



KINGSTON COMMUNITY FOOD

The KVA Good Food Group is a partnership of voluntary and community organisations seeking to provide both emergency response and a strategic approach to food insecurity in Kingston.

The group aims to make healthy food accessible to all, support community cooking classes, lunches, food growing and educational projects. If your organisation provides community food support please join here <https://tinyurl.com/mw4ac999>



EMERGENCY FOOD

Kingston Foodbank provide three days' nutritional emergency food to local people who are referred to them in crisis. They are part of a nationwide network of Foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

For up to date times and locations:

www.kingston.foodbank.org.uk



Save the World Club work from their new base in Southsea Rd Kingston to quickly redistribute fresh surplus food to organisations, families and individuals in need. www.savetheworldclub.org



Dons Local Action aim to help fight poverty and offer support. They provide food parcels, household goods, furniture and appliances. Social services, GPs, housing associations, schools and many other local organisations can refer individuals or families. They deliver to homes and organisations. <https://donslocalaction.org>





KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES, FRIDGES, CAFES AND LUNCHES

Monday - Kingston URC lunch, Korean Elders lunch, Surbiton Community Fridge, VoH Community Fridge

Tuesday - CREst lunch and food, Korean Elders lunch, Milaap lunch, Voices of Hope/KingsGate Church (women) lunch, Surbiton Community Fridge, Community Brain Kitchen Roots Community Lunch Surbiton, VoH Community Fridge

Wednesday - Korean Elders lunch, Migrant Advocacy lunch and food, Milaap lunch, MIND evening cafe, Rise lunch, Surbiton Community Fridge

Thursday - Kingston Pantry, Korean Elders lunch, Living Well Hub New Malden, Milaap lunch, MIND evening cafe, Moving on Together lunch, New Era Square 1 Cafe Hawker Centre Kingston, Surbiton Community Fridge, Vintage Banquet

Friday - , New Era Chessington Square 1 cafe (New Era), Korean Elders lunch, Surbiton Community Fridge, Tea and Treats (1x month) Kingston Environment Centre Community Fridge

Saturday - Kingston Environment Centre Square 1 cafe, Surbiton Community Fridge, St Mary's Food Pantry Chessington

Sunday - Surbiton Community Fridge

See below for more information, weblinks and timings.





KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES AND FRIDGES

Kingston Pantry - Tolworth Rec For a small weekly subscription of £5.00, members of the Pantry will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

Open **Thursdays : 10-12, 1-3pm, 6-7pm** Phone: 0208 391 1100 <https://www.yourlocalpantry.co.uk/pantry-listings/london-kingston-pantry-tolworth-rec/>
Email: kingstonpantry@ddcc.org.uk



Kingston Environment Centre in New Malden is running a Community Fridge every **Friday 11-1pm**.
<https://kingstoneco.org.uk/projects-1/>



Surbiton Community Fridge - open **daily 10-2 pm** for the collection of ambient and fresh surplus produce.
<https://www.facebook.com/groups/surbitoncommunityfridge/>



Voices of Hope Community Fridge - Kingsgate Church KT1 1QT. Community fridge on **Mondays and Tuesdays** as part of the Kingston Women's Hub (women's only space Mon and Tues) but please email info@voh.org.uk re possible other times <https://voh.org.uk/> *Temporarily closed*





KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES, FRIDGES, CAFES AND LUNCHES

The Cambridge Road Estates Community Group, CREst, representing residents on the Cambridge Road Estates

Weekly food items to take away and community kitchen serving hot meals and fresh fruit
Tuesdays 12-2pm Queen Mary Hall KT1 3NJ

Monthly Tuesday wellbeing day hosted by CREst and RBKares bringing together local health and wellbeing services for residents

<https://e-voice.org.uk/crest/>

The Community Brain and Kitchen Roots Community are providing a healthy and delicious community lunch for just £2.50 or you can pay it forward for £5 to provide a lunch for someone else. Everyone welcome **Tuesdays 10-2pm** 117 Brighton Road, Surbiton KT6 5NJ

EnhanceAble - The Click Cafe The CLICK is an inclusive community cafe designed and run by and for disabled people. Cafe and activities

Monday - Friday 2-6pm

<https://www.enhanceable.org/services/click-cafe/>

Kingston Environment Centre Square 1 Cafe
Everyone welcome and everything free. **Saturdays 12-4pm**

<https://kingstoneco.org.uk/projects>





KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES, FRIDGES, CAFES AND LUNCHES

The Korean Culture & Arts Centre are running community cooking sessions for 13-16 year olds at the Korean Culture and Arts Centre on New Malden High St (Summer 23)



