

# Community Meals in Warm Havens



**Find a place to stay warm and have something to eat as the months get colder.**

The community warm havens not only offer 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!

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## Sphere Support

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Every Tuesday/Thursday/Friday  
10am-4pm  
Gerry Raffles, Square, E15 1BG

### What we can help with

Help and advice are available for living costs, immigration, the supply of milk for children to drink, and information on where to find and get food from food banks or food clubs.

Activities include embroidery, jewellery making, line dancing and more.

### Hot food available

Chicken noodle soup, rice and chicken, fruit salad and more

### To sign up

✉ [nicole.bello@spheresupport.org.uk](mailto:nicole.bello@spheresupport.org.uk)

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## Carpenters and Docklands

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Every Monday/Wednesday/Friday  
9am-1pm  
98 Gibbins Road, E15 2HU

### What we can help with

Help and advice about health and wellbeing.

Access to showers, shower gels, razors, shampoos, clean towels, acupuncture, internet, charging devices such as laptops and mobile phones.

### Hot and cold food available

Breakfast – porridge, egg on toast, cereal and more  
Lunch – soup, sandwiches, pasta, lentil curries, rice and more

### To sign up

✉ [samantha.white@docklandsettlements.org.uk](mailto:samantha.white@docklandsettlements.org.uk)

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## Highway Vineyard Church

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Every Tuesday  
11.30am-3pm  
Highway Vineyard Church, 88a Romford Road, E15 4EH

### What we can help with

Help and advice with immigration. Access to free WiFi, games, puzzles, English conversational classes, Youth Clubs where you can get backpacks, stationary, phones and laptops, and Baby Banks that have nappies, wipes, toys, clothes and more.

### Hot food available

Chicken, vegetable curry, rice, yogurt, fresh fruit and vegetables.

### To sign up

✉ [lunch@highwayvineyard.org](mailto:lunch@highwayvineyard.org)

# East Ham/Beckton

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## Bonny Downs Community Association

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### Food Banks:

Every Wednesday, 11.30am-2pm  
The Well, 49 Vicarage Lane, E6 6DQ

### Family Hub:

Every Thursday, 9am-12noon  
Bonny Downs Church Hall, 18 Darwell Close, East Ham, E6 6BT

### What we can help with

Help and support with debt, household money managing, benefits, energy, help with applications, housing and support for over 65s.

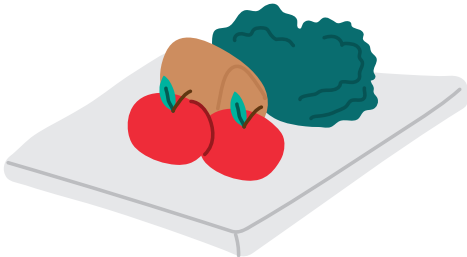
Access to Family Hub for migrant mothers, toddler groups, exercises, Youth Clubs, community gardening, free WiFi, books and hot drinks.

### Hot food available

Soups, pasta and more

### To sign up

 [bonnydowns.org](http://bonnydowns.org)



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## Nutrition Kitchen

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Every Friday

9am-1pm

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

### What we can help with

Access to a kitchen to cook on site when booked, washing of laundry, food parcels and classes on diet and exercise.

### To sign up

 [sandeep@nutrition-kitchen.co.uk](mailto:sandeep@nutrition-kitchen.co.uk)  
 07931 786697

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## The 5es

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Every Monday/Wednesday/Friday  
218 Tollgate Road, E6 5YA

### What we can help with

Help and support with debt, activities for your health and wellbeing and someone to talk to.

Access to Library services and community sit down meal for Christmas.

### Hot food available

Soups, jollof rice, jerk chicken rice and peas, fresh vegetables and more

### To sign up

Ask the family hub, local school or GP surgery

# Forest Gate/Plaistow

## Hope 4 Humanity

Every Sunday

5-7pm

Community Centre, 254 Katherine Road,  
E7 8PN

### What we can help with

Help and advice on health and well-being such as Diabetes, living costs and helping women with their careers.

Access to exercises, Yoga, Zumba, board games and musical activities.

