

# Lambeth Borough Information Sheet

## Local Council Information and Support

### Lambeth

Lambeth Council Help Line 0207 926 2999 8am-8pm

### Get support:

<https://www.lambeth.gov.uk/coronavirus-covid-19/get-support-for-yourself-or-a-vulnerable-person>

### Urgent Assistance for a vulnerable person:

<https://www.lambeth.gov.uk/coronavirus-covid-19/get-support-for-yourself-or-a-vulnerable-person/urgent-assistance>

<https://www.lambeth.gov.uk/apply-for-emergency-support>

Financial Support: benefits, employment, UC

<https://www.lambeth.gov.uk/coronavirus-covid-19/get-support-for-yourself-or-a-vulnerable-person/financial-help-benefits-employment-support-housing-advice>

**Mind Support Line** Information about mental health problems, treatment options and where to get help Telephone: 0300 123 3393 from 9 to 6pm Monday to Friday

**South London and Maudsley NHS Trust** 24-hour mental health crisis line \*

Telephone: 0800 731 2864 (Option 1)

## Domestic Abuse

Survivors of domestic abuse may feel particularly alone & at risk during self-isolation. If you're in Lambeth the Gaia Centre can help. Confidential advice & support by phone, text or email – whatever's safest. Make a referral or self-refer by calling: 020 7733 8724 Email: [lambethvawg@refuge.org.uk](mailto:lambethvawg@refuge.org.uk)

## Supermarkets and Food Deliveries

**Iceland Special Opening Times:** The last hour of trade at each particular store is for NHS staff only. General Opening times in Lambeth vary in each store and are subject to change, contact your local store or look on the website.

### **Sainsbury Special Opening times:**

Mon-Sat 07.30-8am NHS

Elderly, carers , disabled, Mon, Wed and Fri 8am-9pm

General Opening times vary in each store and can change. Contact the store or look on the website.

**Tesco Special Opening Times:** 9am-10am, Mon, Wed and Fri Vulnerable customers. General Opening times vary in each store and can change. Contact the store or look on the website

### **Sainsbury's Local**

32A Herne Hill, London SE24 9QH

020 7274 7747

stores.sainsburys.co.uk

### **Iceland**

441-443 Brixton Road, London SW9 8HE

020 7737 4566

**Website:** [iceland.co.uk](http://iceland.co.uk)

### **Tesco Superstore**

13 Acre Ln, Brixton, London SW2 5RS

03456779081

**Website:** [tesco.com](http://tesco.com)

### **Happy Shopper**

33-35 New Park Rd, London SW2 4DU

020 8671 6472

**Website:** [westernunion.co.uk](http://westernunion.co.uk)

### **Sainsbury's Local**

425 Brixton Road, London SW9 8HE

020 7733 5238

**Website:** [stores.sainsburys.co.uk](http://stores.sainsburys.co.uk)

### **Sainsbury's Local**

76 Brixton Hill, London SW2 1QW

020 7326 1049

**Website:** [stores.sainsburys.co.uk](http://stores.sainsburys.co.uk)

**Sainsbury's Local**

33 Clapham High Street, London SW4 7SL  
020 7498 9396

**Sainsbury's Local**

Mullins Place, London SW4 8EU  
020 8671 1493

**Website:** [stores.sainsburys.co.uk](https://stores.sainsburys.co.uk)

**Lidl**

Brixton 8am-8pm SUun10am-4pm  
Stockwell 8am-8pm Sun11am-5pm  
Clapham 8am-8pm Sunday 11am-5pm  
Peckham 8am-8pm Sunday 10am-4pm

