



North West London Heart Failure Directory of Services and Resources

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North West London Cardiac Network

Network Map and Boundaries

Northwick Park Hospital (Harrow PCT)

Postcodes: HA-0-1-2-3-4-5-6-7-8-9

Central Middlesex Hospital (Brent PCT)

Postcodes: NW-2-6-9-10, W-9, HA-9

Ealing Hospital (Ealing PCT)

Postcodes: W-3-5-7-13, UB-1-2-5-6,
NW-10

Harefield Hospital (Hillingdon PCT)

Postcodes: UB-3-5-6-7-8-10

St Mary's Hospital (Westminster PCT)

Postcodes: W-1-2-9-10-11, NW-1-6-8

Hillingdon Hospital (Hillingdon PCT)

Postcodes: UB-3-5-6-7-8-10



Royal Brompton Hospital (Kensington & Chelsea PCT)

Postcodes: SW-3-5-6-7-10-11-15-17-18,
W-8-10-11-14

West Middlesex Hospital (Hounslow PCT)

Postcodes W-4, TW-1-2-3-4-5-6-7-8-11-12-13-14

Charing Cross & Hammersmith Hospital (Hammersmith & Fulham PCT)

Postcodes: W-4-3-6-12-14, SW-6

Chelsea & Westminster Hospital (Kensington & Chelsea PCT)

Postcodes: SW-3-5-6-7-10-11-15-17-18,
W-8-10-11-14



Heart Failure Teams Hospital and Community

Brent Primary Care Trust

Contact Central Middlesex Hospital team

Central Middlesex Hospital

Acton Lane

London NW10 7NS

Telephone: 020 8963 7153

Fax: 020 8963 7156

Specialist Nurse: Audrey Alimo, Patricia Flynn, Laycheng Toh

Consultants: Dr Mark Dancy

Charing Cross Hospital

Contact Hammersmith and Fulham Primary Care Trust team

Chelsea and Westminster Hospital

369 Fulham Road

London SW10 9NH

Telephone: 020 8746 8505

Fax: 020 8746 5078

Mobile: 0798 175 9002

Specialist Nurse: Vacant

Consultants: Dr Sam Kaddoura

Ealing Primary Care Trust

Contact Ealing Hospital team

Ealing Hospital

Uxbridge Road

London UB1 3HW

Telephone: 020 8967 5000 ext 3102

Fax: 020 8967 5007

Specialist Nurse: Barbara Byrne, Patricia Tarabarelli

Consultants: Dr Stuart Rosen

Hammersmith and Fulham Primary Care Trust

Fulham Palace Road

London W6 8RF

Telephone: 020 8846 1033

Fax: 020 8746 8182

Specialist Nurse: Debbie McCarthy

Consultants: Dr Kevin Fox, Dr Susan Connolly

Hammersmith Hospitals NHS Trust

Contact Hammersmith and Fulham Primary Care Trust team

**Harrow Primary Care Trust**

Alexandra Avenue Health and Social Care Centre
275 Alexandra Avenue
South Harrow HA2 9DX
Telephone: 020 8966 6439
Fax: 020 8966 6488
Mobile: 0794 966 2356/ 0790 393 4006
Specialist Nurse: Susie Pemberton, Deepa Patel
Cardiac Nurse Consultant: Dee Hannah
Consultant: Dr Roxy Senior

Hillingdon Primary Care Trust

Specialist Nurse: Melanie Raddon, Julie Phillips
Mobile: 07932 567860/ 07932 567692

Hillingdon Hospital

Pield Heath Road
London UB8 3NN
Telephone: 01895 238 282 b/p 867
Fax:
Specialist Nurse: Sarah McDonagh, Jessica Priestley
Consultants: Dr Simon Dubrey, Dr Richard Grocott-Mason

Harefield Hospital

Hill End Road
Uxbridge, Middlesex
UB9 6JH
Telephone: 01895 823737
Fax: 01895 828962
Specialist Nurse: Alison Pottle
Consultants: Dr Charles Ilsley, Dr Mark Mason, Dr Mitchell, Dr Dalby and Dr Kharbanda

Hounslow Primary Care Trust

Contact West Middlesex University Hospital team

Kensington and Chelsea Primary Care Trust

Heart Failure Team
Colville Health Centre
51 Kensington park Road
W11 1PA
Telephone: 020 7792 7736
Fax: 020 7792 7736
Mobile: 07901 523 375
Specialist Nurse: Leonia Modeste

Northwick Park Hospital

Contact Central Middlesex Hospital team

St Marys Hospital

Praed Street
London W2 1NY
Telephone: 020 7594 1096
Fax: 020 7594 1388
Specialist Nurse: Judith Chilcott, Catherine Briscoe
Consultants: Dr Jamil Mayet, Dr Darrel Francis
GPWSI: (Heart Failure) Dr Sharif Helmy, (CHD) Dr Daniel Youngerwood



The Royal Brompton Hospital

Sydney Street

London SW3 6NP

Telephone: 020 7351 8744

Fax: 020 7351 8733

Specialist Nurse: Amanda Parsons, Hayley Pryse-Hawkins, Laura Fallon

Consultants: Prof Martin Cowie, Prof Poole-Wilson, Dr Theresa McDonagh

West Middlesex University Hospital

Twickenham Road

London TW7 6AF

Telephone: 020 8565 5332

Fax: 020 8321 6242

Mobile: 07940 504378

Specialist Nurse: Helen Penston, Morna Johnston, Sinead O'Driscoll

Consultants: Dr Callum Chapman, Dr Raffi Kapriellian

Westminster Primary Care Trust

Heart Failure Team

Colville Health Centre

51 Kensington Park Road

W11 1PA

Telephone: 020 7792 7736

Fax: 020 7792 7736

Mobile: 07901 528 376

Specialist Nurse: Clare Screeche-Powell

GPWSI: (Heart Failure) Dr Sharif Helmy, (CHD) Dr Daniel Youngerwood



Hospice and Community Palliative Care Teams

Harlington Hospice Association and Reg Hopkins Day Care Hospice

Lansdowne House, St Peter's Way, Harlington, Middlesex UB3 5AB

Telephone: 020 8759 0453

Fax: 020 8759 0600

Areas: Hillingdon

Care provided:

- day care service
- hospice at home (sitting or nursing service) to relieve carers

Community Macmillan Team Hillingdon Hospital

Pield Heath Road, Uxbridge, Middlesex UB8 3NN

Telephone: 01895 279401/ 403/ 456/ 457

Fax: 01895 279452

Areas: Hillingdon

Care provided:

- community palliative care

Edenhall Maire Curie Centre

11 Lyndhurst Gardens, Hampstead, London NW3 5NS

Telephone: 020 7853 3400

Fax: 020 7853 3437

Areas: parts of Brent and Harrow

Care provided:

- in patient care
- day care service
- outpatients clinics

Meadow House Hospice

Hounslow and Spelthorne Community and Mental Health NHS Trust

Uxbridge Road, Southall, Middlesex UB1 3HW

Telephone: 020 8967 5179

Fax: 020 8967 5756

Areas: Ealing and Hounslow

Care provided:

- in-patient care
- day care services
- community palliative care

Michael Sobell House

Mount Vernon Hospital, Rickmansworth Road, Northwood, Middlesex HA6 2RN

Telephone: 01923 844302

Fax: 01923 844565

Areas: parts of Harrow and Hillingdon

Care provided:

- in-patient care
- day care services
- home visits by specialist registrars



The Palliative Care Centre

First Floor Wolfson Building, Middlesex Hospital, 48 Riding House Street, London W1N 8AA

Telephone: 020 7530 6200

Fax: 020 7530 6220

Areas: North East Westminster

Care provided:

- community palliative care

Pembridge Palliative Care Centre

St Charles Hospital, Exmoor Street, London W10 6DZ

Telephone: 020 8962 4406

Fax: 020 8962 4407

Areas: parts of Brent, Ealing, North Hammersmith and Fulham, North Kensington and Chelsea and West Westminster

Care provided:

- in-patient care
- community palliative care
- day care services

St Johns Hospice

Hospital of St John and St Elizabeth, 60 Grove End Road, St John's Wood, London NW8 9NH

Telephone: 020 7806 4040

Fax: 020 7806 4041

Areas: Westminster

Care provided:

- in-patient care
- day care services
- community palliative care
- hospice at home (sitting or nursing service) to relieve carers

St Luke's Kenton Grange Hospice

385 Kenton Road, Harrow, Middlesex HA3 0YG

Telephone: 020 8382 8000

Fax: 020 8382 8080

Areas: Harrow and North Brent

Care provided:

- in-patient care
- day care services
- community palliative care
- medical out patient appointments
- home visiting by volunteers

Trinity Hospice

30 Clapham Common Northside, London SW4 0RN

Telephone: 020 7787 1000

Fax: 020 7498 9726

Areas: South Hammersmith & Fulham, South Kensington & Chelsea and South Westminster

Care provided:

- in patient care
- community palliative care
- day care services



Hospital Palliative Care Teams

Central Middlesex Hospital

Acton Lane
London NW10 7NS
Consultants: Dr Charles Daniels

Chelsea and Westminster Hospital

369 Fulham Road
London SW10 9NH
Telephone: 020 8746 8499/ 8268
Fax: 020 8746 8863
Specialist Nurse: Natasha Ryan, Gary Artiss
Consultants: Dr Sarah Cox

Charing Cross Hospital (part of Hammersmith Hospitals NHS Trust)

Fulham Palace Road
London W6 8RF
Telephone: 020 8846 1412
Fax: 020 8383 0612
Specialist Nurse: Kara Blackwell
Consultants: Dr Columba Quigley

Ealing Hospital

Uxbridge Road
London UB1 3HW
Telephone: 020 8967 5000 ext 5000
Fax: 020 8967 5073
Specialist Nurse: Gail Fitzgerald
Consultants: Dr Jane Cowap

Hammersmith Hospitals NHS Trust

Du Caine Road
London W12 0HS
Telephone: 020 8383 1531
Fax: 020 8383 3345
Specialist Nurse: Kara Blackwell
Consultant: Dr Columba Quigley

The Royal Brompton and Harefield Hospital

Harefield Site
Hill End Road
London UB9 6JH
Telephone: 01895 828922
Fax: 01895 828989
Specialist Nurse: Jo Turner
Consultants: Dr Catherine Urch

Hillingdon Hospital

Field Heath Road
London UB8 3NN
Telephone: 01895 279412
Fax: 01895 279452
Specialist Nurse: Lorraine Barton and Elizabeth Bunker
Consultants: Dr Elizabeth Horrock



North West London Cardiac Network

Northwick Park Hospital

Watford Rd

HA1 3UT

Telephone: 020 8864 3232

Consultants: Dr Charles Daniels

St Marys Hospital

Praed Street

London W2 1NY

Telephone: 020 7886 6011

Fax: 020 7886 1440

Specialist Nurse: Di Howard, Randall Jones

Consultants: Dr Catherine Urch

West Middlesex University Hospital

Twickenham Road

London TW7 6AF

Telephone: 020 8321 6822

Fax: 020 8321 5249



National Services

NHS Direct

Telephone: 0845 4647

Benefit Enquiry line

Telephone: 0800 882200

Textphone: 0808 243355

Service: Free and confidential advice service. Can also help with completing forms.

