



Discharged Patient Guide: Free Food in London



Image credit: Farhad Ibrahimzade

In 2020, Mildmay Mission Hospital began new homeless services with the introduction of the Step-Down Homeless Medical Care Pathway

Discharged Patient Guide:

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

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

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

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/
- Food Cycle serve up around 53 weekly meals in the UK, to find a meal near you, search online at: 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
- For more help & advice contact Shelter by phoning the helpline 0808 800 4444 or visiting the website: england.shelter.org.uk/get_help

About Mildmay Mission Hospital

Mildmay is a charitable hospital based in East London. Our hospital provides structured pathways of rehabilitation, treatment, services, and care for people with complex and severe HIV-related health conditions, including HIV-associated brain impairment.

In 2020, Mildmay began the first of our ground-breaking new services for people who are homeless or rough-sleeping and recuperating from illness or injury, providing step-down, rehabilitative healthcare. We also became London's primary COVID-Care Centre for this cohort and for step-down HIV patients.

2022 saw the launch of our REBUILD Pathway, which provides post-detox, stabilisation-based intermediate residential rehabilitation care to patients who are homeless.

To find out more about Mildmay: mildmay.org and mildmay.nhs.uk

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

Life in all its fullness for
everyone in Mildmay's care



Mildmay Mission Hospital

19 Tabernacle Gardens
London
E2 7DZ

T: 020 7613 6300
E: info@mildmay.org
W: mildmay.nhs.uk & mildmay.org