

1 Waltham Forest Council
Community Help Network set up by the Connecting Communities Team
Helpline service offering support ~ **020 8496 3000**
www.walthamforest.gov.uk/covid-19

2 Citizens Advice Waltham Forest
Essential advice services via telephone, including:
Advice line service | Universal Credit help line | PensionWise
SENDIASS | Immigration service | Social Prescribing Service
Advice line ~ **0300 330 1175**
Professionals can refer by contacting
admin@citizensadvicewalthamforest.org.uk

3 Waltham Forest Community Hub
Telephone befriending for young people
& senior citizens
Monday to Friday from 10am - 5pm
www.wfchub.org
Office - **0208 223 0707** ~ info@wfchub.org
Youth number **07716736315**

4 Age UK Waltham Forest
Shopping, Befriending, Information/Advice, form filling
& emergency parcels.
Waltham Forest Resource Hub North,
58 Hall Lane
Chingford
E4 8EU
Monday to Friday from 10am - 3pm ~ **020 8558 5512**
Or via Community Network line ~ **020 8496 3000**
Email ~ info@ageukwalthamforest.org.uk
www.ageuk.org.uk/walthamforest

5 OrganicLea
Essential food production, distribution, sale &
delivery. Plus a Social Prescribing link worker
providing a phone based service.
Telephone ~ **020 8524 4994**
Email ~ info@organiclea.org.uk
www.organiclea.org.uk

6 Highams Park Food Hub
Have created a food aid group
delivering prepared meals & food
packages supplied to vulnerable people.
(Sponsored & jointly managed by -
All Saints Church / Waltham Forest Scouts
& Highams Park Covid 19 Volunteers)
To request an application form
please send an email to ~
highamparkfoodaid@gmail.com

7 Al-fath Trust
Food & household essentials
& home deliveries from ~
37 Palmerston Road,
Walthamstow, E17 6PR
Telephone ~ **07809 649312**
or **07984 062282**

8 Eat or Heat Food Bank
Continuing to provide a Food Bank,
but it can only be accessed by referral from
one of the organisations on their website
Please check ~ www.eatorheat.org
Telephone ~ **0800 772 0212**

9 Waltham Forest Migrant Support
Providing advice & information for migrants
Text your full name to ~ **07496394175**
& somebody will call you back.
Please **do not call** this number as there
is no-one to answer it.
www.wfma.org.uk

10 The HEET Project
Focused on ensuring people on low
incomes or with long-term health
conditions or a disability have essential
services such as water and heat.
Telephone ~ **0208 5201900**
www.theheetproject.org.uk

11 PL8 4U - Al Suffa
Food Bank taking referrals via a completed
PL84U referral form. To request this & for more
information email ~ pl84u@suffa@gmail.com
Telephone ~ **07539364110**

12 Hornbeam
Café is open as community food
distribution centre providing freshly
cooked nutritious ready meals
on a pay as you feel basis.
Cafe hours for collecting
meals from 12 - 3 pm weekdays.
Questions call ~ **07492915531**
Or email ~ Anne@hornbeam.org.uk
www.hornbeam.org.uk/hornbeam-covid-19

13 Revert 2 Reality
Offering a telephone befriending service.
Telephone ~ **020 8610 9393** or **07976 807 268**
For more information ~ info@revert2reality.com

14 Samaritans Waltham Forest
Telephone helpline ~ **0330 094 5717**
www.samaritans.org/branches/leyton

15 Elim Pentacostal Church
Food Bank based in the Elim Pentacostal church
Open 10am - 12pm on Wednesday & Thursday
via appointments or drop-in.
Telephone ~ **020 8539 2286**
Email ~ info@elimleytonstone.org

16 Salvation Army Leytonstone
Supporting members of congregation & acting
as a food bank in Leytonstone.
Food bank collections on Thursdays 10 - 11am
Telephone ~ **07827 031422** or **020 8558 7290**
Email ~ marie.burr@salvationarmy.org.uk

17 St Margaret with St Columba
Offering a Food Share service.
Food Share ~ Thursday 2pm - 3pm £1.50 for a
pre-prepared bag of food, either fresh or dried produce.
For more info call ~ **07709611310**
Email ~ stmargarete11@gmail.com

18 Cann Hall Mosque
Emergency shopping & food supplies
145 Cann Hall Road, E11 3N1
Telephone ~ **020 8555 0963 / 07984 602475**

19 Rukhsana Khan Foundation
Food bank
Open to the public for collections/donations
on Saturdays ~ 10am - 12pm
William Morris Community Centre
6-8 Greenleaf Rd
Walthamstow, London E17 6QQ
www.rukhsanakhanfoundation.org
Telephone ~ **07939 232 123**

20 KukooLaLa Cafe
Drop off point for Food bank & a local Women
Refuge donations, plus free hot meals for tho:
whom are vulnerable - part of Lea Bridge
Mutual Aid support. Open to the public for
collections/donations;
Tuesday to Saturday ~ 12.30pm - 3pm
3 Marsh Lane, Leyton, E10 7BL
Telephone ~ **0208 539 0732**
Email ~ aid@loveleabridge.com