Continence Foundation

307 Hatton Square, 16 Baldwin Gardens, London EC1N 7RJ

Telephone: 020 7831 9831

Email: continence.foundation@dial.pipex.com

Website: www.continence-foundation.org.uk

Services: Information and advice to people with bladder and bowel problems

Disability Benefits Centre (DBC)

Warbreck House, Warbreck Road, Blackpool FY2 0YE

Telephone: 0845 712 3456

Textphone: 08457 224 433

Fax: 02086 526166

Email: DBU-Customer-Service@dwp.gsi.gov.uk

Disabled Living Foundation

380-384 Harrow Road, London W9 2HU

Telephone: 020 7289 6111

Help/info line: 0845 130 9177

Textphone: 0870 603 9176

Fax: 020 7266 2922

Email: dinfo@dfi.org.uk

Website: www.dfi.org.uk

Services: Information service on equipment for disabled people

Sexual Dysfunction Association

Telephone: 0870 7743571

Email: info@sda.uk.net

Website: www.sda.uk.net

Services: For people who are having problems with their sexual dysfunction

Hairline International- Alopecia Patients Society

Lyons Court, 1668 High Street, Knowle, West Midlands B93 0LY

Telephone: 01564 775281

Website: www.hairlineinternational.co.uk

Services: Information and support for people with hair loss and thinning

Impotence Association

PO Box 10296, London. SW17 9WH

Telephone: 020 8767 7791

Email: theia@btinternet.com

Website: www.impotence.org.uk

Services: Information and support for people suffering from impotence and their partners

National Debt line

Telephone: 0808 808 4000



Wiltshire Farm Foods

Telephone: 0800 773 773

Website: www.wiltshirefarmfoods.com

Services: frozen meals delivered to your door (includes vegetarian, diabetic, moderate salt and gluten free)

Winston's wish

Telephone: 01242 515157

Website: www.winstonswish.org.uk

Services: helps young children after the death of a family member or friend

Cancelling mail

Telephone: 08457 740 740

Textphone: 08456 000 606

Website: www.royalmail.com

Carers UK

Telephone: 0808 808 7777

Services: Information on benefits for carers

Association for Muslims with disabilities

Telephone: 020 8830 3821

Services: Information, advice and practical support for Muslims with disabilities

National Chinese Carers Centre

Telephone: 020 7534 6546

Institute for Complementary Medicine

Telephone: 020 7237 5165

Email: icm@icmedicine.co.uk

Website: www.icmedicine.co.uk

Holiday Care Service

2nd Floor, Imperial Buildings, Victoria Road, Horley, Surrey. RH6 7PZ

Telephone: 01293 774535

Textphone: 01293 776943

Fax: 01293 784647

Email: holiday.care@virgin.net

Website: www.holidaycare.org.uk

Services: travel and holiday information for disabled people and their carers

Assistance travel service ltd

Telephone: 01708 863198

Website: www.assistedholidays.com

Services: Specialises in holidays for travellers with special needs

Vitalise

Telephone: 0845 345 1972

Fax: 0845 345 1978

Services: Provides holidays in the UK for patients and their carers

Willow foundation

Telephone: 01707 259777

Website: www.willowfoundation.org.uk

Services: Provides special days out for very ill adults between the ages of 16 - 40



Disabled Go

Website: www.disabledgo.info

Services: Provides free detailed access information for disabled people across the UK

Seniorlink

1 Centurion Business Park, Bessemer Way, Rotherham, South Yorkshire S60 1FB

Telephone: 01709 389388

Fax: 01709 389394

Services: 24-hour emergency alarm and befriending service

Independent Living Fund

PO Box 183, Nottingham NG8 3RD

Telephone: 0115 942 8191/ 2

Fax: 0115 929 6022

Services: Can help with the extra costs of having a disability

Men's Health Help Line

Medical Advisory Service, PO Box 3087 W4 4ZP

Helpline: 020 8994 9874

Telephone: 020 8995 4448

Services: Helpline for men, Tuesday – Thursday 6-9pm

Women's Health

52–54 Featherstone Street EC1Y 8RT

Helpline: 020 7251 6580

Fax: 020 7608 0928

Email: health@womenshealthlondon.org.uk

Website: www.womenshealthlondon.org.uk

Services: Information service and helpline for women's health, Monday, Wednesday, Thursday and Friday 10am-4pm

British Acupuncture Council

63 Jeddo Road, W12 9HQ

Telephone: 020 8735 0400

Fax: 020 8735 0404

Email: info@acupuncture.org.uk

Website: www.acupuncture.org.uk

Services: Can provide a list of local practitioners

British Medical Acupuncture Society

Newton House, Newton Lane, Whitley, Cheshire WA4 4AJ

Telephone: 01925 730727

Fax: 01925 730492

Email: bmasadmin@aol.com

Website: www.medical-acupuncture.co.uk

Services: Can provide a list of local medical practitioners

Association for Therapeutic Healers

79 Brixton Hill, SW12 1JE

Telephone: 07074 222 284

Services: Healing and complementary therapies available

National Federation of Spiritual Healers

Old Manor Farm Studio, Church Street, Sunbury on Thames, Middlesex TW16 6RG

Telephone: 0891 616080

Email: office@nfsh.org.uk

Website: www.nfsh.org.uk

Services: Healer referral service

**The National Institute of Medical Herbalists (NIMH)**

56 Longbrook Street, Exeter, Devon EX4 6AH

Telephone: 01392 426022**Fax:** 01392 498963**Email:** nimh@ukexeter.freeserve.co.uk**Website:** www.btinternet.com/~nimh/**Services:** Can provide a list of local practitioners**British Homeopathic Association**

27a Devonshire Street, W1N 1JR

Helpline: 020 7935 21630**Email:** brithom@talk21.com**Services:** Provides list of homeopathic doctors and information on NHS homeopathic hospitals**Holistic Association of Reflexologists**

92 Sheering Road, Old Harlow, Essex CM17 0JW

Telephone: 01279 429060**Fax:** 01279 445234**Email:** reflexology.isr@tesco.net**Services:** Can provide a list of qualified reflexologists**Shelter****Telephone:** 0808 800 4444**Services:** Free phone housing advice line**Community Legal Service Directory****Telephone:** 0845 608 1122**Website:** www.justask.org.uk**Services:** Network of legal advice services**Disability Law Service**

Ground floor, 39 –45 Cavell Street E1 2BP

Telephone: 020 7791 9800**Textphone:** 020 7791 9801**Fax:** 020 7791 9802**Email:** advice.dsl.org.uk**Services:** Confidential legal advice from solicitors, advisors and trained volunteers**Direct Government**

Direct government homepage of UK public services all in one place

Website: www.direct.gov.uk**Foundations**

Bleaklow House, Howard Town Mills, Glossop, Derbyshire SK13 8HT

Telephone: 01457 891909**Fax:** 0457 869361**Email:** foundations@cel.co.uk**Website:** www.foundations.uk.com**Services:** Lists of local home improvement organisations to help the elderly, disabled or those on low incomes**League of Jewish Women**

24-32 Stephenson Way, NW1 2JW

Telephone: 020 7387 7688**Fax:** 020 7387 2110**Email:** office@leagueofjewishwomen.org.uk**Services:** Befriending, practical help, counselling, day clubs, kosher meals-on-wheels

**United Kingdom Home Care Association Limited**

UKHCA Office, 42b Banstead Road, Carlshalton Beeches, Surrey SM5 3NW

Telephone: 020 8288 1551**Fax:** 020 8288 1550**Email:** enquiries@ukhca.demon.co.uk**Website:** www.ukhca.co.uk**Services:** Information on agencies that provide care or nursing services for people in their own homes**Wireless for the Bedridden**

159a High Street, Hornchurch, Essex RM11 3YB

Telephone: 0800 018 2137 (freephone)**Services:** Provides free radio and televisions to people who are housebound and cannot afford to buy themselves.**Age Concern Aid –Call**

Linhay House, Linhay Buisness Park, Ashburton, Devon. TQ13 7UP

Telephone: 0845 741 3103**Help/information line:** 0800 772 266**Email:** careline@aidcall.co.uk**Website:** www.aidcall.co.uk**Services:** Emergency alarm system with key holders and trained operators**Motability**

Customer Information Services, Goodman House, Station Approach, Harlow, Essex. CM20 2ET

Telephone: 01279 635666**Fax:** 01279 632000**Website:** www.motability.co.uk**Services:** Vehicle (scooters and high powered scooters) hire purchase schemes for people receiving the higher rate mobility component of the Disability Living Allowance**National Federation of Shopmobility**

85 High Street, Worcester, Worcestershire WR1 2ET

Telephone: 01905 617761**Fax:** 01905 617761**Email:** nfsuk@lineone.net**Website:** www.justmobility.co.uk/shop**Services:** Scheme that lends manual and powered wheelchairs and scooters**National Mobility Centre**

Unit 2a, Atcham Estate, Shrewsbury, Shropshire SY4 4UG

Telephone: 01743 761889**Fax:** 01743 761181**Email:** info@nmcuk.freearrive.co.uk**Website:** www.mis.org.uk**Services:** Advice and guidance for disabled people**Access and Mobility Transport for London**

55 Broadway, SW1 H0BD

Telephone: 020 7941 4600**Email:** access&mobilitytfl.gov.uk**Website:** www.transportforlondon.gov.uk**Services:** Information on transport services.



