

Emergency & Crisis Directory

The Healthwatch Newham guide to local emergency and crisis services.

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This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  www.healthwatchnewham.co.uk/onlinedirectory/ or call  020 3866 2969.

Alternatives Trust East London - Free Food or Meals

Forrest House
63 Cumberland Road
London
E13 8AB

Food Bank

020 7476 8215
julia@altel.org.uk

Profile:

For anyone, including those with no recourse to public funding. We aim for fairness - we are aware that some people's need is greater than others.

Open Monday to Friday 9:30-1pm. Drop-in available, but it is much better to make an appointment as people may have to wait and come back later.

Carpenters Café - Dry Food Packs

Carpenters TMO Community Hall
17 Doran Walk
London
E15 2JL

Food Bank

020 8522 0840
carpenterscafe@yahoo.co.uk

Profile:

May be accessed by anyone, including those with no recourse to public funding. Open Tuesdays 10am-12pm.

Garden Community Café - Free Food & Meals

Garden Community Café
7 Cundy Road
London
E16 3DJ

Food Bank

020 7474 5257
gardencommunitycafe@gmail.com

Profile:

For anyone, including those with no recourse to public funding. If people are unable to pay for food they can claim for free.

Open Monday to Friday 8am to 3.30pm (just turn up).

Helping Hands (Free Sandwiches)

The House of Divine Compassion
42 Balaam Street
London
E13 1BB

Food Bank

020 7474 1122
verawhite@hotmail.co.uk

Profile:

For anyone. We help as far as possible with food on a daily basis but if we run out we have to turn people away.

Open Monday to Friday 9.30am-5.30pm. Limited Saturday and Sunday. Best to just turn up.

Newham Food Bank

Food Bank

020 7474 3060
info@newham.foodbank.org.uk

Food is donated by schools, churches, businesses, individuals, or through supermarket collections. Food is sorted and stored at the warehouse in Beckton, then taken to foodbank centres, where it is made up into food parcels.

There are three distribution centres in Newham where vouchers can be redeemed:

St Mark's Centre, Beckton (Fridays 7-9pm), St Paul's Church, Stratford (Tuesday 9-11am), Bonny Downs Baptist Church, East Ham (Wednesday 12-2pm)

At the foodbank centres volunteers offer befriending, advocacy and signposting as well as food.

People can only collect food if they have a foodbank voucher. Frontline professionals identify people in need or in crisis and help them to access a voucher.

The Renewal Programme - Free Food Supplies

66b Sebert Road
London
E7 0NJ

Food Bank

020 8221 9200
shirley@renewalprogramme.org.uk

Profile:

For Newham residents who are refugees or migrants, including those with no recourse to public funding. Food stocks are limited so we give regular, fairly small amounts.

Open Monday to Friday 9.30am-4.30pm (appointment only).

24 Hour National Domestic Violence Helpline

Helpline

0808 2000 247

Profile:

If you are looking for support with a particular issue, or would just like to speak to someone, you may the Domestic Violence Helpline helpful.

It is available 24 hours a day and is run in partnership between Women's Aid and Refuge.

Samaritans

Helpline

08457 90 90 90

Profile:

Confidential and non-judgemental emotional support whenever you need someone to talk to. Available 24 hours a day, seven days a week.

Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.
Either way, we will do our best to help you get that result.

 020 3866 2969

 info@healthwatchnewham.co.uk

Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.
In order to assist us, please report any errors.