한국문화예술원
KOREAN CULTURE & ARTS CENTRE
T. 020 8949 7829 E. kcauk@pmail.com No.343

The **Korean Senior Citizens Centre** provides Korean lunches at the , Dickerage Lane New Malden KT3 3RZ **Mon - Fri at 12 noon.**
<https://www.kcauk.co.uk/>

Kingston United Reformed Church Monday from 12.30pm - 1.30pm: Hot lunch, pay as you feel - Eden St, Kingston upon Thames, KT1 1HZ
https://www.kingstonurc.org/kurc_churchcommunity.html



Living Well Hub, New Malden URC offers a freshly cooked lunch with lots of support and advice on hand from the social prescribing team, DWP, Alzheimers Society, Kingston Carer's Network and healthcare professionals **Thursdays 11-2pm**



Migrant Advocacy Service works particularly with vulnerable migrants and those with no recourse to public funds. As well as advocacy and support they provide weekly community lunches on **Wednesdays** at Kingsnympton Park Community Centre, a Welcome Cafe and activities at Kingston library and provide food **everyday 10-2pm** through the Community Fridge in Brighton Rd Surbiton (see below)
<https://www.migrantadvocacyservice.org.uk>



MIGRANTADVOCACYSERVICES
SUPPORTING UK AND GLOBAL MIGRANTS



KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES, FRIDGES, CAFES AND LUNCHES

MILAAP work with the elderly to improve their quality of life. They provide social activities and advice as well as meals for their members to enjoy at their Milaap Multicultural Day Centre in Dickerage Lane New Malden Tues - Thurs. They also provide a take away food service for members who are unable to come to the centre.

<http://www.milaapcentrekingston.org.uk>



MIND drop in cafes : **Wednesday The Bridge Cafe 6-9pm**
WelCare KT2 6LQ Thursday The Star Cafe 7-9.30pm
Alfriston Day Centre KT5 8RB

<https://www.mindinkingston.org.uk/services-projects/drop-cafes/>



Moving On Together (MOT) is a peer-led voluntary group run by ex-clients of the Kingston Wellbeing Service who have overcome their own addictions and want to help others who are still struggling on their own journey of recovery. Thursday 1-4pm Kingsgate Church - free lunch and foodbank. Support agencies are available to support with additional needs.

<https://www.movingontogogether.org.uk/>



New Era Community Projects

see <https://newera-communityprojects.org/our-projects/> to find out more about :

St Mary's Chessington Food Pantry

<https://www.facebook.com/groups/924911210897635> ,

Angels of the Hood emergency food distribution, **The Barn** food market, **Community Garden** at Hook Allotment **Chessington Square 1 cafe** and **Kingston Square 1 cafe** at the Hawker Centre





KINGSTON COMMUNITY FOOD

COMMUNITY PANTRIES, FRIDGES, CAFES AND LUNCHES

Rise Community Cafe every **Wednesday 12.30 - 3.30pm** Quaker Centre Kingston KT1 2PT
Everyone welcome
[.https://rise-cic.org/community-cafe-2/](https://rise-cic.org/community-cafe-2/)



Tea and Treats - Drop in tea, cake and chat. **First Friday of every month 11-2pm** Sinnerton Hall KT2 6AB Teaandtreatskingston@gmail.com
Follow us on Instagram: [tea.and.treats](https://www.instagram.com/tea.and.treats)



Vintage Banquet cooked community lunch for the over 60s with activities. Pay as you feel. **Thursdays 11-3pm** St Peters Church KT2 6QL
<https://vintagebanquet.co.uk/>



Voices of Hope - Sisterhood Sanctuary free community lunch for women. Relaxing wellbeing, craft, health and beauty sessions, information and advice and chat over lunch together.

The Sisterhood Sanctuary runs weekly during term-time on Sundayss 12.30- 2.30pm at KingsGate Church (KT1 1QT).
https://voh.org.uk/sisterhood_sanctuary.html





KINGSTON COMMUNITY FOOD

FAMILIES

Healthy Start - For families on low income with children under 4 and from 10 weeks of pregnancy.

Healthy Start cards are charged every 4 weeks and can be used to buy milk, infant formula, fruit, veg and pulses.

Free vitamins can also be collected from Children's Centres

<https://www.healthystart.nhs.uk/>



Growbaby - drop in support and refreshments on Wednesdays, help with baby clothes and equipment but also formula milk Victoria Rd Surbiton KT6 4JX
<https://www.growbabykingston.co.uk/>



BRITE Box Weekly recipe meal kit for families to help them cook healthy, delicious, simple recipes together. Referral primarily through schools and local youth/children's charities. bb@voh.org.uk / [visit https://www.voh.org.uk/brite_box.html](https://www.voh.org.uk/brite_box.html)



FUEL - free holiday food and activities programme

<https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/fuel-holiday-activities-and-food-programme>





KINGSTON COMMUNITY FOOD

COMMUNITY COOKING CLASSES

KVA's Good Food Group has been working with Kingston's Public Health team to create a new Community Cooking and Wellbeing Programme. To find out more, or if you are interested in enrolling on a course, please contact the organisations directly. More information here <https://connectedkingston.uk/services/community-cooking>.