London Wide Services

Access and Mobility Transport for London

Windsor House, 42-50 Victoria Street, London SW1H 0TL

Telephone: 020 7941 4600

Fax: 020 7941 4605

Email: access&mobility@tfl.gov.uk

Services: Information about transport throughout London

Central London Advice Service

Derry House, Penfold Street NW8 8HJ

Telephone: 020 7402 6750

Fax: 020 7224 8264

Email: clas@clara.co.uk

Services: Multi-lingual, multicultural advice and information

Taxicard

Telephone: 020 7484 2929

Services: Subsidised taxi scheme for the disabled. 10 trips a month and must be able to use a black cab

Central London Law Centre

19 Whitcomb Street, London WC2H 7HA

Telephone: 020 7839 2998

Fax: 020 7839 6158

Services: Provides legal advice and representation

Chinese Information and Advice Centre

1st Floor, 53 New Oxford Street, London WC1A 1BL

Telephone: 020 7692 3471/ 5

Fax: 020 7692 3476

Email: chineseinformation@yahoo.com

Services: Provides free specialist legal advice on social and employment issues to disadvantaged people of Chinese origin

Befriending Network

Claremont, 24-27 White Lion Street, Islington, N1 9PD

Telephone: 020 7689 2443

Fax: 020 7689 2421

Email: info@befriending.net

Website: www.befriending.net

Services: Volunteer befrienders offer practical and emotional support, weekly visits, able to accompany to hospital appointments

British Red Cross Transport and Escort Service

8 Hounsfild Road, Edmonton, London N9 7RA

Telephone: 020 8804 0309

Fax: 020 8804 3944

Email: information@redcross.org.uk

Website: www.redcross.org.uk

Services: Differing types of vehicle transport to aid people getting to hospital appointments, shopping and day care services



North West London Cardiac Network

British Red Cross

10th Floor Westminster Tower, 3 Albert Embankment, Vauxhall SW1 7SX

Telephone: 020 7793 3360

Fax: 020 7793 3361

Website: www.redcross.org.uk

Services: Local community services for vulnerable people

Language Line

Telephone: 0800 169 2879

Website: www.languageline.co.uk

Services: Telephone interpreting service which allows for 3 way call between staff, client and interpreter.



Brent Primary Care Trust

Primary Care and Community Health Services

District Nurses

Telephone: 020 8438 7200

Clinical Lead: 020 8795 6134

Fax: 020 8438 7201

Out-of Hours District Nursing

Telephone: 02 08904 9331

Fax: 020 8904 8392

Messages: 020 8969 2488

Physiotherapists

Dietician

Diabetes Specialist Nurses

Social Services

Brent Social Services

Town Hall, Forty Lane, Wembley HA9 9HD

Telephone: 020 8937 4300/ 020 8937 1234

Textphone: 020 8937 1993

Email: customer.services@brent.gov.uk

Brent One Stop Shop

Brent House, 349-357 High Road, Wembley, Middlesex HA9 6BZ

Telephone: 020 8937 4300

Fax: 020 8937 1989

Services: Information on all social service inquiries and new referrals

Benefit Information

Citizens Advice Bureau

270-272 High Road, Willesden, London NW10 2EY

Telephone: 0845 0505250

Fax: 020 8451 3714

Practical Help and Support

Brent Community Housing

13 Lonsdale Road, London NW6 6RA

Telephone: 020 7624 3168

Fax: 020 7624 3977

**Brent Carers Centre****Telephone:** 020 8795 6240**Email:** email@brentcarerscentre.org.uk**Website:** www.carers.org/brent**Services:** Help for those looking after someone with a long-term illness or disability**Brent Young Carers****Telephone:** 020 8795 6249 (answer phone)**Services:** Advice and support for young people (under 18) looking after someone with a long-term illness or disability**Home Start Brent**

Centre for Staff Development, Brentfield Road, Neasden NW10 8HE

Telephone: 020 8937 3339**Fax:** 020 8937 3338**Email:** homestartbrent@supanet.com**Services:** Home visiting and befriending for friendship and practical support for families with children under the age of 5**Harrow Helpline**

60 Elm Grove Road, Harrow HA1 2QH

Telephone: 020 8861 3242**Fax:** 020 8861 6200**Services:** 24 hour emergency response service to alert key holders and/or the emergency services. Financial assessments are available for people on low incomes in Harrow. In Brent please contact Brent One Stop Shop 020 8937 1234**Areas:** Brent and Harrow**Brent Wheelchair Service**

Willesden Community Hospital, Harlesden Road, London NW10 3RY

Telephone: 020 8451 8462**Fax:** 020 8451 8098**Services:** Provision of wheelchairs and pressure relief cushions**Brent Community Transport**

Unit 29-30, Bridge Park, Harrow Road, London NW10 0RG

Telephone: 020 8383 1353**Services:** Subsidised transport**Housebound library service****Telephone:** 020 8452 6941**Brent Health and Homeless Team**

Craven Park Health Centre, Shakespeare Crescent, London NW10 8XW

Telephone: 020 8965 6523**Fax:** 020 8937 3401**Services:** Service for homeless people with health care needs**Email:** info@bchlondon.co.uk**Website:** www.bchlondon.co.uk**Services:** Finds temporary accommodation for single people**Brent Crossroads****Telephone:** 020 8459 7286**Email:** brentcrossroads@care4free.net**Services:** respite for carers provided in own home



Brent Community Health Council

22 Willesden High Road, London NW10 2QD

Telephone: 020 8451 4697

Fax: 020 8451 4533

Email: brent-chc@hotmail.com

Services: Independent body that acts as a watchdog over the NHS and the decisions it makes

Brent Community Law Centre

389 Willesden High Road, London. NW10 2JR

Telephone: 020 8451 1122

Fax: 020 8830 2462

Services: Offers free legal advice

Brent Association of Voluntary Action (BRAVA)

Room 9, Tavistock Hall, 25 High Street, Harlesden London NW10 4NE

Telephone: 020 8383 1350

Fax: 020 8838 1361

Email: info@brava.org.uk

Website: www.brava.org.uk

Services: Council for voluntary services

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Areas: Anyone who is homeless

Services: Counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Brent Language

Telephone: 020 8937 1070

Fax: 020 8937 1105

Service: Interpretation for over 140 languages

Emotional Support

Brent Bereavement Services

Telephone: 020 8459 6818

Fax: 020 8459 4656

Email: brentbs@btinternet.com

Website: www.brentbereavement.org

Brent Carers centre

Wembley Centre for Health and Care, 116 Chaplin Road, Wembley. HA0 4UZ

Telephone: 020 8795 6240

Fax: 020 8795 6250

Email: email@brentcarerscentre.org.uk

Services: Free information, support advice and advocacy.

Complementary and Alternative Therapies



Ealing Primary Care Trust

Primary Care and Community Health Service

District Nurses

Community District Nursing Association
Westel House, 32 38 Uxbridge Road, Ealing W5 2BS
Telephone: 020 828 5342

Physiotherapists

Clayponds Hospital, Sterling Place, South Ealing W5 4RN
Telephone: 020 8 568 3329

Dietician

Featherstone Road Clinic, Hartington Road, Southall UB2 5BQ
Telephone: 020 8 383 5496

Diabetes Specialist Nurses

Ealing Hospital Trust, Uxbridge Road, Southall UB1 3HW
Telephone: 020 8 967 5519

Social services

Ealing Social Services

Perceval House, 14-16 Uxbridge Road, Ealing W5 2HL
Telephone: 020 8825 5000
Email: customers@ealing.gov.uk

Benefit Information

Practical Help and Support

Scan Alarms

Sheltered Housing, Control Room, Percival House
14- 16 Uxbridge Road, Ealing W5 2HL

Telephone: 020 8579 2424

Fax: 020 8578 8224

Services: 24-hour Telephone: emergency assistance to alert key holders and/or emergency services

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Areas: Anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Ealing Legal Centre

2nd floor, 11b King Street, Southall, UB2 4DF

Telephone: 020 8574 2434

Fax: 020 8843 9165

Services: Free legal advice to people on low incomes

**Volunteer Link Scheme**

24 Uxbridge Road, Ealing W5 2PB

Telephone: 020 8579 6273

Fax: 020 8567 4683

Email: vollinkscheme@yahoo.co.uk

Website: www.ealingfriend.org.uk

Services: befriending and emotional support and help at short notice

Parkside Wheelchair Service

Parkside Health, Unit G3, Middlesex Business Centre, Bridge Road, Southall UB2 4AB

Telephone: 020 8813 9836

Fax: 020 8813 9842

Services: Provision of wheelchairs and pressure relief cushions

Emotional Support**ButterflyC**

19 St Stephens Avenue, London W12 8JB

Telephone: 020 8932 8008

Email: reflexion@aol.com

Website: www.butterflyc.co.uk

Services: Information and support for people with hepatitis C and other viral liver diseases, such as cirrhosis

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Areas: Anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Volunteer Link Scheme

24 Uxbridge Road, Ealing W5 2PB

Telephone: 020 8579 6273

Fax: 020 8567 4683

Email: vollinkscheme@yahoo.co.uk

Website: www.ealingfriend.org.uk

Services: Befriending and emotional support and help at short notice

Complementary and Alternative Therapies



Hammersmith and Fulham Primary Care Trust

Primary Care and Community Health Service

District Nurses

Community Nurse Manager

Telephone: 020 8383 5872

Email: mary.goward@hf-pct.nhs.uk

jean.lewis@hf-pct.nhs.uk

yomi.ogunsola@hf-pct.nhs.uk

Care coordination Team

Telephone: 020 87535457

Information and assessment team

Telephone: 020 8753 5356

Physiotherapists

Dietician

Diabetes Specialist Nurses

Community assessment and rehabilitation service

Telephone: 020 8846 1489

Falls intervention

Telephone: 020 8846 7619

Social Services

Hammersmith and Fulham social services

Town Hall, King Street, London, W6 9JU

Telephone: 020 8748 3020

Textphone: 020 8753 5753

Email: information@lbhf.gov.uk

Benefit Information

Benefits enquiry line: 0800 882200

Practical help and support

Small jobs scheme

Telephone: 020 7385 2043

Age concern

Telephone: 020 7386 9085

Expert patients programme

Telephone: 020 8846 6803

**Action Trust for the Blind**

177 Hammersmith Grove, W6 0NL

Telephone: 020 8563 2922**Email:** info@actiontrustfortheblind.org**Ada Lewis Womens Hostel****Address:** 2 Palliser Road, W14 9EF**Telephone:** 020 7385 8248**Abbeyfield (Chelsea & Fulham) Society**