**Website:** [lidl.co.uk](https://lidl.co.uk)

**Waitrose**

The Pavement, London SW4 0HY  
020 3202 0046

**Website:** [waitrose.com](https://waitrose.com)

**Sainsbury's Local**

53 Old Town, London SW4 0JQ  
020 7498 4819  
**Website:** [stores.sainsburys.co.uk](https://stores.sainsburys.co.uk)

**Iceland Foods**

194 Streatham High Road, London SW16 1BB  
020 8677 8900

**Website:** [iceland.co.uk](https://iceland.co.uk)

**Iceland Foods**

48/352 Norwood Road, West Norwood, London SE27 9AA  
020 8761 3800

**Website:** [iceland.co.uk](https://iceland.co.uk)

**Iceland Foods**

314 Clapham Road, London SW9 9AE  
020 7498 8652

**Website:** [iceland.co.uk](https://iceland.co.uk)

## Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

### Vauxhall Foodbank

**Address:** 105 Tyers Street Vauxhall, London SE11 5HS

**Phone:** 07398 860992

### Clapham Park Foodbank | Helping Local People in Crisis

<https://claphampark.foodbank.org.uk>

Nations Baptist Church

### Norwood & Brixton Food Bank

St Luke's Church, Knights Hill, West Norwood, London - 07722 121108

### The Trussell Trust -Waterloo Foodbank

Oasis Centre, 1 Kennington Road, London - 020 7921 4205

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

## Local Pharmacies

**Call your local pharmacy to see if delivery can be arranged for prescriptions**

### Adarshi Pharmacy

485-487 Norwood Road, Norwood, Lambeth, SE27 9DJ  
020 8670 0973

### Baba Chemist

5-7 Tulse Hill, Brixton, Lambeth, SW2 2TH  
020 8674 4574

### Battersea Pharmacy

62 Northcote Road, Clapham, Lambeth, SW11 1PA  
020 7228 3184

**Bids Chemist**

1495 London Road, Streatham, Lambeth, SW16 4AE  
020 8764 2230

**Boots**

Streatham High Road, Lambeth, Greater London, SW16 1BB  
020 8769 1165

**Boots**

Lower Marsh, Lambeth, Greater London, SE1 7AB  
020 7928 4219  
<http://www.boots.com>

**Boots**

46 Station Concourse, Waterloo Station, Lambeth, Greater London, SE1 7LY  
020 7928 1073  
<http://www.boots.com>

**Paxton Pharmacy** 127 Gipsy Hill, London SE19 1QS 0208 670 1833

**Pearl Pharmacy**, 31 Clapham High St, London SW4 7TR 020 76223147

**Boots**

Clapham High Street, Lambeth, Greater London, SW4 7UG  
0 20 7622 1519  
<http://www.boots.com>

**Boots**

449 Brixton Road, Lambeth, Greater London, SW9 8HH  
0 20 7274 4281  
<http://www.boots.com>

**Boots**

206-208 Streatham High Road, Streatham, Lambeth, SW16 1BB  
020 8769 1165  
<http://www.boots.com>

**Boots**

21-23 St. John's Road, Clapham, Lambeth, SW11 1QN  
0 20 7228 6064  
<http://www.boots.com>

**LloydsPharmacy**

62 Wandsworth Rd, Vauxall, London, SW8 2LF  
020 7720 3285

## **Other Essential Shops and Surgeries**

### **Streatham Hill Vets**

101 Sternhold Avenue  
Streatham Hill  
London  
SW2 4PF  
0208 674 3525

### **Voo Veterinary Group**

644A, Wandsworth Road, Vauxhall, London SW8 3JW  
**Phone:** 020 7738 8668

### **All Creatures Veterinary Surgery**

85 Lavender Hill, Battersea, London · 020 7228 0648

### **Cuffe Vets Emergency only**

52 Abbeville Road, London SW4 9NF **Phone:** 020 8772 9922

## **Local Banks and Banking**

**All banks and building societies have changes in their opening times. Please contact your local branch to get up to date opening times for the banks and building societies in Lambeth, either by calling them or via their website**

### **Banks:**

<https://www.barclays.co.uk/coronavirus/>

<https://personal.natwest.com/personal/support-centre/coronavirus.html>

<https://www.hsbc.co.uk/help/coronavirus/>

<https://www.nationwide.co.uk/support/coronavirus>

### **Barclays Bank**

260, Walworth Road, London · 0345 734 5345

### **Barclays Bank**

2, Victoria Street, London · 03457345345

### **Barclays Bank**

1, Churton Street, Vauxhall Bridge Road, London · 0345 734 5345

### **Barclays Bank**

1/3, Butterfly Walk, Camberwell, London · 0345 734 5345

**NatWest**

91 Westminster Bridge Road, London SE1 7HW

Tel: 0345 788 8444

Website:

<https://locator.natwest.com/Branch/606004-Lambeth%20North.html>

**Barclays Bank**

13, Artillery Row, London SW1P 1RH

Tel:0345 734 5345

Website: <http://www.barclays.co.uk/>

**Barclays Bank**

260, Walworth Road, London SE17 1JF

Tel:0345 734 5345

Website: <http://www.barclays.co.uk/>

**Barclays Bank**

1, Churton Street, Vauxhall Bridge Road, London SW1V 2JX

Tel:0345 734 5345

Website: <http://www.barclays.co.uk/>

**Building Societies****Nationwide Building Society**

Address:Brixton Road, Brixton SW9 7DJ

Tel:08005540270

Website:<https://locations.nationwidebranches.co.uk/brixton>

**Victoria Mutual Finance**

380 Brixton Road, London SW9 7AW

Tel:020 7738 6799

Website: <http://vmbuildingsociety.vmbs.com/>

**Lambeth Building Society**

413 Brixton Rd, London SW9 7DG

Tel:020 7737 2925

Website: <http://www.lambeth.co.uk>

**Nationwide Building Society**

152 Clapham High Street, London SW4 7UA

Tel:08005540278

Website: <https://locations.nationwidebranches.co.uk>

## Local Support

### Job Centre Plus

Kennington 0800 169 0190

Newington 0800 169 0190

Clapham Road 0345 604 3719

Peckham 0345 604 3719

Brixton 0345 6043719

### Citizen Advice

Streatham Hill 0800 254 0298

Battersea 0844 826 9700

Peckham 0344 499 4134

### Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: [www.nhs.uk](http://www.nhs.uk) or call 111

Support for mental health issues: [www.mind.org.uk/information-support/coronavirus](http://www.mind.org.uk/information-support/coronavirus) or [www.mind.org.uk](http://www.mind.org.uk) or call 020 8519 2122

Senior citizen's support: [www.ageuk.org.uk](http://www.ageuk.org.uk) or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: [www.headspace.com](http://www.headspace.com) or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Online Counselling – Cognitive Behavioural Therapy: [www.iesohealth.com](http://www.iesohealth.com) or call 0800 074 5560

Domestic abuse advice: [www.womensaid.org.uk](http://www.womensaid.org.uk) or call 0808 2000 247 (women) 0808 801 0327 (men), [www.refuge.org.uk](http://www.refuge.org.uk) and [www.mankind.org.uk](http://www.mankind.org.uk) or call 01823 334244

Citizens Advice England [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/) or call 03444 111 444



**Gyms, libraries, council healthy walks and fitness classes** are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	<a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>	Home Keeping Fit - Online only
Gym free exercises	<a href="https://www.nhs.uk/live-well/exercise/gym-free-exercises/">https://www.nhs.uk/live-well/exercise/gym-free-exercises/</a>	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	<a href="https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids">https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids</a>	Fun exercises to do at home with kids
World Stories with Kids	<a href="https://worldstories.org.uk/">https://worldstories.org.uk/</a>	Stories available in numerous languages: <a href="https://worldstories.org.uk/library">https://worldstories.org.uk/library</a>
CBBC	<a href="https://www.bbc.co.uk/cbbc">https://www.bbc.co.uk/cbbc</a>	Games, quizzes and puzzles
BBC	<a href="http://www.bbc.co.uk/scotland/brainSMART/games/">http://www.bbc.co.uk/scotland/brainSMART/games/</a>	Brain games for adults
Games online	<a href="https://www.chess.com/">https://www.chess.com/</a> <a href="https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly">https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly</a>	Chess Monopoly (for adults & kids)
Mind	<a href="https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/">https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/</a>	Distraction when you're in crisis
NHS	<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/</a>	Free Pilates for beginners
British Heart Foundation	<a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses</a>	Chair based yoga