Lane  
SE11 5DL

**T** 0203 228 7200  
**E** OASISReferrals@slam.nhs.uk

## Mosaic Clubhouse Young Adults Programme

Provides one-to-one support and social activities to Lambeth young people living with a mental illness and aged 16-30. Your GP or care coordinator can refer you.

65 Effra Road  
Brixton SW2 1BZ

**T** 020 7924 9657  
**E** infohub@mosaic-clubhouse.org  
**W** mosaic-clubhouse.org/young-adults

## The Well Centre

A youth health centre. Drop in to see a youth worker, counsellor or doctor. No appointment needed. For young people aged 13-20.

Monday, Wednesday and Thursday,  
3.30pm - 6.30pm

16 Wellfield Road  
Streatham SW16 2BP

**T** 020 8473 1581  
**E** info@thewellcentre.org  
**W** thewellcentre.org

# 5 MONEY SAVING TIPS



## Phone

When your mobile phone contract comes to an end, think about how you use your phone before signing a new contract. A SIM-only or 30 day rolling contract may work out cheaper.

## Children and Money

Talk to your children about money. Explain the difference between earning, spending, saving and debt. Take them food shopping with you and get them to help find bargains around the store.

## Big London Energy Switch

Lambeth is part of this independent energy switching scheme. Residents can sign up for cheaper energy offers.

**T** 0800 048 8112  
(Monday to Friday, 8am-5.30pm)

**W** [biglondonenergyswitch.ichoosr.com](http://biglondonenergyswitch.ichoosr.com)

## Swishing

Do you have good quality clothes that you hardly wear? Get together a group of friends. Each person brings five items they no longer want, and then you swap. That's swishing. Get a new outfit for free, have some fun at the same time!

## Baby Food

Do you spend money on expensive, readymade baby food? Why not make your own? For ideas speak to friends and family, your health worker, or there are recipes online. You can save at least 50% on the cost of buying shop bought baby food.

## Contactless Payments

Be careful when making contactless payments, as the money can take longer to leave your account than using 'Chip & PIN'.

## Children & Saving

Encourage your children to save, even if it's just pennies in a jar. It helps them understand how money works. They will feel good having saved for something for themselves or others.



# 6 INFO FOR GROUPS

## SURPLUS FOOD



Does your community group need a free or cheap supply of food? The following organisations redistribute surplus food and can help.

### City Harvest

City Harvest offers a low-cost membership scheme to community groups, to receive weekly deliveries of quality surplus food.

T 020 7041 8491

E [info@cityharvest.org.uk](mailto:info@cityharvest.org.uk)

W [cityharvest.org.uk](http://cityharvest.org.uk)

### FareShare Go

FareShare Go is a free service for community groups. They connect you with a local supermarket, and you collect quality surplus food on a chosen day. To find out more visit [website](http://www.fareshare.org.uk).

W [fareshare.org.uk](http://fareshare.org.uk)

### FareShare Community Food Membership

FareShare also offers a low-cost Community Food Membership. Your group can receive weekly deliveries of quality surplus food.

W [fareshare.org.uk](http://fareshare.org.uk)

# HOLIDAY FOOD PROJECT SUPPORT



Does your community group run free food activities young people during the school holidays? The following organisations can help.

## Kitchen Social

Kitchen Social offers funding, training, resources and support if you run a club during the school holidays and want to offer young people a free healthy meal.

**T** 020 7983 4508  
**E** [mnuur@mayorsfundforlondon.org.uk](mailto:mnuur@mayorsfundforlondon.org.uk)  
**W** [mayorsfundforlondon.org.uk/kitchen-social/](http://mayorsfundforlondon.org.uk/kitchen-social/)

## Magic Radio Cash for Kids

Grant funding for groups working with young people. They fund projects that provide food.

**W** [planetradio.co.uk/magic/charity/info/grants-magic/](http://planetradio.co.uk/magic/charity/info/grants-magic/)

## Make Lunch

Make Lunch supports church groups to set up free school holiday food projects. Visit the website to find out more.

**W** [tlg.org.uk/your-church/make-lunch](http://tlg.org.uk/your-church/make-lunch)

## Street Games

Street Games Fit & Fed programme works with groups to run school holiday activity sessions, with a free nutritious meal.

**E** [fitandfed@streetgames.org](mailto:fitandfed@streetgames.org)  
**W** [network.streetgames.org](http://network.streetgames.org)

## ABOUT US

### BRIXTON ADVICE CENTRE

Brixton Advice Centre provides free legal advice and representation to local people. We also offer advice on housing and homelessness, welfare benefits and debt. We run weekly advice sessions at Brixton Food Bank to help tackle some of the problems that can cause financial difficulties.

#### Contact us

167 Railton Road SE24 0LU  
Monday - Thursday  
10am - 3pm

**T** 0800 254 0298

**W** [brixtonadvice.org.uk](http://brixtonadvice.org.uk)

### LAMBETH LARDER COMMUNITY FOOD RESOURCE

Lambeth Larder is a social enterprise. We create free resources so that people can find emergency food and support. We help to connect, inform and empower local people, especially those in financial crisis. We want anyone who needs help to find it easily.

#### Contact us

**T** 07462 446 280

**E** [info@lambethlarder.org](mailto:info@lambethlarder.org)

**W** [lambethlarder.org](http://lambethlarder.org)

## CREDITS

We would like to thank all the local organizations, community groups and people that contribute to Lambeth Larder resources.

### Team

**Patrick Torsney:** Director, Brixton Advice Centre

**Virginia Nimarkoh:** Director, Lambeth Larder

**Kind Studio:** Graphic Design

**Fan Sissoko:** Original Design



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SHARE THIS BOOKLET.**



**ONGOING MENTAL  
HEALTH ISSUES**



**FREE AND  
CHEAP MEALS**



**ADVICE  
CENTRES**



**FREE + LOW-COST  
COUNSELLING**