9 Coniger Road, SW6 3TB

Telephone: 020 7352 8632**Age Concern**

105 Greyhound Road, W6 8NJ

Telephone: 020 7386 9085**Email:** info@achf.org.uk**Asian Elderly Group (Shanti Day Centre)**

89 Askew Road, Shepherds Bush, W12 0NW

Telephone: 020 8748 5769**Asian Elderly Milap Club of H&F**

48 Lilyville Road, SW6 5DW

Asian Health Agency

Shanti Centre, 89 Askew Road, Shepherds Bush, W12 9AS

Telephone: 020 8811 1501**Email:** director@taha.org.uk**Askham Court Social Club**

Community Hall, 57 Askham Court

Askham Road W12 0NX

Askham Court Tenants Club

Askham Court Tenants Hall, Askham Court, W12 0NX

Alzheimer's Society

Aspen House, 1 Gayford Road, W12 9BY

Telephone: 020 8762 0802**Asian Health Agency**

Shanti Centre, 89 Askew Road

Shepherds Bush, W12 9AS

Telephone: 020 8811 1501**Email:** director@taha.org.uk**Black Carers Self-Help Group (Mental Health)**

18 Old Oak Road, W13 7NQ

Telephone: 020 8846 7576**Barbers Retirement Association**

Sir Oswald Stoll Foundation, Fulham Road, SW6



Barclay Hall Luncheon Club

Barclay Hall, Effie Road SW6 1TB

Telephone: 020 7731 0879

Barclay Road Social Club

B Granville House, Barclay Road, SW6 1EZ

Barons Court Project

69 Talgarth Road, W14 9DA

Telephone: 020 7603 5232

Email: stephen@baronscourtproject.org

Best of Friends

Palingswick House, 241 King Street, W6 9LP

Telephone: 020 8748 0140

Email: boforg@yahoo.co.uk

Breakaway Family Holiday Project

Polish Centre, Room 24a, 2nd Floor, 238-246 King Street, W6 0RF

Telephone: 020 8748 7965

Email: breakawayhp@hotmail.com

British Red Cross Society

Red Cross House, 100 Brook Green, W6 7BD

Telephone: 020 7602 1967

Better Government for Older People Consultative Forum

145 King Street, BGOP 4th Floor, W6 9XY

Telephone: 020 8753 5075

Email: sue.spiller@lbhf.gov.uk

Bishop Park & Winnington Bowls Club

13 Kenyon Street, SW6 6JZ

Telephone: 020 7371 0535

Email: decunningham@beeb.net

Barons Keep Forum

109 Wendell Road, W12 9SD

Telephone: 020 7603 8718

Bath Court Social Club Office

Baths Court, 61 Scotts Road, W12 8HW

Telephone: 020 8740 9170

British Red Cross Society

Red Cross House, 100 Brook Green, W6 7BD

Telephone: 020 7602 1967

Broadway Club

Community Hall, 446 Fulham Road, SW6 1DT

Care and Repair

Bishop Creighton House, 378 Lillie Road, SW6 7PH

Telephone: 020 7385 2043

Email: care.repair@btconnect.com



Carers Group North

1st Floor, 145 King Street, W6 9XY

Telephone: 020 8753 5069

Email: stefan.polanyk@lbhf.gov.uk

Caring for Carers Association H&F

Palingswick House, 241 King Street, W6 9LP

Telephone: 020 8748 4266

Email: veronica-ikezue@btconnect.com

Caroline Tenants & Residents Association

Caroline Tenant Community Hall, Queen Caroline Street W6 9BS

Community Mental Health Trust

18 Old Oak Road, Acton, W3 7HQ

Telephone: 020 8846 7576

Connections

Palingswick House, 241 King Street, W6 9LP

Telephone: 020 8741 1766

Email: info@cccmedia.co.uk

College Park Residents Association (Over 60's)

Community Centre, Rigeley Road, College Park NW10

Cook and Eat Club

Grove Neighbourhood Centre, 7 Bradmore Park Road, W6 0DT

Telephone: 020 8741 3321

Email: gnc@groveneighbours.org.uk

Craven Cottage (Senior Citizens) Social Club

35 Orchard House, 26 Varna Road, SW6 7LD

Telephone: 020 7385 6373

Consumer Forum

153 Hammersmith Road, W14 0QL

Telephone: 020 8741 2660

Cedar Lodge Sheltered Housing

31 Cedar Lodge, 6 Eternit Walk Fulham SW6 6NA

Telephone: 020 7381 4626

Community Housing and Therapy

Bishop Creighton House, 378 Lillie Road SW6 7PH

Telephone: 020 7381 5888

Email: co@cht.org.uk

Community Mental Health Trust

18 Old Oak Road, Acton W3 7HQ

Telephone: 020 8846 7576

Centre for Armenian Information & Advice (CAIA)

105a Mill Hill Road, Acton, W3 8JF

Telephone: 020 8992 4621

Email: info@caia.org.uk

**Centre for Armenian Information & Advice (Elderly Club)**

105a Mill Hill Road, Acton, W3 8JF

Telephone: 020 8992 4621**Chiswick Seventh Day Adventist Church**

Chiswick SDA Church, Stamford Brook Road, W6 0XW

Cleverly Tenants Association

Cleverly Estate, Wormholt Road W12 0TD

Telephone: 020 8749 3127**Colebrooke Senior Citizens & Over 50's Club**

51 Hugon Road, SW6 3ER

Disabled Christian's Fellowship

Twynholm Baptist Church, 324/326 Lillie Road, Fulham, SW6 7PP

Deaf Access Trust

30 John Smith Avenue, Fulham SW6 7TW

Telephone: 020 8753 5176 (Wednesday 2-4 only)**DeafPLUS**

East Acton Centre, 2 Erconwald Street, W12 0BS

Telephone: 020 8749 4111 9Tel/Fax)**Email:** london.ealing@deafplus.org**Disabled Christian's Fellowship**

Twynholm Baptist Church, 324/326 Lillie Road, Fulham, SW6 7PP

Disabled Living Foundation

380/384 Harrow Road, W9 2HU

Telephone: 020 7289 6111**Dobson Gateway Club**

3 Cardross House, Cardross Street, W6 0DW

Ealing, H&F & Hounslow Wheel Chair Service

Unit 93, Middlesex Business Centre, Bridge Road, Southall, UB2 4AB

Telephone: 020 8813 8333**Elizabeth Barnes Social Club**

Elizabeth Barnes Hall, Marinefield Road, SW6 2LN

Elmgrove House Residents Association

Elmgrove House, 20 Bute Gardens, W6 7DS

T

Telephone: 020 8563 9626**Evergreen Club**

The Evergreen Club, Boxmoor House, Queensdale Crescent, W11 4TJ

Telephone: 020 7602 5085**Family Friends**

73 St Charles Square, W10 6EJ

Telephone: 020 8 960 9099**Email:** familyfriendsw10@btconnect.com



Forward Project

15 Coverdale Road, W12 8JJ
Telephone: 020 8749 8747
Email: ghuka@theforwardproject.co.uk

Friends and Neighbours Tenants

Social Hall, Peabody Estate, W6

Fulham Good Neighbours Service

Bishop Creighton House, 378 Lillie Road, SW6 7PH
Telephone: 020 7385 8850
Fax: 020 7385 3127
Email: sgns@easynet.co.uk
Services: befriending, gardening, decorating, DIY, transport, wheelchair outings and escorts

Farm Lane Social Club

Granvill House, Barclay Road, SW6 1EZ

Field Road Elderly Luncheon Club

3 Cox House, Field Road, W6 8HN

Friends and Neighbours Tenants

Social Hall, Peabody Estate, W6

Friends of Holy Innocents

(The) Paddenswick Road, Hammersmith, W6 0UB
Telephone: 020 8748 2286

Fulham Good Neighbour Service

Rosaline Hall, 70 Rosaline Road Fulham SW6 7QT
Telephone: 020 7385 8850
Email: fgns@easynet.co.uk

Fulham Group South for Carers

145 King Street, Hammersmith W6
Telephone: 020 8753 5478 / 5351
Email: lorraine.warner@lbhf.gov.uk

Friends of Hammersmith Hospital

Friends Office, Hammersmith Hospital
Du Cane Road W12 0HS
Telephone: 020 8743 3496

Gateway Clubs (Mencap)

Greswell Centre, Greswell Street, SW6 6PX

GNC Bingo Club

Grove Neighbourhood Centre, 7 Bradmore Park Road, W6 0DT
Telephone: 020 8741 3321

Good Neighbours Project

Grove Neighbourhood Centre, 7 Bradmore Park Road, W6 0DT
Telephone: 020 8741 3321
Email: gnc@grovenighbours.plus.com

Grandparents Association

22-26 Albert Embankment, SE1 7TJ



H&F ERIN (Elderly Retired Irish Network)

Hammersmith Irish Centre, Blacks Road Hammersmith, W6 9DT

H&F Irish Pensioners Group

Irish Centre, Blacks Road, W6 9DT

H&F Mind Central

153 Hammersmith Road, W14 0QL

Telephone: 020 8741 0661

Email: enquiries@hfmind.org.uk

H&F Pensioners Club

Town Hall, King Street, Hammersmith, W6 9JU

H&F Sheltered Housing

84 Banim Street, W6 0DE

Telephone: 020 8748 3844

Hammersmith Christian Fellowship - Monday Group

Dalling Road, W6 0EU

Telephone: 020 8563 1240

Hammersmith and Fulham Community Law Centre

142-144 Kings Street, W6 0QU

Telephone: 020 8741 4021

Fax: 020 8741 1450

Services: advice on housing, immigration and employment

Hammersmith and Fulham Community Alarm Service

2nd Floor, Riverview House, Beaver Lane, London W6 9AR

Telephone: 020 8753 4075

Fax: 020 8600 4783

Services: emergency monitoring and visiting system/ key holders

H&F Mind Central

153 Hammersmith Road, W14 0QL

Telephone: 020 8741 0661

Email: enquiries@hfmind.org.uk

Hearing Concerns

4th Floor, 275/281 King Street, W6 9LZ

Telephone: 0845 0744 600

Email: info@hearingconcern.org.uk

Hammersmith Hospitals NHS Trust Retirement Fellowship Group

Hammersmith Hospital, Du Cane Road W12

Harrison Housing

7 Minford Gardens, W14 0AN

Homeline

Bishop Creighton House, 378 Lillie Road, SW6 7PH

Telephone: 020 7385 9689



Hungarigan Reformed Church in the UK

17 St Dunstons Road, W6 8RD

Telephone: 020 8748 8858

H&F Action on Disability (HAFAD)