### Hot food available

Jacket potato, roast chicken, Quorn fillet and more

### To sign up

 [hope4humanity.org.uk](http://hope4humanity.org.uk)  
 020 8127 6290

## Subco Trust

Tuesdays and Wednesdays

(contact to confirm times)

49 Plashet Road, E13 0QA

### What we can help with

Help and support with welfare rights, housing, Adult Social Care (carers) and form filling. Staff who speak South Asian languages such as Bengali, Urdu, Hindi are available.

Access to exercise, digital skills learning, drama, musical activities, arts and crafts.

### Hot food available

Fish, chicken, vegetable, lentil curries, rice and salad

### To sign up

 020 8648 0070

 [info@subcotrust.org.uk](mailto:info@subcotrust.org.uk)

 [services.thejoyapp.com/en/listings/5558-services-for-asian-elders-and-carers-in-newham](http://services.thejoyapp.com/en/listings/5558-services-for-asian-elders-and-carers-in-newham)



# Custom House/North Woolwich

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## Ascension Trust

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Every Tuesday

10am-2pm

Ascension Church Centre, Baxter Road,  
E16 3HJ

### What we can help with

Access to gardening, activities for children, Food Bank, free Pilate's class at 10am-11am, coffee mornings, toys and board games for children and adults.

### Hot food available

Lasagne, chickpea curry, tortilla, rice, salad and more

### To sign up

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

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## Royal Docks Learning & Activity Centre

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Every Monday-Thursday

10am-2pm (additional timing for  
Thursday 6-8pm)

Albert Road, E16 2JB

### What we can help with

Help and advice with benefits, jobs and careers, access to computers, arts, places with sofas, library, Food Bank and Food Club.

### Hot and cold food available

Meat stews, casseroles, chicken, fish, vegetable curries, pasta and more

### To sign up

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



# Manor Park

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## Revival House

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Every Saturday  
10am-1pm  
500 High Street North, E12 6QN

### What we can help with

Help and advice with basic needs such as food and toiletries such as soap, shower gel, immigration advice and more from other teams. Access to activities board games such as Ludo and musical activities.

### Hot food available

Sausages, beans, eggs, soup and more

### To sign up

 07799 264234 (or text)

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## Malayalee Association of the UK

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Every Thursday, 10am-2pm  
Kerala House, 671 Romford Road, E12 5AD



### What we can help with

Access to Yoga classes, games & activities for the family, Homework Club for children, karaoke, spoken English classes for adults and a place where adults can talk to someone.

### Hot and cold food available

Fish, lentils, spinach curries, rice, chapatti and more

### To sign up

 07960 212334  
 [sreejith@mauk.org](mailto:sreejith@mauk.org)

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## The Renewal Programme

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Every Tuesday and Friday, 11am-1.30pm  
Every Wednesday, 12.30-2.30pm  
395 High Street North, E12 6PG

### What we can help with

Help and advice on energy, jobs and careers, immigration and young careers youth. Access to ESOL & IT classes and hot meals on Tuesdays and Fridays.

### Hot food available

Pasta, pizza, warm salad, rice and more

### To sign up

 [info@renewalprogramme.org.uk](mailto:info@renewalprogramme.org.uk)  
with the subject 'Community Hot Meals'

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## Highway Vineyard Church

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Every Friday, 12.30-3pm  
77 Gainsborough Avenue, E12 6JJ

### What we can help with

Help and advice on money problems, debt, loans, benefits and a place to talk to someone about mental health and more. Access to free WiFi, puzzles and games.

### Hot food available

Chicken, vegetable curries, rice and more

### To sign up

 [lunch@highwayvineyard.org](mailto:lunch@highwayvineyard.org)

# Canning Town

## Newham Community Project

Every Sunday

2-6pm

Ascot Community Centre, Star Lane

E16 4PR

### What we can help with

- Help and advice with immigration issues
- Help with completing forms
- Help with Accommodation issues
- Help with Job applications
- Food bank and baby bank

### Hot food available

Hot meals which include veg and non-veg

### To sign up

☎ 07876 506815

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



