



# Community Hot Meals



Running over the winter period from October 2025 to March 2026, the Newham Food Alliance partners are not only offering a hot meal but support, guidance and signposting to other services including, debt and benefits, employment and mental wellbeing.

Take part in free activities designed to improve both your mental and physical well-being. Join sessions like yoga, board games, music, arts and activities for children.

Your community is here to support you! Funded by UK Government.

Key



Vegan



Vegetarian



Halal

Example dishes are included in each organisation's description.

## Stratford

### Sphere Support



**Tuesdays and Thursdays**  
10am-12pm and 1-3.30pm  
**Fridays, 10am-12pm and 5-7pm**  
Unit, 2, Gerry Raffle Square, E15 1BG

#### What we can help with

Help and advice about financial management (debt advice, money management), employment and CV support, pathways into education, and emotional well-being.

#### Hot and cold food available

Chicken and vegetable stew with brown rice, lentil and chickpea curry with wholemeal chapati, and baked salmon with roasted sweet potatoes and steamed vegetables.

#### For more information:

✉ [info@spheresupport.org.uk](mailto:info@spheresupport.org.uk)  
☎ 07961 510055

### Carpenters and Docklands



**Monday-Friday, 9.30-11.30am**  
**Tuesday and Thursdays are for rough sleepers only**  
98 Gibbins Road, E15 2HU

#### What we can help with

- Help and advice about health and wellbeing, including mental health, loneliness, homelessness, and family support.
- Access to showers, clean towels, clothing, and a charging station for devices such as laptops and mobile phones. Laptops available for anyone to use in the café.

#### Hot and cold food available

Breakfast – porridge, cereals, toasted brown bread, egg rolls, fruit  
Lunch - sandwiches, pasta, lentil curries, soup, rice and more.

#### For more information:

✉ [samantha.white@docklandsettlements.org.uk](mailto:samantha.white@docklandsettlements.org.uk)  
☎ 020 8534 4121

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## Subco Trust

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Monday, 11am-1pm

Tuesday, 3-5pm

Wednesday, 11am-1pm

Thursday, 3-5pm

107-109 The Grove, E15 1HP

### What we can help with

- Help and advice about welfare rights, housing, and adult social care, plus form-filling support.
- Access to exercise, drama, music, arts and crafts.

### Hot and cold food available

Rice with lentils and salad, vegetable pasta salad with fruit, rice with chicken or fish, and yoghurt.

### To sign up

✉ [admin@subcotrust.org.uk](mailto:admin@subcotrust.org.uk)

☎ 020 8548 0070

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## East Ham/Beckton

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### Bonny Downs Community Association

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Tuesday, 11am-12.30pm

Wednesday, 11am-1pm

Thursday, 10.30am-12.30pm

The WELLcome Hub, 35 Vicarage Lane,  
E6 6DQ

### What we can help with

- Help and advice about debt, benefits, housing, and immigration.
- Access to ESOL classes, budgeting workshops, domestic violence support, family navigation, energy advice, clothes bank, gardening, toddler groups, and exercise classes.

### Hot and cold food available

Falafel with couscous and yoghurt, warm panini sandwiches, pasta bake, jacket potatoes with beans or tuna, chickpea or lentil curry with rice, and chilli with brown rice or wraps. Fresh salad and fruit always available.

### To sign up

✉ [support@bonnydowns.org](mailto:support@bonnydowns.org)

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## Nutrition Kitchen

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Tuesday, 9.30am-2.30pm

East Ham Leisure Centre, 324 Barking  
Road, E6 2RT

### What we can help with

- Help and advice about weight management, healthy eating, physical activity, money advice, breastfeeding support, and family navigation.
- Access to a kitchen to cook on site when booked, food bank.

### Hot food available

Butternut squash and chickpea curry with rice, mixed bean chilli, dhal and rice, biryani, vegetable stew, paneer curry, and spicy lentil soup. Fresh fruit and hot drinks provided.

### For more information:

☎ 07526 580621 or 020 3793 5049



## NEWway



Please contact organisation for opening days and times

**Bobby Moore Sports Pavilion,  
118 Napier Road, E6 2SG**

### What we can help with

We can only support single adults with local connection to Newham who are rough sleeping.

### To sign up

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

☎ 0300 1024479

## E6 Sisters



**Term time: Fridays, 3-6pm**

**School holidays: Fridays, 9am-12pm  
Central Park Primary School Hub,  
Thackeray Road, E6 3DW**

### What we can help with

- Help and advice about wellbeing, digital skills, and family support.
- Access to parenting workshops, health checks, and a family friendly environment.

### Hot and cold food available

Chicken and vegetable stir-fry with brown rice, lentil and sweet potato curry with wholegrain rice, baked salmon with roasted vegetables and new potatoes, fresh fruit and salad.

### To sign up

✉ [E6Sisters@gmail.com](mailto:E6Sisters@gmail.com)

🏠 [e6sisters.co.uk](http://e6sisters.co.uk)

## The 5es Development



**Tuesday and Friday**

**10.30am-1.30pm**

**Beckton Community Centre,  
14 East Ham Manor Way, E6 5NG**

### What we can help with

- Help and advice about wellbeing, employment, digital and financial skills.
- Access to wellness sessions such as art therapy, themed cooking classes, energy advice, and training opportunities.

### Hot food available

Vegetable biryani with seasoned chicken drumsticks, injera with spiced lentils and optional chicken stew, and winter vegetable soup with wholemeal rolls. Fresh salad, fruit, and warm drinks available.