Greswell Centre, Greswell Street, SW6 6PX

Telephone: 020 7471 8510

Email: info@hafad.org.uk

H&F Mind Central

153 Hammersmith Road, W14 0QL

Telephone: 020 8741 0661

Email: enquiries@hfmind.org.uk

H&F People First

Bishop Creighton House, 378 Lillie Road, SW6 7PH

Telephone: 020 7610 2482

HAFAD 1st Chance Project

Greswell Centre, Greswell Street, SW6 6PX

Telephone: 020 7471 8510

Email: richard.1st@hafad.org.uk

Joanne's 50 Plus Group

374 Fulham Palace Road, SW6 6HT

Telephone: 020 7385 5595

John Knight Lodge Residents Club

7 John Knight Lodge, Lewis Trust Buildings, SW6 1AS

Khanum Women's Group

Tenants Hall, 82 Lillie Road, West Kensington

Leisure Club

Sir Oswald Stoll Foundation, 446 Fulham Road, SW6 1DT

Telephone: 020 7385 2110

London Health Emergency

Unit 6, Ivebury Court, 325 Latimer Road W10 6RA

Telephone: 020 8960 8002

LRT Pensioners West 6 Area

17 Studland Street, Hammersmith, W6 0JS

London Cyrenians Housing

153/155 Kensington High Street, W8 6SU

Telephone: 020 7938 2004

London Cyrenians Housing

153/155 Kensington High Street, W8 6SU

Telephone: 020 7938 2004

London Health Emergency

Unit 6, Ivebury Court, 325 Latimer Road
W10 6RA

Telephone: 020 8960 8002



Malvern Court & Landor Walk

Malvern Court, 59 Hadyn Park Road, W12 9AQ

Manor Court Sports & Social Club

55 Manor Court, SW6 2BN

Telephone: 020 7731 0787

Milap Weekly

Masbro Centre, 87 Masbro Road, W14 0LR

Telephone: 020 7385 8966

Monday Carers' Group

H&F Carers' Centre, 182 Hammersmith Road, W6 7DJ

Telephone: 020 8563 8014

Monday Club

Community Centre, Rigeley Road

College Park, NW10 6AP

Mount Carmel Senior Citizens

The Hut, 59 Godolphin Road, W12 8JF

New Dawn

Elgin Close Resource Centre, 1-3 Elgin Close, W12 9NH

North End Pensioners Club

Lytton Estate Community Hall, North End Crescent, W14 8ET

Telephone: 020 7385 3836

Notting Hill Housing

Elgin Close Resource Centre, 1-3 Elgin Close, W12 9NH

Telephone: 020 8746 4270

Nubian Life

50 Commonwealth Avenue, White City W12 7QR

Telephone: 020 8749 8017

Email: info@nubian-life.org.uk

Old Oak Centre

76 Braybrook Street, W12 0AP

Telephone: 020 8740 8008

Old Oak Over 50s & Bingo Group

Old Oak Community Centre, 76 Braybrook Street, W12 0AP

Telephone: 020 8740 8008

Old Oak Over 60s Club

101 Erconwald Street, W12 0BU

Older Women's Group

Bishop Creighton House, 378 Lillie Road, SW6 7PH

Telephone: 020 7385 9689

Over 50s Club

Old Oak Community Centre, 76 Braybrook Street, W12 0AP

Telephone: 020 8740 8008



Over Sixties Group

22 Marchbank Road, West Kensington, W14 9PJ

Park Court Sheltered Scheme

The Office, Park Court, 10 Ravenscourt Park, W6 0UZ

Telephone: 020 8748 9973

Email: mjafri@nhhg.org.uk

Pensioners Forum

119 Wendell Road, W12 9SD

Philboro Pensioners Social Club

3 Philpot Square, Peterborough Road, SW6 3HU

Plane Tree Court Social Club

12 Plane Tree Court, Brook Green, W6 7BE

Telephone: 020 7602 9376

Polish Educational Society

240 King Street, W6 0RF

Telephone: 020 8741 1993

Parkside Wheelchair Service

Parkside Health, Unit G3, Middlesex Business Centre,
Bridge Road, Southall, Middlesex. UB2 4AB

Telephone: 020 8813 9836

Fax: 020 8813 9842

Service: provision of wheelchairs and pressure relief cushions

Queens Park Rangers Over 60's Club

QPR Football Club, South Africa Road, W12 7BW

Telephone: 020 8749 0829

Rampage Elderly Holiday Project

Room 24a, Polish Centre, 238-246 King Street, W6 0RF

Telephone: 020 8748 3207

Email: rampagehp@hotmail.com

Ravenscourt Park Bowls Club

115a Askew Road, W12 9AS

Telephone: 020 8740 1927

Riverside Gardens Sheltered Housing

Thames View Block, 200-221 Riverside Gardens W6 9LQ

Telephone: 020 8741 2366

Email: sherri-dawn.knight@lbhf.gov.uk

Rosewood Over 60s Social Club

4 Rosewood Square, W12 0RZ

Telephone: 020 8743 2934

Rowberry Close Tenants Association

Rowberry Close Lounge, Stevenage Road, Fulham, SW6 6PQ

Royal British Legion Fulham Women's Section

108 Harbord Street, Fulham, SW6 6PH

**Royal United Kingdom Beneficent Association (RUKBA)**

6 Avonmore Road, W14 8RL

Telephone: 020 7605 4200**Email:** charity@rukba.org.uk**SBCA Senior Citizens Club**

The Village Hall, 58 Bulwer Street, W12 8AP

Telephone: 020 8740 5955 (Hall)**Senior Citizens Creative Arts & Lunch Club**

The Hut, 59 Godolphin Road, Shepherds Bush, W12 8JF

Telephone: 020 8743 2034**Shanti Asian Elders Group**

89 Askew Road, Shepherds Bush, W12 9AS

Telephone: 020 8811 1501**Shanti Day Centre**

89 Askew Road, Shepherds Bush, W12 9AS

Telephone: 020 8811 1501**Email:** shanti@taha.org.uk**Shepherds Bush Community Association**

Village Hall, 58 Bulwer Street, W12 8AP

Telephone: 020 8740 5955 (Tues/Thurs)**Email:** sbcoma58@hotmail.com**Shepherds Bush Community Association (Social Section)**

Flat 35, John Betts House, Rycett Road, W12 9NJ

Shepherds Bush Islamic Cultural Centre

62 St Stephens Avenue, Shepherds Bush, W12 8JD

Telephone: 020 8743 9699**Sickle Cell & Thalassaemias Support Group**

Richford Gate Primary Care Centre, 49 Richford Gate

Richford Street W6 7HZ

Sickle Cell Society

(H&F)54 Station Road, NW10 4UA

Telephone: 020 8961 7795**St Saviour's Centre**

1 Armstrong Road, Acton, W3 7JL

Telephone: 020 8810 8471**Email:** chris.colledge@royaldeafchaplanicy.freereserve.co.uk**Shepherds Bush Mosque & Muslim Cultural Centre**

302 Uxbridge Road, W12 7LL

Telephone: 020 8743 5153**Email:** ahmedbadat@aol.com**Sisterhood & Brotherhood**

Fulham Baptist Church, 118 Dawes Road, Fulham, SW6 7EG

Telephone: 020 7386 0970

**Somer Court Social Club**

Somer Court, Anselm Road, SWT 1LJ

Telephone: 020 7381 5658**South Park Housebound Club**

43a West Kensington Mansions, Beaumont Crescent, W14 9PF

Telephone: 020 7385 3836**St Katherines Youth & Community Centre**

St Katherines Church, Primula Street, Westway, W12

Telephone: 020 8746 2213**St Marys Friendly Group**

St Mary's Church Hall, Edith Road, West Kensington, W14 9AB

West London Group National Schizophrenia Fellowship

12 Linver Road, SW6 3RB

St Mary's Friendly Group

St Marys Church, Edith Road, West Kensington, W14 9BA

Telephone: 020 7602 1996**St Michaels Lunch Club**

New Zealand Way, W12 7LP

Telephone: 020 8743 2807**Stamford Court Social Club**

Star Road Scheme (Vereker/Orchard/Cheesemans)

Wardens Office, St Andrew's Court, 50 Vereker Road, W14 9JT

Telephone: 020 7381 1895**Swanbank Court Social Club**

Scheme Managers Office, Willowbank, Fulham, SW6 3JL

Telephone: 020 7 731 3142**Email:** leanda.alexis@lbhf.gov.uk**Shepherds Bush Healthy Living Centre**

White City Health Centre, Australia Road W12 7PH

Telephone: 020 8846 6454**Email:** ian.hodgkinson@hf-pct.nhs.uk**St George Community Trust**

Bishops Park House, 25-29 Fulham High Street SW6 3JH

Telephone: 020 7371 3992**Substance Misuse Day Care & After Care Programme**

61 Munster Road, Fulham SW6 5RE

Telephone: 020 7384 9354**The Church of St Stephen's with St Thomas Social Club**

St Stephen's Church, Uxbridge Road, W12

The Evergreen Club

Evergreen Club Room, Boxmoor House Queensdale Crescent, W11 4TJ

Telephone: 07956 351995 (Day) / 020 7602 2551 (Eve)

**Robert Owen Club House**

Fulham Palace Road, SW6 6JA

Third Age Foundation

Britannia House, 1/11 Glenthorne Road W6 0LH

Telephone: 020 8748 9898

Email: sylvia@thirdage.org.uk

Threshold Housing Advice Centre

126 Uxbridge Road, W12 8AA

Telephone: 020 8749 2925

Fax: 020 8740 5046

Area covered: W10, SW5 SW10

Services: housing advice for single people and couples without dependant children

