



Discharged patient Guide:  
**Free food in London**



## Free food in London

The following list includes organisations and charities that offer free food (often hot meals or sandwiches) for the Homeless population across London.

There are some sites that have not been included as their full details were unable to be verified in time.

This list was accurate when produced in June 2022. However, it is always best to contact services to check for any updates to services or for further information.

## West London

### 240 Project

**Food:** Monday, Tuesday and Wednesday. 11am - 4pm

(Other services are available, and [free] membership is required)

**Where:** 116 Bramley Road, W10 6SU

**Contact:** 020 7221 7530

### Acton Homeless Concern

**Food:** Monday - Friday. 9am - 12 noon & Thursday 2.30pm - 6pm

(Other services available)

**Where:** Damien Centre, 2-5 Church Road, Acton, W3 8PU

**Contact:** 020 8993 6096

### Acton Homeless Concern

**Food:** Monday - Friday. 9am - 12 noon & Thursday 2.30pm - 6pm

(Other services available)

**Where:** Damien Centre, 2-5 Church Road, Acton, W3 8PU

**Contact:** 020 8993 6096

### American International Church Soup Kitchen

**Food:** Monday, Tuesday & Thursday-Saturday, 10am – 12noon

(Service is closed throughout August)

**Where:** 79a Tottenham Court Road, W1T 4TD

**Contact:** 020 7580 2791

### Breakfast Club (Order of Malta)

**Food:** Wednesdays, 6.30am – 10am

(Showers available if booked the previous week)

**Where:** Challoner Room, 24 Golden Square, W1F 9JR

**Contact:** email:  
companions.london@orderofmalta.org.uk

### Community of Sant'egidio

**Food:** Sandwiches, Saturday 4pm – 4.30pm

(Check the website as the venue can change slightly)

**Where:** Carmelite Priory, Pitt Street, W8 4JH

**Contact:** 07531 597 364

## Companions Café (Order of Malta)

**Food:** Monday and Thursday, 6.30pm – 8.15pm

**Where:** St James's, Spanish Place, 22 George Street, Marylebone, W1U 3QY

**Contact:** email:  
companions.london@orderofmalta.org.uk

## Imperial College (Children of Adam)

**Food:** Sunday, 6pm onwards (Line starts at 5.45pm)

**Where:** Lincoln's Inn Square

**Contact:** 07592 511 176

## Notre Dame Church (de France)

**Food:** Saturday, 10.20am - 2.30pm

**Where:** Maison Pierre Chanel, Parish Centre, 16 Leicester Square, WC2H 7NH

**Contact:** 020 743 9363

## St. Patrick's Open House Soho

**Food:** Breakfast club, Monday, Friday & Saturday, 8.30am - 9am. Evening Meal, Tuesday, Wednesday & Thursday, 7pm - 7.30pm

**Where:** 21a Soho Square

**Contact:** 020 7437 2010

## St. Stephen's Church (Streetlytes)

**Food:** Monday, 5- 6pm

**Where:** 1 Coverdale Road, W12 8JJ

**Contact:**  
[streetlytes.org/streetlyteslondon/en/page/contactus](http://streetlytes.org/streetlyteslondon/en/page/contactus)

