

(Adapted document compiled by colleagues in Lambeth- thank you!)

FOOD SUPPORT	Contact information
Local Helpers can connect you to volunteers nearby, if you need support with things like shopping, collecting medicines, dog walking, etc. Sign-up on their website if you need help or want to volunteer.	Email: info@localhelpers.org Website here .
Trussel Foodbanks - The Trussell Trust runs four food banks in South London & UK. You need a food bank voucher to receive food from them. Please make sure you get a voucher in plenty of time. They aim to deliver food parcels within 48-72 hours.	Call Citizen's Advice on 0808 208 2138, Monday to Friday, 10am-4pm. Call MyCommunity Gateway, 0333 360 3700, Monday to Friday 9am-5pm.
Southern Women's Aid Network (SWAN) Food Bank - Free food parcels and support. Tuesdays. Can help other days, if urgent. Please collect. Delivery for vulnerable or elderly people. You can self-refer.	07935 430 380 info@swanlondon.org Website here .
VGCC Food Bank - Free food parcels and care items. Please collect. You can self-refer. No voucher needed.	0207 793 1110 admin@vgcc.org.uk Website here .
Healthy Start vouchers – available to benefit recipients who are pregnant or have at least one child under 4.	Information about applications available here . Also available at Children's Centres.
Food pantry at Myatts Field North - Run by the community for the community. Providing members with healthy, affordable food (fruits, veg, cupboard staples). Membership is free. Everyone is welcome, no referral required.	Call Helen on 07701365551 for more info. Tuesdays 11am-2pm, Myatts Field North Community Centre, 24 Crawshay Road SW9 6FZ
Lambeth specific	
Community shop – the UK's leading redistributor of surplus food and household products and a network of eight social supermarket stores across some of the UK's most deprived communities.	Mon - Fri - 9:00am - 5:00pm Saturday - 9:00am - 3:00pm Address: Community Shop West Norwood, Vale Street, Gipsy Hill, London, SE27 9PA Tel: 020 8761 9660 Website here .
Lambeth Mutual Aid is a volunteer-led group supporting Lambeth residents. Lambeth Mutual Aid runs a Solidarity Fund for people in financial need, offering £50 per month for essentials like food and fuel. They can also provide other practical support.	Email: lambethmutualaid@gmail.com Website here .
MyCommunity Gateway can help if you need food, medicines or other support. They can issue food bank vouchers and fuel vouchers.	Monday to Friday 9am-5pm 0333 360 3700 mycommunity@ageuklambeth.org

Website [here](#).