Threshold Advice Centre

126 Uxbridge Road, W12 6AA

Telephone: 020 8749 2925

Email: ltompson@thresholdingadvice.com

Tues Tigers & Wednesday Lions

Grove Neighbourhood Centre, 7 Bradmore Park Road, W6 0DT

Telephone: 020 8741 3321

Email: gnc@groveneighbours.org.uk

Tuesday Bingo Club

Sands End Centre, Broughton Road, SW6

Unison H&F Retired Members Section

T

Own Hall, King Street, W6 9JU

United Reform Church 50+ Social Club

United Reformed Church, Fulham Palace Road, SW6

Village Hall Senior Citizens Club

58 Bulwer Street, W12 8AP

Telephone: 020 8740 5955

Volunteers Sewing Group

182a Hammersmith Road, W6 7DJ

Telephone: 020 8743 8829

Email: chair@hfcarers.co.uk or harbhajan@hfcarers.co.uk

Waterhouse Close Sheltered Housing

8 Waterhouse Close, Great Church Lane, W6 8DP

Telephone: 020 8563 2085

Wentworth Social Club

Community Hall Wentworth, Laundry Road W6 8QW

West End Baptist Church

7 Ravenscourt Road, W6 0UH

Telephone: 020 8743 2867



West London Tinnitus Group

86 Cedar Grove, Ealing W5 4AR
Telephone/ Fax: 020 8932 0896

726 Luncheon and Social Club (Age Concern)

726 Fulham Road, SW6 5SF
Telephone: 020 7736 5403 (10am - 2pm)

West London Day Centre

134- 136 Seymour Place, W1H 5DJ
Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

West London Community Services Foundation

Chiswick 7th Day Adventist Church, Stamford Brook Road W6 0XW

Wormholt Seniors Club

Community Hall, Hemlock Road Wormholt Estate
W12 0QB

Emotional Support

ButterflyC

19 St Stephens Avenue, London. W12 8JB

Telephone: 020 8932 8008

Email: reflexion@aol.com

Website: www.butterflyc.co.uk

Services: information and support for people with hepatitis C and other viral liver diseases, such as cirrhosis

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Complementary and Alternative Therapies



Harrow Primary Care Trust

Primary Care and Community Health Service

District Nurses

Caryl Thomas clinic, Headstone Drive, Harrow, HA3 4UQ

Telephone: 020 8863 0640

Physiotherapists

Dietician

Diabetes Specialist Nurse

Caryl Thomas Clinic, Headstone Drive, Harrow, HA3 4UQ

Telephone: 020 8863 6114

Cardiology Specialist Nurse

Alexandra Health and Social Care Centre, Alexandra Avenue, South Harrow, HA2 9DX

Telephone: 020 8966 6439

Social Services

Older People (West)

Civic Centre, Station Road, Harrow, HA1 2XY

Telephone: 020 8424 1234

Fax: 020 8424 1143

Minicom: 020 8424 1042

Older People (East)

19 Buckingham Road, Edgware, Middlesex, HA8 6LY

Telephone: 020 8951 3811

Fax: 020 8951 3723

Benefit Information

Citizens Advice Bureau

Civic 5, Civic Centre, Station Rd, Harrow, HA1 2XH

Telephone: 0870 126 4460

Fax: 020 8451 3714

Harrow Joint Team

PO Box 950, Civic Centre, Harrow, HA1 9BL

Telephone: 020 8424 7636

Practical Help and Support

Home Start Harrow

Headstone Centre, Headstone Drive Harrow, London, HA1 4UQ

Telephone: 020 8427 2327

Fax: 020 8861 3477

Email: homestart.harrow@fiscali.co.uk

Services: provides advice and support for families with children under the age of 5



The Private Housing Information Unit

34 Wembley Hill Road, Wembley

Telephone: 020 8937 2777

Fax: 020 8937 2770

Email: homefinders@brent.gov.uk

Website: www.brent.gov.uk/phiu

Services: council service offering landlord and tenant advice in the private sector

Harrow PCT Stop Smoking Service

Telephone: 020 8966 1008

Home Start Brent

Centre for Staff Development, Brentfield Road, Neasden, London. NW10 8HE

Telephone: 020 8937 3339

Fax: 020 8937 3338

Email: homestartbrent@supanet.com

Services: provides advice and support for families with children under the age of 5

Harrow Crossroads

Telephone: 020 8868 0903

Email: annemariam@harrowcrossroads.co.uk

Website: www.harrowcrossroads.co.uk

Services: respite for carers in their own home

Harrow council for racial equality

Telephone: 020 8427 6504

Services: provides minority ethnic groups with finance for carers and patient holidays

Harrow Crossroads

Telephone: 020 8868 0903

Email: annemariam@harrowcrossroads.co.uk

Website: www.harrowcrossroads.co.uk

Services: respite for carers in their own home

The Private Housing Information Unit

Quality Housing, 249 Willesden Lane London NW2 5JH

Telephone: 020 8937 2777

Fax: 020 8937 2770

Email: homefinders@brent.gov.uk

Website: www.brent.gov.uk/phiu

Services: council service offering landlord and tenant advice in the private sector

Harrow Helpline

60 Elm Grove Road, Harrow, Middlesex, HA1 2QH

Telephone: 020 8861 3242

Fax: 020 8861 6200

Email: brent-chc@hotmail.com

Services: 24 hour response service to alert key holders +/- emergency services, financial assessment

Housebound Library service (Harrow)

Telephone: 020 8424 1058

Textphone: 020 8861 1775 (Gayton Library)

Email: www.harrow.gov.uk click on library for house bound services



Civic Centre Library

Telephone: 020 8937 3400

Fax: 020 8937 3401

Email: willesdengreenlibrary@brent.gov.uk

Website: www.brent.gov.uk

Services: general information on services available locally

CHAS Housing Aid Society (Central Office)

Address: 19-20 Shroton Street, London. NW1 6UG

Helpline: 020 7723 5928

Telephone: 020 7723 7273

Fax: 020 7723 1686

Services: provides housing and related advice

Harrow Staying Put

Room 315, Civic Centre, PO Box 18, Harrow, Middlesex HA1 2UT

Telephone: 020 8424 1894

Fax: 020 8861 3072

Services: helps the over 60's to repair and improve their properties

Willesden Green Library

95 High Road, Willesden, London NW10 2ST

Telephone: 020 8937 3400

Fax: 020 8937 3401

Email: willesdengreenlibrary@brent.gov.uk

Website: www.brent.gov.uk

Services: general information on services available locally

West London Day Centre

134- 136 Seymour Place W1H 5DJ

Telephone: 020 7569 5900

Area covers anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Harrow Wheelchair Service

Alexandra Health and Social Care Centre, 275 Alexandra Avenue, South Harrow HA2 9DX

Telephone: 020 8966 6300

Services: provision of wheelchairs and pressure relief cushions

West London Dial-a-ride

Progress House, 5 Mandela Way, London E1 5S

Telephone: 0845 999 1 999

Fax: 0207 027 5801

Services: transport service, client must be registered

Carers support Harrow

Telephone: 020 8868 5224

Email: harrowcarers@hotmail.com

Website: www.carers.org.uk

Services: provide help for those caring for someone with a long term disability or illness

**Harrow churches****Telephone:** 020 8427 5720**Services:** offer free bereavement counselling to people in Harrow**Harrow Bereavement Care****Telephone:** 020 8427 5720**Services:** offer free bereavement counselling to people in Harrow**Harrow Crossroads****Telephone:** 020 8868 0903**Email:** annemariam@harrowcrossroads.co.uk**Website:** www.harrowcrossroads.co.uk**Services:** respite for carers in their own home**The Private Housing Information Unit**

Quality Housing, 249 Willesden Lane London. NW2 5JH

Telephone: 020 8937 2777**Fax:** 020 8937 2770**Email:** homefinders@brent.gov.uk**Website:** www.brent.gov.uk/phiu**Services:** council service offering landlord and tenant advice in the private sector**Harrow Helpline**

60 Elm Grove Road, Harrow, Middlesex, HA1 2QH

Telephone: 020 8861 3242**Fax:** 020 8861 6200**Email:** brent-chc@hotmail.com**Services:** 24 hour response service to alert key holders +/- emergency services, financial assessment**Housebound Library service****Telephone:** 020 8424 1058**Textphone:** 020 8861 1775 (Gayton Library)**Email:** www.harrow.gov.uk click on library for house bound services**Civic Centre Library****Telephone:** 020 8937 3400**Fax:** 020 8937 3401**Email:** willesdengreenlibrary@brent.gov.uk**Website:** www.brent.gov.uk**Services:** general information on services available locally**CHAS Housing Aid Society (Central Office)**

19-20 Shroton Street, London NW1 6UG

Helpline: 020 7723 5928**Telephone:** 020 7723 7273**Fax:** 020 7723 1686**Services:** provides housing and related advice**Harrow Staying Put**

Room 315, Civic Centre, PO Box 18, Harrow, Middlesex HA1 2UT

Telephone: 020 8424 1894**Fax:** 020 8861 3072**Services:** helps the over 60's to repair and improve their properties

**Willesden Green Library**

95 High Road, Willesden, London NW10 2ST

Telephone: 020 8937 3400

Fax: 020 8937 3401

Email: willesdengreenlibrary@brent.gov.uk

Website: www.brent.gov.uk

Services: general information on services available locally

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Harrow Wheelchair Service

Northwick Park Hospital, Watford Road, Harrow, Middlesex HA1 3UJ

Telephone: 020 8869 3522

Fax: 020 8869 3523

Service: provision of wheelchairs and pressure relief cushions

West London Dial-a-ride

Progress House, 5 Mandela Way, London E1 5S

Telephone: 0845 999 1 999

Fax: 0207 027 5801

Services: transport service, client must be registered

Emotional Support**Carers support Harrow**

Telephone: 020 8868 5224

Email: harrowcarers@hotmail.com

Website: www.carers.org.uk

Services: provides help for those caring for someone with a long term disability or illness

Harrow churches

Telephone: 020 8427 5720

Services: offers free bereavement counselling to people in Harrow

Harrow Bereavement Care

Telephone: 020 8427 5720

Services: offers free bereavement counselling to people in Harrow

Complementary and Alternative Therapies



Hillingdon Primary Care Trust

Primary Care and Community Health Service

District Nurses

Physiotherapists

Dietician

Diabetes Specialist Nurses

Social Services

Hillingdon Social Services

Civic Centre, High Street, Uxbridge, Middlesex. UB8 1UW

Telephone: 01895 250111.

Out of hours: 01895 250111

Fax: 01895 273636

Benefit information

Practical help and support

Hillingdon Careline

1S/05, Civic Centre, High Street, Uxbridge, Middlesex UB8 1UW

Telephone: 01895 250380

Fax: 01895 277347

Email: jlynn@lbill.gov.uk

Services: 24-hour emergency assistance

Hillingdon Law Centre

12 Harold Avenue, Hayes UB3 4QW

Telephone: 020 8561 9400

Fax: 020 8756 0837

Email: hillington@lawyersonline.co.uk

Services: advice on immigration, asylum, welfare benefits, race discrimination and employment

Voluntary Car Service for Hillingdon

Hillingdon Park Baptist Church, 25 Hercies Road Middlesex UB10 9LS

Telephone: 01895 270786

Services: transport for shopping trips, dentist (not hospital), one-off and regular trips.

