

Rhythms of Life



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World Homeless Day

On 10th October, we commemorated world homeless day. We handed out hot drinks and confectionaries at our normal food distribution spot to raise awareness of the issues surrounding homelessness today.

As the number of people rough sleeping in the capital continues to rise, we must recognize the problems many still face.

Thank you to everyone who came along and supported us on our mission this world homeless day.



In the media...

Evening standard

On 15th we welcomed Evening Standard proprietor Evgeny Lebedev, who helped us hand out meals to over 200 people.



BBC London News

On 21st we welcomed the BBC News London team, to talk about how Covid has affected many of our homeless friends. With furlough ending and many more being forced into homelessness; we must raise awareness and support for those sleeping rough this winter.



Spotlight on Guan

Guan used to work for Gucci. Since retiring, he has swapped out the catwalk for the high-street, volunteering at our food prep and distribution most days of the week.



This month...


6105
meals served


3,6583g
Food saved
from landfill

Donations Wanted

With furlough coming to an end our queue continues to grow. We are reaching out to anyone who may be able to help with donations to keep up with our increasing demand. Your donations ensure we can feed our homeless friends 7 days a week. If you can help in any way, then please get in contact via email (info@rhythmsoflife.org.uk)

Coming up...

#RhythmsOfLife challenge

Next month we will be launching the #RhythmsOfLifeChallenge. Please get involved throughout November on social media to raise awareness of homelessness and the work we do! So, watch out for us on social media, and help spread the word!

Plans for the 12 days of Christmas will also be released soon, so watch this space over the coming month!

We always want to hear about your thoughts and ideas moving forwards. Be sure to follow us on all our social media platforms for more updates and information and let us know what you think!

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