

This leaflet contains information on helpful services offered around the London Borough of Southwark, including: food, day centres, community and social events, and leisure and exercise. All services provided within this list were up and running as of September, 2021. All services may be subject to change due to COVID 19 and/or regulations. This leaflet is designed to be a helpful guide only.

Food and Day Centres

MANNA CENTRE – 12 Melior Street, Southwark, London SE1 3QP

Tel: 020 7357 9363

Web: www.mannasociety.org.uk

7 days a week, 8:30am – 1:30pm

The Manna Centre is run by a team of 8 full-time, 4 part-time workers and around 20 volunteers every week. All services are free. Daily services include: Breakfast & lunch, showers (soap, towels provided), and housing and welfare advice (Mon-Sat).

Additional Services (times will vary (exclu. Sat)):
Clothing store, computer suite/access, Mental Health worker, Chiropractor, Osteopath, Nurse, and advice for refugees & migrants.

SILOAM COMMUNITY SERVICES (NUNHEAD SALVATION ARMY) – Nunhead Green, Nunhead, London SE15 3QH

Tel: 020 7639 7292

Web: <https://www.salvationarmy.org.uk/nunhead>

The Salvation Army Nunhead in partnership with Siloam Community Services is offering weekly free food services, advice, and a community space for anyone homeless, threatened with homelessness or in financial difficulty. Services offered include (free):

Tuesdays

- *Café on the Green (10:00am – 2:00pm) – A café-style service offering tea, coffee, and food.*
- *The Feast Community Meal (7:00pm – 9:00pm) – A social three-course meal.*

Wednesdays

- *Coffee Space (10:00am – 2:00pm) – A community space with coffee.*
- *ALPHA (7:00pm – 9:15pm) – Weekly Christian faith talks including a full meal.*

Fridays

- *OASIS (11:00am – 3:00pm) – Group activities including a full meal.*

SOUTHWARK DAY CENTRE FOR ASYLUM

SEEKERS (SDCAS) – 121 Peckham Park Road Baptist Church, Southwark, London SE15 6SX

Tel: 020 7732 0505

Web: www.sdcas.org.uk

Wednesdays, 11:00am – 2:45pm

SDCAS provide support services and a safe, sociable and welcoming environment through day centre provision. This includes: Lunch (12:00pm noon), emergency food parcels, advice, selfcare essentials, English classes, and gardening activities.

Additional gardening activities also Tuesdays, located at: Lettsom Gardens, 5 Grove Hill Rd, London SE5 8DF (times will vary).

SOUTHWARK FOODBANK – Pecan, 121a Peckham High Street, Southwark, London SE15 5SE

Tel: 020 7732 0007

Web: www.southwark.foodbank.org.uk

Requirement: referral required; see voucher information on Web address.

Working with local agencies, Southwark Foodbank can provide a minimum of 3 days' emergency food at your nearest foodbank centre via an issued voucher. The referral agency needs only basic details to help identify your needs. Each issued food parcel is personalised to your needs (examples include: gluten free, vegan, vegetarian, or Halal).

All following centres are open for collection, by appointment only (collection requires a voucher):

- St George's Camberwell, Newent Close, SE15 6EF (Mondays 11:00am – 1:00pm)
- City Hope Church, 121 Drummond Road, SE16 2JY (Wednesdays 1:00pm – 3:00pm)
- Peckham Methodist Church, 2 Wood's Road, SE15 2PX (Thursdays 1:00pm – 3:00pm)
- Bermondsey Methodist Church, Bermondsey Street, SE1 3UJ (Fridays 1:00pm – 3:00pm)

Social, Community and Events

ELEPHANT PARK – Elephant Road, Elephant & Castle, Southwark, London SE17 1UB

Web: www.elephantpark.co.uk

24 hours, 7 days a week

Free to the public, Elephant Park offers an inner-city community green space to explore, walk, relax, and attend events. Free-to-attend events include Latin Folk festivals, guided park tours, carnivals, art exhibitions, theatre, and more. The website address offers times and dates of all upcoming events.

SOUTHWARK LIBRARIES

Web: <https://www.southwark.gov.uk/libraries>

You do not need to be a member to enter and spend time in a Southwark Library. Southwark Libraries are open and free to anyone, regardless of where you currently live or where you were born. You can also attend many free events by navigating the web address above. Examples include: Drawing clubs, History clubs, Poetry, Culture and Heritage events, Art clubs, and Health and Wellbeing events.

Becoming a full member allows the use of online services (eBooks) and the borrowing of physical items (temporary or home address required).

Libraries:

- There are **12** Libraries currently open in Southwark (go to web address for full location and contact information).

Leisure and Exercise

SOUTHWARK COUNCIL LEISURE CENTRES

Tel: 020 7525 2000

Web: <https://www.southwark.gov.uk/leisure-and-sport>

All centres have the same opening and closing times. Free access includes: all day Fridays, and 2:00pm – closing time on Saturdays and Sundays. Disabled residents have free access 7 days a week.

Residents of Southwark can use swimming and gym facilities for free in all of the council leisure centres.

Adults aged over 60 years can take part in any Silver sessions free throughout the week. To register, visit the web address or fill out an application form at a local centre. Registration requires proof of identification and a home address. Gym access requires an induction appointment. Residents may also be referred by their GP or other medical experts through the exercise referral scheme.

Leisure centres:

- **Camberwell Leisure Centre:** Artichoke Pl, Camberwell Church St, London SE5 8TS (Tel: 020 7703 3024)
- **The Castle Centre:** 2 St Gabriel Walk, Elephant & Castle, London SE1 6FG (Tel: 0333 005 0411)
- **Dulwich Leisure Centre:** 2B Crystal Palace Road, London SE22 9HB (Tel: 020 8693 1833)

- **Peckham Pulse Leisure Centre:** 10 Melon Road, London SE15 5QN (Tel: 020 7708 6200)
- **Seven Islands Leisure Centre:** 100 Lower Road, London SE16 2TU (Tel: 020 7237 3296)
- **Surrey Docks Fitness & Water Sports Centre:** Rope St, London SE16 7SX (Tel: 0333 005 0409)
- **Southwark Athletics Centre:** Hawkstone Road, Southwark Park, London SE16 2PE (Tel: 020 7735 3294)

OUTDOOR GYM FACILITIES

Tel: 01795 373 301

Web: <https://www.tgogc.com/find-a-gym>

Many open spaces and parks across London offer free use of outdoor gym equipment; great if you enjoy exercising outdoors in the fresh air (as well as meeting and training with other outdoor gym goers). You can find your nearest Southwark outdoor gym area from The Great Outdoor Gym Company (web address above).

- www.tgogc.com reports 23 locations within the borough of Southwark with outdoor gym facilities.

If any information provided here is incorrect or has changed, please contact Mildmay Mission Hospital (details at the bottom of this page) and let us know.