Food & Essentials

Chemists open on Christmas Day

|  |  |  |
| --- | --- | --- |
| Chemist | Address | Opening Times |
| Alpharm Pharmacy | 116 Plumstead High Street, Plumstead | 10am – 9pm |
| Eltham Pharmacy | 560 Westhorne Avenue, Eltham | 8.30am – 6.30pm |
| The Village Pharmacy | 9 The Village, Charlton | 8.30am -8.30pm |

Holiday clubs and meals for Greenwich children aged 4 – 16 that are eligible for free school meals : <https://www.royalgreenwich.gov.uk/holidayfoodandfun>

SEVA street food

Free Christmas Dinner on 25th December at Woolwich Common Community Centre from 1pm-5pm. No need to register, you can just turn up at:

Please see the link below for more dates, locations and information.

[No need to be alone this Christmas - here's what's open and when | Royal Borough of Greenwich (royalgreenwich.gov.uk)](https://www.royalgreenwich.gov.uk/news/article/1330/no_need_to_be_alone_this_christmas_-_heres_whats_open_and_when)

Woolwich Common Community Centre

Leslie Smith Square

Woolwich

SE18 4DW

Foodbank: [Christmas 2023 Opening Hours | Greenwich Foodbank](https://greenwich.foodbank.org.uk/2023/12/15/christmas-2023-opening-hours/)



Gas & Electric

SELCE – Help with advice on electric and gas supply and managing costs. 0808 169 1779 free phone.

Also the Together for Winter campaign at the link below:

[Greenwich Supports: Support for residents | Greenwich Supports | Royal Borough of Greenwich (royalgreenwich.gov.uk)](https://www.royalgreenwich.gov.uk/togetherforwinter)

Help & Support

**Someone to talk to:**

The Mix: [www.themix.org.uk](http://www.themix.org.uk)  0808 808 4994 phone and text support for feelings (under 25’s)

Samaritans – Call free on116 123 at any time

Shout – Text MUM free 85258 at any time

Red Cross - 0808 196 3651 10am-6pm every day

Cry-sis - 08451 228 669 9am -10pm – help and advice for crying babies

The Family Lives -020 86552402/**0808 800 2222 – closed 25th-28th December.**

**Open 9am-9pm apart from Christmas Eve and New Years Eve which is 9am – 1pm**

Pandas foundation - 0808 1961 776 11am-10pm daily throughout the holidays

Mindline - 020 8853 1735 opening times are Monday – Friday: 10.30am – 4.30pm
Monday, Tuesday, Thursday and Friday: 6pm – 9pm, Saturday: 10.30am – 1.30pm

Oxleas urgent advice line: 0800 330 8590

Kooth – Help for young people, opening hours for chat service below: <https://www.kooth.com/>

**Safety & Security:**

Domestic Violence Helpline – 24hour 0808 2000 247

Greenwich Domestic Violence - 020 8317 8273, Monday- Friday 9am- 6pm

**If you are in any doubt about yours or your child’s safety always ring 999**