## The Connection at St. Martin-in-the-Fields

**Food:** Open weekdays (except Wednesday), 9am - 12.15pm & 1.30pm - 4pm  
(Day Centre & other services available)

**Where:** 12 Adelaide Street, WC2N 4H

**Contact:** 020 7766 5544

## The Upper Room (Hammersmith)

**Food:** Every day between 3pm - 9pm  
(Other services available)

**Where:** Saint Saviour, Wendell Park, Cobbold  
Road, W12 9LN

**Contact:** 020 8740 5688

## South London

### Ace of Clubs

**Food:** Monday - Friday, 12pm - 2.30pm  
(Other services available)

**Where:** St Alphonsus Road, Clapham, SW4 7AS  
**Contact:** 020 7720 2811

### All Saints Fulham

**Food:** Thursday 12.30pm - 1.45pm

**Where:** Pryor's Bank Pavilion, Putney Bridge  
Approach, SW6 3LA  
**Contact:** 020 7736 3264

### Brixton Soup Kitchen

**Food:** Monday - Friday, 11am - 3pm

**Where:** 297-299 Coldharbour Lane, SW9 8RP  
**Contact:** 07538 419 514

### Chelsea Methodist Church Pastoral Centre

**Food:** Monday, Tuesday & Thursday, 9am - 2pm

**Where:** 155 Kings Road, SW3 5TX  
**Contact:** 020 7352 9305

### Companion's Café

**Food:** Monday, Tuesday, 7pm - 8.15pm

**Where:** 96 Northside, East Hill, Wandsworth,  
SW18 2QU

**Contact:** email:  
[companions.london@orderofmalta.org.uk](mailto:companions.london@orderofmalta.org.uk)

### Holy Trinity Brompton (St. Augustine's)

**Food:** Wednesday, 9am - 12.30pm & 6.30pm -  
7.30pm, Thursdays 10am - 1pm  
(Other services available, phone app needed for  
Wednesday breakfast)

