

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!

Sphere Support

Every Tuesday/Thursday/Friday
10am-4pm
Gerry Raffles, Square, E15 1BG
Closed 26 and 28 December

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

Carpenters and Docklands

Every Monday/Wednesday/Friday
9am-1pm
98 Gibbins Road, E15 2HU
Closed 22 December to 4 January

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

Highway Vineyard Church

Every Tuesday
11.30am-3pm
Highway Vineyard Church, 88a Romford Road, E15 4EH
Closed 18 to 29 December

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

East Ham/Beckton

Bonny Downs Community Association

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
Closed 25 December to 5 January

What we can help with

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

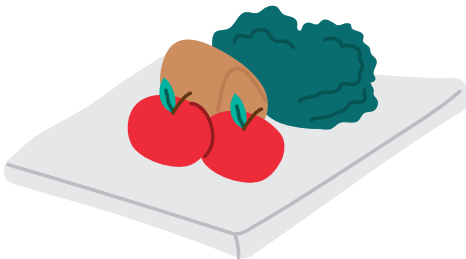
Access to Family Hub for migrant mothers, toddler groups, exercises, Youth Clubs, community gardening, free WiFi, books and hot drinks.

Hot food available

Soups, pasta and more

To sign up

 bonnydowns.org



Nutrition Kitchen

Every Friday

9am-1pm

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

Closed 22 December

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
 07931 786697

The 5es

Every Monday/Wednesday/Friday

218 Tollgate Road, E6 5YA

**Closed 18 December to 5 January (open
on 22 December)**

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

Closed 24 to 31 December

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
 020 8127 6290

Subco Trust

Tuesdays and Wednesdays

(contact to confirm times)

49 Plashet Road, E13 0QA

Closed 25 to 29 December

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

 [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

Ascension Trust

Every Tuesday

10am-2pm

Ascension Church Centre, Baxter Road,
E16 3HJ

Closed 18 December to 8 January

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

Royal Docks Learning & Activity Centre

Every Monday-Thursday

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

Albert Road, E16 2JB

Closed 25 December to 1 January

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



Manor Park

Revival House

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)

Malayalee Association of the UK

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

The Renewal Programme

Every Tuesday and Friday, 11am-1.30pm
Every Wednesday, 12.30-2.30pm
395 High Street North, E12 6PG
Closed 21 December to 9 January

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
with the subject 'Community Hot Meals'

Highway Vineyard Church

Every Friday, 12.30-3pm
77 Gainsborough Avenue, E12 6JJ
Closed 18-29 December

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

Canning Town

Newham Community Project

Every Sunday

2-6pm

Ascot Community Centre, Star Lane

E16 4PR

Closed 24 and 30 December

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



