



Community Hot Meals



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.

Stratford

Sphere Support

Please contact organisation for opening days and times

Unit, 2, Gerry Raffel Square, E15 1BG

What we can help with

Help and advice about financial management, health and nutrition education, and emotional well-being.

Hot and cold food available

Porridge, scrambled eggs, Greek yoghurt with granola, chicken, brown rice, vegetables, vegetable and lentil curry

To sign up

✉ info@spheresupport.org.uk

Carpenters and Docklands

Every Monday/Wednesday/Friday

9.30am-1pm

98 Gibbins Road, E15 2HU

What we can help with

- Help and advice about health and wellbeing, including mental health and loneliness.
- Access to showers, clean towels, clothes, laundry, TV and charging station for devices such as laptops and mobile phones. Laptops available for anyone to use in the cafe.

Hot and cold food available

Breakfast – porridge, cereals, toasted brown bread, egg rolls, fruit

Lunch - sandwiches, pasta, lentil curries, soup, rice and more

To sign up

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

docklandsettlements.org.uk

☎ 020 8534 4121

Highway Vineyard Church

Every Tuesday

12-1.30pm

Warm Haven with wrap around activities 10am-3pm

Highway Vineyard Church, 88a Romford Road, E15 4EH

What we can help with

Help and advice with immigration. Access to English class and Baby Banks.

Hot food available

Vegetable curry, rice, Shepherd's pie with vegetables, chicken and jollof rice

To sign up

✉ foodbank@highwayvineyard.org

☎ 020 8534 4019

Subco Trust

Every Monday, 11am-1pm
Every Tuesday, 12-2pm
Every Wednesday, 11am-1pm
Every Thursday, 5.30-7pm
(starts January 2025)
107-109 The Grove, E15 1HP

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 activities such as exercise, digital skills learning, drama, music, arts and crafts, and more.

Hot and cold food available

Vegetable pasta salad, rice and chicken, lentils and salad, fruit

To sign up

✉ info@subcotrust.org.uk
☎ 020 8548 0070

East Ham/Beckton

Bonny Downs Community Association

Every Tuesday, 10.30am-12.30pm
Every Wednesday, 11am-1pm
Every Thursday, 9.30am-1pm
The WELLcome Hub, 35 Vicarage Lane,
East Ham, E6 6DQ

What we can help with

- Help and support with money and debt, ESOL, immigration advice.
- Access to Family Hub, clothes bank, community garden, toddler groups, elders coffee morning, youth club and inclusive exercise classes.

Hot and cold food available

Falafel and couscous, chicken and tuna sandwiches, pasta bake, chickpea and lentil curry, salad and fruits

To sign up

✉ support@bonnydowns.org



Nutrition Kitchen

Starts 7 January
Every Tuesday
10am-3pm
East Ham Leisure Centre, 324 Barking
Road, E6 2RT

What we can help with

Access to a kitchen to cook on site when booked, cooking classes, classes on weight management, diet, and exercise.

Hot food available

Mixed vegetable curry, dhal and rice, biryani, vegetable stew

To sign up

✉ referrals@nutrition-kitchen.co.uk or
sandeep@nutrition-kitchen.co.uk
☎ 020 3793 5049

The 5es

Please contact organisation for opening
days and times
218 Tollgate Road, E6 5YA

What we can help with

Help and advice about employment, money, digital skills. Access to family navigators.

Hot food available

Vegetable curries, rice, chapati, chicken, vegetable soup

To sign up

✉ the5esdevelopment@gmail.com

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

☎ 0300 1024479

E6 Sisters

Starts 17 January
Term time: Fridays, 3-6pm
School holidays: Fridays, 10am-3pm
Central Park Primary School Hub,
Central Park Road, E6 3WD

What we can help with

Help and advice about money, debt, and mental wellbeing. Access to English class and digital skills class.

Hot and cold food available

Vegetable and lentil curry, brown rice, grilled chicken wrap, salad, hummus, pasta primavera

To sign up

✉ E6Sisters@gmail.com
☎ 07852 315020

Forest Gate/ Plaistow

Hope 4 Humanity

Hot Meals Take Away

Every Saturday, starts 28 December
2.30-4.30pm

372 Katherine Road E7 8NW

Indoor seated hot meals

Every Sunday, starts 29 December
4.30-6.30pm

Katherine Road Community Centre
254 Katherine Road, E7 8PN

What we can help with

Help and advice about health and well-being, benefits, debt, housing, immigration.

