

## Food / showers / laundry

### NEWDAY (appointments are needed)

Mondays and Tuesdays 8.30am to 2.30pm: Salvation Army, 1 Paul Street, Stratford, E15 4QB Wednesdays, Thursdays and Fridays 8.30am to 2.30pm: Salvation Army East Ham, 42 Wakefield Street, E6 1NQ. Support with accommodation, alcohol misuse, showers, laundry, help with finances and help with employment. More info: [www.newwayproject.org](http://www.newwayproject.org) and [www.newham.gov.uk](http://www.newham.gov.uk)

### BRIDGES MEMORIAL COMMUNITY CHURCH

Saturday Breakfast at Memorial Community Church, 395 Barking Road, Plaistow E13 8AL. Open 8am to 11:30am. Serves a full-cooked breakfast, hot drinks and cereals. Has NHS nurse clinic once a month. Monday drop-in open 10am to 2pm: Showers, laundry facilities, clothes and shoes bank. NHS nurse clinic available most weeks. They can help with benefits, housing and other forms. Practical activities are available to help build self-esteem, confidence and developing life skills. Special Christmas event held on the Saturday closest to Christmas Day, open from 8am to 3pm. Christmas Dinner and Christmas Carol service. **More info:** [www.bridgeshomelesssupport.org.uk](http://www.bridgeshomelesssupport.org.uk)

### REMAR ASSOCIATION UK

Help with getting people off drugs or other addictions. They have a 24-hour helpline (0791 758 5056). They offer free food and help increase self-esteem.

**Wednesdays: 7:30pm to 8:30pm**, at William IV Street, Strand. They have hot drinks, biscuits and sandwiches. Their offices are based at: 847 High Road, Leytonstone, London E11 1HH. Contact: 020 8539 0452 or addiction helpline: 0791 758 5056.

### SALLY'S KITCHEN-GOOD FOOD IN THE COMMUNITY

**What do they do?** They offer a two-course meal in warm company. Local people run Sally's Kitchen for local people. **When?** Tuesdays: 12am–1:30pm. **Where?** Salvation Army Hall, Southwell Grove, Leytonstone, London E11 4PP. **Contact:** 07944281485.

For more information on the following places visit: <http://londonhomeless.org/food/>

## Community gardens

**ACTIVE NEWHAM** This is a great chance for you to get active and make friends! For more information about the community gardens below visit:

[www.activenewham.org.uk/newham-community-gardens-network](http://www.activenewham.org.uk/newham-community-gardens-network) or contact [info@activenewham.org.uk](mailto:info@activenewham.org.uk) or 0300 124 0123.

**ABBEY GARDENS** Bakers Row, Stratford, E15. Tuesday: 1pm to 3pm, Thursdays: 4pm to 7pm, Saturdays: 10am to 4pm.

**FIRST AVENUE URBAN WILDERNESS**, First Avenue, Plaistow E13.

**CORE LANDSCAPES VICTORIA DOCK ROAD**, Canning Town, E16.

**MANOR PARK VILLAGE COMMUNITY GARDEN**, Station Road, Manor Park, E12.

**GARDENING THYMES**, Central Park Bowling Green, High Street South, East Ham, E6. Friday 11am to 1pm and the first Sunday of every month from 1pm to 4pm.

**CODY DOCK COMMUNITY GARDENS**, South Crescent, Canning Town, E16.

**GROW TOGETHER BE TOGETHER**, Bonny Downs Community Association, Melbourne Road E6 2RU.

**PARKSIDE GARDENING PROJECT**, St. Luke's Community Centre, Canning Town, E16 1HN.

- Stratford Park, E15, every Wednesday 10am to 3pm.
- St Luke Community Centre, E16, every other Thursday 10am to 3pm.
- Leyes Road Allotments, E16 every other Thursday 10am to 3pm.
- Contact information: 07552 959367 or [park.side@chctcrp.org.uk](mailto:park.side@chctcrp.org.uk)

**FOREST GATE COMMUNITY GARDEN**, 136 Earlham Grove, Forest Gate, E7. Friday 10am to 3pm, Saturdays 10am to 3pm, Sunday 10am to Midday.

More info: [www.fgcommunitygarden.org/](http://www.fgcommunitygarden.org/)

### NEWway PROJECT

NewLife Newham: Gardening on Flanders field. Thursdays: 10am to 2pm.

For more information got to: [www.newwayproject.org/newlife](http://www.newwayproject.org/newlife)

## Food banks

### **BOW FOOD BANK** Mondays, 8:30am to 12:30pm

**Location:** Bromley-by-Bow Community Centre, St Leonard's Road, E3 3BT.

**BETHNAL GREEN FOODBANK:** Wednesday, 2:00pm to 7:00pm

**Location:** Raine's Foundation School, Approach Road, E2 9LY

Contact: 07934 734 603 or [info@bowfoodbank.org](mailto:info@bowfoodbank.org)

**NEWHAM DISTRICT FOODBANK:** Wednesdays 10:00am to 12:00pm

**Location:** Ascension Church Centre, Baxter Road, London, E16 3HJ

Contact: 020 7511 1231.

**CHURCHES FOODBANK (referral needed) Tuesday: 9am–11am**

They offer free food, bathrooms and showers.

**Location:** St Paul & St James Church, Maryland Rd, Stratford, E15 1JL

Contact information: 020 8534 1164.

Thursday: 1pm–3pm at Woodgrange Baptist Church, 345 Romford Rd, E7 8AA

Contact: 020 8555 9880 or [www.churchesfoodbank.org.uk/](http://www.churchesfoodbank.org.uk/)

**THE ELTHAM CENTRE** Friday, 11:00am to 2:00pm.

**Location:** 57 Well Hall Roads, Eltham, London, SE9 6SZ.

Contact: [eltham@greenwichfoodbank.co.uk](mailto:eltham@greenwichfoodbank.co.uk)

**ST JOHNS CHURCH, BLACKHEATH** Saturday: 9:30am to 12:00pm

**Location:** Stratheden Road, Blackheath, London, SE3 7TH

Contact: 020 8305 0520.

## Where can I go to exercise?

**PARKRUN** free, weekly Saturday morning event, running 5k- can walk, jog or run.  
NO ONE FINISHES LAST

**Location:** Victoria Dock and Beckton Park.

You register online at: [www.parkrun.org.uk/register/](http://www.parkrun.org.uk/register/)

### **ACTIVE NEWHAM**

Active Newham offers a range of outdoor sports, some are free or have a small fee.

**Sports available:** Angling, Basketball, Badminton, Bowling, Boxing, Cycling, Rugby, Table Tennis, Walking for Health and Yoga.

**More info:** [www.activenewham.org.uk/all-sports](http://www.activenewham.org.uk/all-sports)

### **NEWway PROJECT (Bobby Moore Pavilion)**

- Cricket Skills: Monday, 11am to 12pm.
- Walking Football: Tuesday/Saturday= 10 to 11am.
- Outdoor Fitness class: Tuesday 2 to 3pm.
- Outdoor Gym: Wednesday, 11am to 12pm.
- Cricket: Wednesday, 1:30 to 2:30pm.
- Women's and Non-Binary open football training: Wednesday, 6:30 to 8:30pm.
- Football skills and training: Thursday 1 to 2pm.
- Walk and Talk: Friday, 10 to 11am.
- Gym and swim: Friday, 12:30 to 3pm.

**More info:** [www.newwayproject.org/activities](http://www.newwayproject.org/activities)

Contact: [admin@newwayproject.org](mailto:admin@newwayproject.org)