- [Balance](#) -course for adults with learning difficulties
- [Kingston URC](#) 'Simply Healthy Cooking' course
- [Kingston Young Carers](#) will be running courses for young carers.
- [Korean Culture and Arts Centre](#) quick healthy meals
- [Voices of Hope](#) 'Cook and Dine' sessions for for w
- [Migrant Advocacy](#) – cooking sessions with ideas for nutritious meals using available ingredients eg from the Community Fridge.
- [Connect North Korea](#) – an opportunity for members to connect with their culture and learn more about a nutritionally balanced lifestyle.
- [TAG](#) – Cooking and life skills for young people with wide-ranging disabilities
- [Au Law Organic Farm](#) – farm to table courses
- [Kingston Eco-Op](#) – Cooking skills, understanding healthy eating and budgeting for adults with learning disabilities, mental health concerns and /or neurodiversity
- [MOT \(Moving on Together\)](#) – supporting service users to create healthy meals and enhance their life skills.
- [Community Brain](#) – Healthy cooking on a budget, batch cooking and healthy cooking and eating for diabetes.
- [Oxygen](#) – Healthy cooking sessions for young people
- Nanoom – healthy cooking and healthy lifestyles for Korean women at risk of isolation.
- [Refugee Action Kingston](#) - cooking together sessions for RAK clients





KINGSTON FOOD SERVICES

The Rapid Response Group is part of the KVA Good Food Group. The group partners together to redistribute short dated surplus food across multiple community groups in Kingston.

To join The Good Food Group and become part of the Rapid Response Group please go to <https://tinyurl.com/mw4ac999>



Crop Drop is under the umbrella of The Good Food Group, and links community groups and local allotments and growers together to distribute surplus fresh food to groups working with local people in need in the borough. Please join the Good Food Group for your organisation to receive surplus veg <https://tinyurl.com/mw4ac999>

We are in the process of reviving Crop Drop.

If you are able to support in any way or have surplus fresh produce to donate please contact ruth.dawson@kva.org.uk



Abundance Kingston harvests and redistributes seasonal gluts of local fruit. They offer to help harvest crops/trees in late summer/autumn and distribute to community groups. Email abundance@ttkingston.org for more info.





KINGSTON ADVOCACY SERVICES

Refugee Action Kingston delivers services by phone and Zoom including Immigration, Benefits and Housing advice and Health and Education advice. Go to <https://refugeeactionkingston.org.uk> for more information.



Kingston Carers' Network supports over 3,000 adult carers and over 700 young carers in Kingston through a wide range of services. A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. Contact www.kingstoncarers.org.uk for more info.



KINGSTON CARERS' NETWORK
improving the lives of carers in Kingston



KCAH helps single people facing housing crisis and helps to rebuild their lives. They offer advice, shelter and food, as well as lasting solutions that restore the self-esteem and confidence of vulnerable people, helping them out of the circle of homelessness. To find out more go to <https://kcah.org.uk>.



Grace Advocacy offers a service that has been designed to help vulnerable adults



who are struggling with multiple, complex problems. They work on money, housing, benefits, NHS and adult social care. See www.graceadvocacy.org for more details.

Kingston Advocacy Group helps vulnerable people have a say in decisions that affect them and how they live their lives. Advocacy is provided by specialist staff and trained volunteers. Go to www.kagadvocacy.org.uk for more info.



All services are FREE of charge!



KINGSTON ADVOCACY SERVICES

Christians Against Poverty helps if you're looking for help with money, whether that's help to get out of debt, find a job or gain vital life skills. They provide a range of free services across the UK through local churches. Learn more here: <https://www.capuk.org/>



Citizens Advice Kingston give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. They offer confidential advice online, over the phone, and in person. More info at: <https://www.citizensadvicekingston.org.uk>



Staywell work with older people and carers, aiming to support users to live with independence, dignity, decide their own direction, and enjoy life as part of community. Through our furniture recycling service, we address the needs of people who experience financial hardship and disadvantage for reasons other than age. Visit <https://www.staywellservices.org.uk> for more info.



Migrant Advocacy Service give practical and urgent support to vulnerable EU and non-EU migrants. They also give guidance to people with immigration restrictions and without access to public funds and benefits. To learn more, go to <https://www.migrantadvocacyservice.org.uk>.



All services are FREE of charge!