Katherine Road Community Centre:
Access to exercises, Yoga, Zumba, board games and musical activities.

Hot and cold food available

Roast chicken and potatoes, tofu, haddock grill, tomato pasta bake, salad, fruits

To sign up

 [hope4humanity.org.uk/warm havens](https://hope4humanity.org.uk/warm-havens)
 020 8127 6290



UKIM Masjid Ibrahim

Every Monday, Wednesday, Thursday
5-6pm

721-723 Barking Road, E13 9EU

What we can help with

Access to free legal services and free rental advice surgeries.

Hot and cold food available

Mixed vegetable curry with rice, lamb and chicken curry, salad, fruits

To sign up

 info@masjidibrahim.co.uk
 07415 692744

Custom House/ North Woolwich

Ascension Community Trust

Every Tuesday

11am-2pm

Baxter Road, E16 3HJ

What we can help with

Access to food bank, advice services, English class, Persian dance group, inclusive art group, afterschool club for children, toys for toddlers, and board games for adults.

Hot and cold food available

Lasagne, chickpea curry, vegetable soup, pasta bake, chilli con carne, salad, bannoffee pie, fruits

To sign up

 beccarogers1982@gmail.com
 020 7511 1232

St John's Community Centre

Starts 6 January
Every Monday-Thursday
11am-12.30pm
Albert Road, E16 2JB

What we can help with

Help and advice with benefits, employment, digital skills.

Access to wellbeing classes and hub, community literacy club, activities for older people such as bingo, chatty cafe, chair based exercise class.

Hot and cold food available

Vegetable and meat stews, casseroles, pasta, chicken, squash or chickpea curries, rice and vegetables

To sign up

✉ glynis@stjohnsparish.uk
☎ 07752 483446
(between 10am-1.30pm)

West Silvertown Foundation

Starts 7 January
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 about employment, form filling, debt, housing and benefits. Access to a kitchen to cook your own

meals, English classes, family activities, and youth programmes.

Hot and cold food available

Households cook their own meals. Example of ingredients provided: wholewheat pasta, rice, fresh vegetables, meat, fish, cooking oil

To sign up

✉ nida@wsfroyaldocks.org
☎ 07519 953455

Manor Park

Revival House Church

Every Saturday
11am-1pm
500 High Street North, E12 6QN

What we can help with

Help and advice with form filling, money and debt, benefits, housing, adult social care, accessing the NHS.

Hot and cold food available

Halal sausage, scrambled eggs, baked beans, lentil and vegetable curry, brown rice, fruits

To sign up

✉ joycem@reviveinitiatives.uk
☎ 07386 216525

The Renewal Programme

Every Wednesday, 12-2pm
395 High Street North, E12 6PG

What we can help with

- Help and advice about energy, jobs and careers, immigration, young careers and youth.
- Access to ESOL & IT classes, referrals to food bank and food pantry, chess, gardening, crochet and carpentry clubs, arts and crafts activities in the Manor Park Oasis.

Hot and cold food available

Vegetarian pasta and pizza, salad, rice with kidney beans, chicken curry, coleslaw

To sign up

✉ info@renewalprogramme.org.uk
☎ 020 8471 6954

Highway Vineyard Church

Every Friday, 12-1.30pm
Wrap around activities 10am-3pm
77 Gainsborough Avenue, E12 6JJ

What we can help with

Help and advice with cost of living support, benefits, digital literacy skills, immigration. Access to English class, vitamin D for over 60s.

Hot food available

Vegetable curry, rice, Shepherd's pie with vegetables, chicken and jollof rice

To sign up

✉ foodbank@highwayvineyard.org
☎ 020 8534 4019

Canning Town

Newham Community Project

Starts 29 December

Every Wednesday, 5-8pm

Alternate between Saturdays and

Sundays, 2-5pm (Sun 29 Dec, then Sat 4 Jan, then Sun 12 Jan, etc.)

Ascot Community Centre,
121-123 Star Lane, E16 4PR

What we can help with

Help and advice with money, employment, mental wellbeing.

Access to activities for children and life skills classes with bilingual facilitators.

Hot food available

Lentil curry and lamb korma, chicken pilau with mixed vegetable curry, spinach and paneer curry

To sign up

✉ projects@newhamcommunityproject.org
☎ 07535 652755