### For more information:

✉ [the5esdevelopment@gmail.com](mailto:the5esdevelopment@gmail.com)

☎ 07949 304336 (text or Whatsapp)

# Forest Gate

## Hope 4 Humanity



**Hot Meals Take Away**

**Saturday, 2-4pm**

**372 Katherine Road E7 8NW**

**Indoor seated hot meals**

**Sunday, 1.30-3.30pm**

**Katherine Road Community Centre,**

**254 Katherine Road, E7 8PW**


### What we can help with

- Help and advice about benefits, debt, housing and homelessness, domestic violence, mental health, and family or immigration law.
- Access to digital literacy workshops, wellbeing and parenting sessions, and health checks.

### Hot and cold food available

Chicken and vegetable curry with brown rice, lentil shepherd's pie with steamed vegetables, grilled fish with couscous and salad, plus fresh fruit platters.

### To sign up

 [hope4humanity.org.uk/warmhavens](https://hope4humanity.org.uk/warmhavens)

 **020 8127 6290**

# Custom House

## Ascension Community Trust



**Tuesday, 12-2pm**

**Thursday, 11am-1pm**

**Ascension Church Centre, Baxter Road,  
E16 3HJ**

### What we can help with

Help and advice with ESOL, debt, housing and benefits, plus creative and wellbeing activities including art groups, board games, and a sensory space.

### Hot and cold food available

Lentil and vegetable stew with brown rice and green salad, fresh fruit salad. Chickpea and spinach curry with chapatti or brown rice, vegetable raita, melon with ginger. Quorn mince shepherd's pie.

### To sign up

 [kate@ascensioncommunitytrust.org](mailto:kate@ascensioncommunitytrust.org)

 **07518 511877**



# Silvertown

## West Silvertown Foundation

**Please contact organisation for days and times**

Britannia Village Hall, 65 Evelyn Road, E16 1TU

### What we can help with

- This is a cook yourself programme where residents can cook their own meals. You must sign up in advance.
- Help and advice with form filling, debt, housing and benefits.
- Access to ESOL classes, energy vouchers, SIM cards, digital help with forms and applications, and monthly social events.

### Hot and cold food available

Residents can sign up to cook their own meals and choose their own ingredients.

### To sign up

✉ [natalie@wsfroyaldocks.org](mailto:natalie@wsfroyaldocks.org)  
☎ 07743 927218 (Whatsapp)

# Manor Park

## Revival House



**Saturday, 12-2pm**

**Starts 13 December**

**500 High Street North, E12 6QN**

### What we can help with

- Help and advice about housing, benefits, health, and women's wellbeing.
- Access to digital and form filling support.

### Hot and cold food available

English breakfast with eggs, beans, toast, and grilled vegetables, lentil and vegetable curry with brown rice, Mediterranean chickpea soup with bread rolls, salad, fruit.

### For more information:

✉ [joycem@reviveinitiatives.uk](mailto:joycem@reviveinitiatives.uk)  
☎ 07386 216525

## The Renewal Programme



**Wednesday, 12-1pm**

**Sunday, 6-7pm**

**395 High Street North, E12 6PG**

### What we can help with

- Help and advice about immigration, carers, young carers, and youth. Multilingual staff available.
- Access to ESOL and IT classes, referrals to food bank and pantry, chess club, gardening, and wellbeing activities.

### Hot and cold food available

Warm potato salad with pesto and vegetables, wholewheat vegetarian pasta, vegetarian pizza, chicken curry, plus mixed salads and seasonal fruit.

### For more information:

✉ [info@renewalprogramme.org.uk](mailto:info@renewalprogramme.org.uk)  
☎ 020 8471 6954



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## Malayalee Association of the UK

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**Friday, 6-9pm**

**Kerala House, 671 Romford Road,  
E12 5AD**

### What we can help with

- Help and advice with wellbeing, ESOL and digital inclusion.
- Access to yoga and mindfulness sessions, cultural activities, and digital literacy classes with free access to laptops and the Internet.

### Hot food available

Kerala-style meals: wholegrain rice with fish curry, boiled tapioca, vegetable thoran and moru curry, chapathi with spinach and lentil curry and beetroot raitha. Fresh fruit and salads.

### To sign up

✉ [info@mauk.org](mailto:info@mauk.org)  
☎ 07960 212334

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## Canning Town

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### Our Community Cares

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**Wednesday, 6-8pm**

**Friday, 11am-2pm**

**Memorial Community Church, 395  
Barking Rd, E13 8AL**

### What we can help with

Help and advice about health and wellbeing, welfare, digital skills.

### Hot food available

Chickpea and vegetable curry with brown rice, baked salmon with steamed

vegetables and potatoes, wholemeal chicken wraps with salad and fruit, lentil and vegetable stew with wholemeal bread, jollof rice with grilled chicken, and vegetable stir-fry with tofu and noodles.

### For more information:

- ✉ [Rosea@ourcommunitycares.info](mailto:Rosea@ourcommunitycares.info)
- ✉ [Ranie.goolcharan@originhousing.org.uk](mailto:Ranie.goolcharan@originhousing.org.uk)
- ✉ [Isatousesay60@outlook.com](mailto:Isatousesay60@outlook.com)

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## Newham Community Project

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**Monday and Wednesday, 1-6pm**

**Ascot Community Centre, Star Lane,  
E16 4PR**

### What we can help with

- Help and advice about mental wellbeing, debt, benefits, housing, and employment. Bilingual facilitators available.
- Access to wellbeing and listening spaces, ESOL, and digital skills micro-sessions.

### Hot food available

Grilled chicken with brown rice and mixed vegetables, lentil soup, baked salmon with couscous and salad, jollof rice with chicken or kidney bean stew, plus fresh fruit and yoghurt.

### For more information:

- ✉ [projects@newhamcommunityproject.org](mailto:projects@newhamcommunityproject.org)
- ☎ 07535 652755