Hillingdon Community Transport

Block A, Harlington Road Depot, 128 Harlington Road, Hillingdon, Middlesex. UB8 3EU

Telephone: 01895 277773

Services: a transport service for groups or individual wheelchair users



West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Hillingdon Hospital with Mount Vernon Hospital Voluntary Transport Scheme

Mount Vernon Hospital, Rickmansworth Road, Northwood, Middlesex HA6 2RN

Telephone: 01923 844356

Services: free door-to-door transport for people attending the hospital who are unable to use public transport

Hillingdon Wheelchair Service

Royal Lane, Uxbridge. Middlesex UB8 3QX

Telephone: 01895 813482

Fax: 01895 813843

Service: provision of wheelchairs and pressure relief cushions

Emotional Support

West London Day Centre

134- 136 Seymour Place W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Complementary and Alternative Therapies



Hounslow Primary Care Trust

Primary Care and Community Health Service

District Nurses

Physiotherapists

Dietician

Diabetes Specialist Nurses

Social Services

Hounslow Social services

Civic Centre, Lampton Road, Hounslow, Middlesex TW3 4DN

Telephone: 020 8583 2000.

Emergencies: 020 8583 2222

Email: information@hounslow.gov.uk

Benefit Information

Practical Help and Support

ButterflyC

19 St Stephens Avenue, London. W12 8JB

Telephone: 020 8932 8008

Email: reflexion@aol.com

Website: www.butterflyc.co.uk

Services: information and support for people with hepatitis C and other viral liver diseases, such as cirrhosis

Linkline Alarm Scheme

6 lodge Close, Isleworth, Bush Corner. Middlesex TW7 5BP

Telephone: 020 8583 4400

Fax: 020 8583 4379

Services: 24-hour phone emergency assistance to alert keyholders and/or emergency services

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Hounslow Law Centre

51 Lampton Road, TW3 1LY

Telephone: 020 8570 9505

Services: advice on welfare rights, housing, racial harassment and nationality refugee employment advice



Hounslow Volunteer Bureau

Advice Centre, 45 Treaty Centre, Hounslow. TW3 1ES

Telephone: 020 8583 2626

Fax: 020 8570 5083

Email: hounslowvb@lineone.net

Website: www.VolunteerHounslow.org.uk

Service: befriending scheme and gardening and odd jobs around the home

Isleworth Care Network

80 St John's Road, Isleworth, Middlesex. TW7 6UR

Telephone: 020 8569 8254

Service: befriending and transport to medical appointments

Area: covered TW7

Parkside Wheelchair Service

Parkside Health, Unit G3, Middlesex Business Centre, Bridge Road, Southall, Middlesex. UB2 4AB

Telephone: 020 8813 9836

Fax: 020 8813 9842

Service: provision of wheelchairs and pressure relief cushions

Emotional Support

ButterflyC

19 St Stephens Avenue, London. W12 8JB

Telephone: 020 8932 8008

Email: reflexion@aol.com

Website: www.butterflyc.co.uk

Services: information and support for people with hepatitis C and other viral liver diseases, such as cirrhosis

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Complementary and Alternative Therapies



Kensington and Chelsea Primary Care Trust

Primary care and community health service

GP and District Nurse lists

Westminster Primary Care Trust

15 Marylebone Road

London NW 1 5JD

Telephone: 020 7150 8000

Email: www.westminster-pct.nhs.uk

Physiotherapists

Dietician

Diabetes Specialist Nurses

Social Services

Kensington and Chelsea Social services

The Town Hall, Hornton Street, London W8 7NX

Telephone: 020 7361 3000

Fax: 020 7938 1445

Email: information.services@rbkc.gov.uk

Benefit Information

Arabic – Speaking Information and Advice Centre (ASIAC)

61 Golborne Road, London W10 5NR

Telephone: 020 8960 6654 and 020 8960 6672

Fax: 020 8968 6428

E-mail: asiac@btconnect.com

Website: www.asiac.org.uk

Hours: Monday to Friday 10am-1pm and 2pm to 5pm

Services: Gives advice and information on housing, immigration, education and welfare rights for the Arabic and French-speaking community

Citizens Advice Bureau (CAB) Chelsea

Chelsea Old Town Hall, King's Road, London SW3 5EE

Telephone: 0870 122 2313 (telephone advice)

Fax: 020 7351 5240

Website: www.adviceguide.org.uk

Citizens Advice Bureau (CAB) Kensington

Westway Information Centre, 140 Ladbroke Grove, London W10 5ND

Telephone: 0870 122 2313 / 020 8969 4281 (Immigration advice project)

Fax: 020 8968 4281

Website: www.adviceguide.org.uk



Practical Help and Support

Action Disability Kensington and Chelsea

AKDC Centre, Whitstable House, Silchester Road, W10 6SB

Telephone: 020 8960 8888

Fax: 020 8960 8282

Email: action@enterprise.net

Services: Information and advice, wheelchair loan, passport size photo service, weekly leisure activities and a holiday project

Action Disability Kensington & Chelsea (ADKC)

Address Whitstable House, Silchester Road, London W10 6SB

Telephone: 020 8960 8888

Voice: 0208964 8066

Fax: 020 8960 8282

E-mail: adkac@adkc.org.uk

Director: Mrs Menghi Mulchandani.

Hours: Monday to Friday: 9.30am-5pm

Services: Disability advice and information service, volunteer support independent living, leisure, learning projects

Age Concern Kensington & Chelsea

Charles House, 4th Floor, 375 Kensington High Street
London W14 8QH

Telephone: 020 7471 5555

E-mail: information@silversurfersackc.org.uk

Hours: Monday to Friday: 9.30am-5pm Appointments available

Services: Information and advice, annual tea dance, insurance service, a dementia outreach project aims to allow people the chance to stay in their own homes longer and maintain an active social life and participate in the community. We offer a two-hour visit at least once a week and all our activities are subject to each individual client's interest.

Home bathing service (020 7376 2944) enables older people to remain safely in their homes and continue to have a bath with supervision and support

The service prides itself on being punctual, consistent and sensitive to individual needs. All staff are trained in personal care. We accept referrals from friends and family, Social Services and health care professionals.

No service for those already in receipt of homecare (for personal hygiene).

Arts and Leisure services

The Stable Yard, Holland Park, Ickestern Place, W8 6LU

Telephone: 020 7471 9813

Fax: 020 7371 4682

Email: artsandleisure@rbkc.gov.uk

Central London Dial-a-Ride

Hathaway House, 7d Woodfield Road, London W9 2BA

Telephone: 020 7266 6100

Fax: 020 7266 5079

Email: darcen@aol.com

Website: www.dial-a-ride.org.uk

Services: provides subsidised door-to-door transport for people who find using public transport difficult



CHAS Housing Aid Society (Central Office)

209 Old Marylebone Road, NW1 5QT

Helpline: 020 7723 5928

Telephone: 020 7723 7273

Fax: 020 7723 5943

Services: Provides housing and related advice

Family Friends

Office 6, 7 Thorpe Close, W10 5XL

Telephone: 020 8960 9099

Services: volunteers providing practical and informal support of weekly visits for two hours

Housing Advice Service Kensington and Chelsea (North and Centre) – HASKC

Westway Information Centre

Ladbroke Grove

London W10 5ND

Telephone: 020 8206 5900 / 020 8206 5300 Monday to Friday 10.30am-3pm (advice line)

Fax: 020 8964 1180

Website: www.haskc.co.uk

Hours: Drop in sessions at Westway Information Centre – Monday 1pm-3pm, Tuesday 5pm-7pm and Thursday 5pm-7pm

Drop in sessions at Central Library, Phillimore Walk, London W8 – Wednesday 11am-1pm and Thursday 5pm-7pm

Services: Provides free, independent and confidential housing advice for those who live, work or study in the North or Centre of the Borough. Home visits for those with health or mobility problems, phone 020 8969 6677 for details. Emergency advice given for people who will be homeless that day or where there is a bailiff's warrant/eviction order on 020 8206 5900, Monday to Friday from 9am to 5pm.

HASKC is formed from three community-based organisations: Staying Put, Nucleus Legal Advice Centre and Oliver Fisher Solicitors.

Housing Advice centre Kensington and Chelsea (South) – HASKC

298 Old Brompton Road, London SW5 9JF

Telephone: 020 7373 6262 / 020 7373 6262 Monday to Friday 10.30am-3pm (advice line)

Fax: 020 7835 1555

Website: www.haskc.co.uk

Hours: Drop-in sessions at 298 Old Brompton Road – Tuesday 3.30pm-6pm

Drop-in sessions at World's End Neighbourhood Advice Centre, 2 World's End Place, London SW10 0HE – Friday 10.30am-1pm

Services: Provides free, independent and confidential housing advice for those who live, study or work in the South of the Borough. Home visits for those with health or mobility problems, phone 020 8969 6677 for details. Emergency advice given for people who will be homeless that day or where there is a bailiff's warrant/eviction order on 020 7937 4515, Monday to Friday from 9am to 5pm.

HASKC is formed from three community-based organisations: Staying Put, Nucleus Legal Advice Centre and Oliver Fisher Solicitors.

Independent Care Service

Inkerman House, 14- 18 Nevern Road, SW5 9PH

Telephone: 020 7370 6778

Fax: 020 7244 0233

Areas: covered W8, SW5, SW7 and part of SW10

Services: advice and help with gardening and odd jobs and hospital escorts (financial cost involved)



Kensington and Chelsea Community Alarm Service

Community Alarm Service Office, The Town Hall, Hornton Street, London W8 7NX

Telephone: 020 7373 9891

Fax: 020 7385 1092

Services: emergency monitoring and visiting service.

