

# Coin Street Youth and Community Programmes

## Food Banks and Essential Resources List

| Local Services   | Number/ Email  | Area                  | Criteria   |
|--|--|-----------------------|--|
| <b>Food Banks</b>  |  |                       |  |
| <a href="#"><u>Time and Talents Food Hub</u></a>                       | 020 7231 7845 – Email <a href="#">here</a> .                 | Bermondsey            | For families and individuals in SE16 who are struggling financially and need support to get the food they need.  |
| <a href="#"><u>Waterloo Foodbank</u></a>                               | -  | Waterloo              | Emergency food for people experiencing crisis. This is a referral service.   |
| <a href="#"><u>On Hand</u></a>   | 0203 488 2912 – Email <a href="#">here</a> .                 | Southwark and Lambeth | Befriending service and support running errands and collecting shopping. The service is free for Lambeth residents, but a contribution is required from Southwark residents. |
| <a href="#"><u>Living Bankside</u></a>                                 | 020 3865 7082 – Email <a href="#">here</a> .                 | Southwark             | Food and medicine deliveries and advice on immigration, housing and benefits for residents in North Southwark.   |
| <a href="#"><u>City Hope Church</u></a>                                | 020 7993 3934 – Email <a href="#">here</a> .                 | Bermondsey            | Emergency food and debt advice for people experiencing crisis in Bermondsey area   |
| <a href="#"><u>Pecan</u></a>   | 0207 7320 007 – Email <a href="#">here</a> .                 | Peckham               | Emergency food for people experiencing crisis in Peckham area.   |
| <b>Advice</b>  |  |                       |  |
| <a href="#"><u>Oasis Debt Advice</u></a>                               | 020 7921 4205 – Email <a href="#">here</a> .                 | Waterloo              | An independent debt advice service that exists to help anyone struggling with unmanageable debt, whatever the cause.   |
| <a href="#"><u>Waterloo Action Centre- Welfare Benefits advice</u></a> | 0207 261 1404 – Email <a href="#">here</a> .                 | Waterloo              | This project helps people with disabilities or people over 65 who are Lambeth or Southwark-SE1 residents.  |
| <a href="#"><u>Waterloo Action Centre- Computer support</u></a>        | 0207 261 1404 – Email <a href="#">here</a> .                 | Waterloo              | Sessions for older Lambeth residents and people with disabilities to get help with computers/ tablets/ smartphones. Including sessions on how to use Zoom.                   |
| <a href="#"><u>Waterloo Action Centre - Legal advice service</u></a>   | 0207 261 1404 -Email <a href="#">here</a> .                  | Waterloo              | Urgent advice on legal matters.  |
| <b>Mental Health Support</b>   |  |                       |  |
| <a href="#"><u>Blackfriars Settlement</u></a>                          | 07716 459 314 - 07716 458 577 – Email <a href="#">here</a> . | Waterloo              | A mental health support service that helps residents be active and stay connected. A legal advice service is also available  |
| <a href="#"><u>Southwark SLAM</u></a>                                  | 0203 2282 194  |                       | Talking therapy services for people registered with a Southwark GP   |

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|--------------------------------------|--|------------------|--|
| <a href="#">The NEST Southwark</a>   | 020 8138 1805 (freephone) – Email <a href="#">here</a> . | Southwark        | The Nest provides young people and families non-clinical intervention offers youth work, person-centred counselling, psychological wellbeing practices and traditional talking therapies via 1:1 sessions, group work, virtual resources and peer mentoring. |
| <b>Housing advice</b>                |  |                  |  |
| <a href="#">Manner Day Centre</a>    | 0207 357 9363 – Email <a href="#">here</a> .             | Bermondsey       | Advice, food service and support for people experiencing housing insecurity.   |
| <b>Funding</b>                       |  |                  |  |
| <a href="#">St Olaves Foundation</a> | 0207 401 2871 - Email <a href="#">here</a> .             | Southwark        | For young people living in Southwark who need financial support with academic resources  |
| <a href="#">The Buttle Trust</a>     | 020 7828 7311  |                  | Small grants for young people and families in crisis.  |
| <a href="#">Hardship Fund</a>        | -  |                  | Fund for families experiencing hardship.   |
| <a href="#">Turn2us</a>              |  | Various Boroughs | Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through partner organisations.  |
| <b>Other Links and Support</b>       |  |                  |  |
| <a href="#">The Silver Line</a>      | 0800 470 8090 – Email <a href="#">here</a> .             | Various Boroughs | A helpline for older people  |
| <a href="#">Lambeth Larder</a>       | -  | Lambeth          | Multiple sources of support in the Lambeth borough   |
| <a href="#">Little Village</a>       | Email <a href="#">here</a> .                             | Various Boroughs | A service that provides toys, clothes, nappies and resources for children  |

**If you have a child, you can also ask their school about any support service available.**