**Where:** 177, HTB Queen's Gate, SW7 5LP  
**Contact:** 020 7590 8248

## London City Mission

**Food:** Breakfast, Monday - Wednesday & Saturday, from 8.30am  
(Other services available)

**Where:** 6-8 Webber Street, SE1 8QA  
**Contact:** 020 7928 1677

## Refettorio Felix at St. Cuthbert's (Earl's Court)

**Food:** Monday - Friday, 12 noon - 2.30pm  
(Other services available)

**Where:** 51 Philbeach Gardens, Kensington, SW5 9EB  
**Contact:** 020 7835 1389

## The Passage

**Opening times:** Monday - Friday, 9am - 12pm & 1 - 1.30pm  
(Day centre & other services available)

**Where:** St Vincent's Centre, Carlisle Place, SW1P 1NL  
**Contact:** 020 7592 1850

## 999 Club

**Food:** Monday - Friday, 9am - 12 noon  
(Other services available. Check daily for lunch availability)

**Where:** 21 Deptford Broadway, SE8 4PA  
**Contact:** 020 8694 5797

## North London

### Akwaaba

**Food:** Sundays, 2pm - 6pm  
(Other services available for refugees, asylum seekers and other migrants)

**Where:** Princess May Primary School, Barrett's Grove entrance, N16 8AJ  
**Contact:** 07946 596 805

### Homeless Action in Barnet (HAB)

**Food:** Monday - Friday, 9am - 12 noon  
(For rough sleepers)

**Where:** 36b Woodhouse Road, N12 0RG  
**Contact:** 020 8446 8400

### Finsbury Park Mosque

**Food:** Monday, 5-7pm  
(Other services available)

**Where:** 7-11 St Thomas's Road, N4 2QH  
**Contact:** 020 7424 5252

### Lighthouse Seventh-Day Adventist Church

**Food:** Sunday, 12.30pm - 1.30pm

**Where:** 88b Cavendish Road, N4 1RS  
**Contact:** 020 8340 8603

### Middle Lane Baptist Church

**Food:** Mondays at 7pm

**Where:** 2e Lightfoot Road, Crouch End, N8 7JN  
**Contact:** 020 8340 8603

### Muswell Hill Churches Soup Kitchen

**Food:** Thursday, 7pm - 8pm and Sunday, 4pm - 5pm

**Where:** Muswell Hill Baptist Church, 2 Dukes Avenue, N10 2PT  
**Contact:** 07868 837 460

### North London Action for Homeless

**Food:** Monday, 12 noon and Wednesday, 6pm

**Where:** St Paul's Church Hall, Stoke Newington Road, N16 7UE  
**Contact:** 07421 032 553



## Selby Food Hub

**Food:** Monday, 12 noon and Wednesday, 6pm

**Where:** Selby Centre, Selby Road, Tottenham, N17 8JL

**Contact:** 020 8885 5499

## St. John the Evangelist Church (Finsbury Park)

**Food:** Tuesday, 2pm - 4pm & Thursday, 1.30pm - 3.30pm

**Where:** Brownswood Park, Queen's Drive, N4 2LW

**Contact:** 020 8809 6111

## St. John the Evangelist Church (Duncan Terrace)

**Food:** Sunday, 3pm - 5pm

**Where:** 39 Duncan Terrace, N1 8AL

**Contact:** 020 7226 3277

## St. Ignatius Church

**Food:** Monday - Friday, 1pm - 2pm

**Where:** 27 High Road, Stamford Hill, N15 6ND

**Contact:** 020 8800 2121

## St. Laurence's Larder

**Food:** Food parcels, Wednesday, 12.30pm - 2.30pm. Hot meals, Thursday, 11.20 am - 2pm

**Where:** Christ Church Brondesbury, Christ Church Avenue, NW6 7BJ

**Contact:** 07498 775 019

## The Margins Project

**Food:** Monday and Wednesday, 11am - 1pm  
(Other services available)

**Where:** The Union Chapel, 19b Compton Terrace, N1 2UN

**Contact:** 020 7704 9050

## The Salvation Army (Chalk Farm)

**Food:** Monday and Wednesday, 6pm - 8pm  
(Other services available)

**Where:** 10-16 Haverstock Hill, NW3 2XY

**Contact:** 020 7485 1605

## East London

### Carpenters Café

**Food:** Tuesday, 10am - 12noon  
(Other services available)

**Where:** Carpenters Estate Community Hall, 17  
Doran Walk, Stratford, E3 2JL  
**Contact:** 07932 661 089

### Food Cycle E3

**Food:** Friday, 7pm

**Where:** Bow Road Methodist Church, 1 Merchant  
Street, E3 4LY  
**Contact:** bowroad@foodcycle.org.uk

### Food Cycle E9

**Food:** Thursday, 12.30pm

**Where:** New Kingshold Community Centre, 49  
Ainsworth Road, E9 7LP  
**Contact:** hackney@foodcycle.org.uk

### Lighthouse

**Food:** Wednesday & Thursday, 12 noon - 2pm

**Where:** St Lukes, Hackney, Homerton Terrace, E9  
6RT

- All Saints, West Ham, Church Street E15 3HU  
(Wednesdays)
- St Mary's, Leyton E10 5JP and
- Shoreditch Church, 119 Shoreditch High Street,  
E1 6JN (Thursdays)

**Contact:** 0300 323 0343

### Providence Row

**Food:** Breakfast and lunch, 9am - 4pm

**Where:** The Dellow Centre, 82 Wentworth Street,  
E1 7SA  
**Contact:** 020 7422 6752

## The Tab

**Food:** Friday, 11am - 12.30pm

**Where:** Shoreditch Tabernacle Baptist Church, 3  
Godfrey Place, E2 7NT

**Contact:** 020 7739 3076

## Whitechapel Mission

**Food:** Full English breakfast from 8am  
(Other services available)

**Where:** 212 Whitechapel Road, E1 1BJ

**Contact:** 0300 011 1400

## Where to look for more information and support

**Please check the details of your local authority for further information and support in your area.**

- You can also find food banks near you through the Trussell Group at: [trusselltrust.org/get-help/find-a-foodbank/](https://trusselltrust.org/get-help/find-a-foodbank/)
- Food Cycle serves up around 53 weekly meals in the UK. To find a meal near you, search online at: [foodcycle.org.uk/location](https://foodcycle.org.uk/location)
- If you are concerned about someone/or are someone who is rough sleeping, contact Street Link at [streetlink.london/Streetlink\\_London\\_HomePage](https://streetlink.london/Streetlink_London_HomePage)
- For more help & advice, contact Shelter by phoning the helpline at 0808 800 4444 or visiting the website: [england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)

This booklet was made in collaboration with Dietetic students at London Metropolitan University.

## About Mildmay Mission Hospital

Mildmay began as a charitable institution over 160 years ago.

It has specialised in HIV since the 1980s and continues to deliver quality care and treatment, prevention work, rehabilitation, training, education and health strengthening in the UK and East Africa.

In 2020, we began a ground-breaking new service, providing step-down, rehabilitative healthcare for people who are homeless or rough-sleeping and recuperating from illness or injury. In 2022, we launched the REBUILD Pathway, providing post-detox, stabilisation-based intermediate residential rehabilitation care to patients who are homeless.

Find out more at [www.mildmay.org](http://www.mildmay.org)



## Mildmay Mission Hospital

19 Tabernacle Gardens  
London  
E2 7DZ

T: +44 (0) 20 7613 6300

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