Kensington and Chelsea Community Transport

Kensington and Chelsea Community Transport, 240 Acklam Road, London, W10 5YG

Telephone: 020 8964 1114 (car scheme) 020 8960 9020 (shopping scheme)

Fax: 020 8969 5733

Email: kcct@btclick.com/kcct

Website: www.home.btclick.com/kcct

Services: offers transport to those unable to use public transport

Kensington & Chelsea Community Car Scheme

Telephone: 020 8968 2040

Service: volunteer drivers for local and UK travel. For hospital appointments ask for 'Hospital Plus Bus'

North Kensington Opportunities Centre

336a Ladbrooke Grove, W10 5AH

Telephone: 020 8964 1224 / 8968

Fax: 020 8964 5813

Service: Information and advice on careers and employment

North Kensington Law Centre

74 Golborne Road, W10 5PS

Telephone: 020 8969 7473

Fax: 020 8968 0934

Services: advice on housing, immigration, welfare benefits, mental health, advocacy, discrimination, employment and education law

Nucleus Advice Centre

298 Old Brompton Road, SW5 9JF

Telephone: 020 7373 4005/ 020 7373 2102

Fax: 020 7835 1555

Email: nucleus@dial.pipex.com

Website: www.nucleus.org.uk

Services: advice, assistance and representation in welfare rights, debt, housing and immigration

North Kensington Law Centre

74 Golborne Road, London W10 5PS

Telephone: 020 8969 7473

Fax: 020 8969 0934

E-mail: info@nklc.co.uk

Website: www.nklc.co.uk

Hours: Monday to Friday 10am-5pm

Closed for lunch 1pm-2pm

Closed Wednesday mornings

Tuesday & Wednesday 6pm-8pm: advice sessions in consumer law, small claims, rent problems, small business and entertainment law.

Thursday 2pm-5pm: housing advice sessions.

Services: Legal representation, advice and information in housing, immigration, employment, education, welfare benefits and discrimination law. Offers advice sessions in consumer law, housing and entertainment law. Free legal advice for small community groups and priority is given to groups with an annual income of less than £250,000. Services are for those who live, work or have another connection with the Royal Borough of Kensington and Chelsea.

**Nucleus Legal Advice Centre**

298 Old Brompton Road, London SW5 9JF

Telephone: 020 7373 6262 (phone advice 10am-3pm);

Telephone: 020 7373 4005 (general advice: Tuesday and Friday 12noon-1pm)

Fax: 020 7835 1555

E-mail: advice@nucleus.org.uk

Website: www.nucleus.org.uk

Hours: Drop-in: Monday: 1pm-4pm

Tuesday: 3pm-6pm

Thursday: 10am-1pm

Drop-in at Chelsea Methodist Church, 155a King's Road, SW3:

Wednesday: 2pm-4pm

Appointments and home visits can be arranged at other times.

Services: Advice centre for welfare benefits, immigration, employment, debt and housing. Services are available for residents of SW3, SW5, SW7, SW10, W8 and W14 (Kensington).

Parkside Wheelchair Service

Parkside Health, Unit G3, Middlesex Business Centre, Bridge Road, Southall, Middlesex. UB2 4AB

Telephone: 020 8813 9836

fax 020 8813 9842

Service: provision of wheelchairs and pressure relief cushions

Staying Put Services

Offices 6 & 7, Canalside House, 383 Ladbrooke Grove, London W10 5AA

Telephone: 020 8206 5890

Fax: 020 8964 1180

E-mail: isps@sbna.co.uk

Hours: Monday to Friday 9am-5pm

Services: Helping people to remain independent in their homes through the provision of housing advice and small repairs service. On reception there is brief advice given. If they are unable to deal with your enquire, they book you in for an appointment. Written enquires are also dealt with, please give as full details as possible. Home visits are arranged for the housebound. For housing advice you must be living in Kensington and Chelsea. For the repairs service you must be over 60 and an owner-occupier or a private tenant. The Home Improvements Agency works with older and vulnerable people.

Threshold Housing Advice Centre

126 Uxbridge Road, W12 8AA

Telephone: 020 8749 2925

Fax: 020 8740 5046

Area covered: W10, SW5 SW 10

Services: housing advice for single people and couples without dependant children

The Royal Borough of Kensington and Chelsea Tenancy Relations

Horton Street, W8 7NX

Telephone: 020 7361 2030/2279

Fax: 020 7361 3718

Service: advice for private tenants and landlords on issues relating to tenant/landlord problems

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Area: covered anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry



World's End Neighbourhood Advice Centre

2 World's End Place, World's End Estate, London SW10 0HE

Telephone: 020 7351 5749

Fax: 020 7351 5512

E-mail: info@wenac.co.uk

Website: www.wenac.co.uk

Hours: Monday, Wednesday and Friday 10.30am-1pm

Other times by appointment only.

Services: Voluntary organisation offering advice on benefits and housing, small repairs services (plumbing, carpentry and various other jobs), home improvements agency (disabled facility works, energy saving resources, central heating, damp proofing, roof repairs) and collecting and recycling of donated furniture.

All advice is free. A fee of 10% of the cost of the works is charged on home improvements organised by Staying Put Services. Small repairs are free for people on means tested benefit apart from the cost of materials. All other clients are charged £9.50 per hour plus materials. Services are for residents of SW10 area only.

Emotional Support

Aquamotion

Kensington Leisure Centre, Walmer Road , London W11 4PQ

Telephone: 020 7727 9747

Fax: 020 7229 8380

Hours Monday 2-3pm, Friday 3-4pm

Fees £2 per session

Association Of Retired Persons Over Fifty

5TH Floor Windsor House

1270 London Road

London SW16 4DH

Telephone: 020 8764 3344

Fax: 020 8764 3311

E-mail: info@arp050.org.uk

Website: www.arp.050.org.uk

Services: Provision of services to the over-fifties through friendship centres and direct advice services

Chelsea Gardeners Guild

22 Lawrence Street , London SW3 5JE

Telephone: 020 7352 2729

A local society for anyone who is interested in flowers and gardening-from pot plants to large gardens.

Contact Mrs Penny Pocock (Chair)

Services: Organises gardening competitions and lectures in Chelsea to promote the practise of good gardening in all aspects. Organises outings and annual garden party.

Fees Yes.

Notes A typical annual programme consists of four lectures, an AGM in May, a summer outing and a garden party in July. Various competitions.

Club Amicus

Secretary: Veronica Williams.

Telephone: 020 8679 0179

A small social club for the Over-50's who meet on Saturdays for trips out to theatres, restaurants etc.

Once a month social evening.

Hours Varies from event to event, a programme listing events is published every two months.

Fees Membership is £10 p.a.

**Cremorne Sheltered Clubrooms**

Milmans Street, London, SW10 0BY

Telephone: 020 7376 3406

Social group and activities for 50+ citizens

Hours Monday to Friday: 9am-5pm

Services: Open for activities: 9.30am-12.30pm and 1.30-4.30pm.

Epics: Westway Centre – Elderly Persons Integrated Care Service

2-4 Malton Road, London, W10 5UP

Telephone: 020 7598 4600

Fax: 020 7598 4653

E-mail: epics@rbkc.gov.uk

Website: www.rbkc.gov.uk

Contact The manager

Hours Monday – Sunday 9.30am-4.00pm, Breakfast: 9.30am- 1.15pm,

Lunch: 11.45am –1.15pm

Services: The Centre provides a restaurant, day care, health services and social activities for people of 65 years or over who live in the Royal Borough. The Restaurant and Coffee Bar are open to all on a drop-in basis.

Registration is free, but only open to people who live in W10 and 11.

Registered users are entitled to a subsidised lunch. Residents outside the borough may still use the restaurant but at a slightly higher price.

Epics: Wednesday Art Class

EPICS Centre, 2-4 Malton Road, London W10 5UP

Telephone: 020 7598 4600

For mature students to draw and paint in an informal, friendly atmosphere.

Hours Wednesday: 2.00pm – 4.00pm

Fees Materials are provided free but there is a charge of 50p for access to the EPICS Centre.

Fitness Conditioning

Chelsea Sports Centre

Chelsea Manor Street

London SW3 5PL

Telephone: 020 7351 7980

Hours Thursday: 10.30-12.00, Friday: 2.00-3.00pm

Services: Fitness Conditioning: Thursdays 10.30-12.00. Includes Circuit and cardio-vascular training. Flexibility and conditioning.

Chairobics: Friday 2.00-3.00

Gloucester Court Reminiscence Group

Gloucester Court, 2 Bassett Road, London W10 6VV

Telephone: 020 8964 9531

Contact Ronna Patterson

Hours Friday 2-4pm

Services: Informal weekly meetings where recollections of the past are contributed projects on the area's history

Go Getters Over 50s Club

Kensington Leisure Centre, Walmer Road, London W11 4PQ

Telephone: 020 7727 9747

Fax: 020 7229 8380

Hours Tuesdays 1-3pm

Services: Activities include Badminton, table tennis, gym, low impact aerobics.

Fees £2.00 per session

**Grove Neighbourhood Centre**

7 Bradmore Park Road, London W6 ODT

Telephone: 020 8741 3321

Contact Pat Gregory/ Anna Williams

Hours 9.30am-4.30pm for drop in times, other times for activities please call.

Services: Lots of different activities, a drop-in facility and a good neighbours scheme funded by the community fund. Please call for details.

Hammersmith And Fulham Irish Centre

Blacks Road, Hammersmith, London W6 4DT

Telephone: 020 8563 8232

Fax: 020 8563 8233

Outreach: 020 8741 0991

E-mail: irishcentre@ukgateway.net

Website: www.lbhf.gov.uk/irishcentre

Contact Rosalind Scanlon/ Rory Oniocal

Hours 9am to 5pm, Monday to Friday

Services: Irish Language classes, music and dancing classes, cultural studies, art exhibitions Irish Library.

History Talk

Methodist Church Centre, 240b Lancaster Road, London W11 4AH

Telephone: 020 7792 2282

Fax: 020 7792 4426

Website: www.historytalk.org

Contact Nick White

Hours Monday to Friday: 9.30am-5.30pm

Services: The organisation runs community history classes and projects based on the history of the area and its diverse communities. Includes community archive relating to North Kensington area.

Kensal Community Centre

177 Kensal Road, London W10 5BJ

Telephone/ Fax: 020 8960 2637

E-mail: iwslondon@hotmail.com

Website: www.kensalcommass.org

Contact Mr Suresh Gupta

Hours Monday to Friday: 10am-11pm, Saturday: 10am-11pm, Sunday 10am-10.30pm

Kensington And Chelsea Women's Club

The Roof Gardens, Derry Street, London W8

Telephone: 020 7863 7562 (meetings)

Postal address: Box 567, 28 Old Brompton Road, London SW7 3SS

Hours Meet first Thursday of every month from August to July 9.30-12noon.

Services: Mainly American ex-patriot wives' club with a London-wide network of activities for members.

London Ladies Club

25 Sloane Gardens, London SW1W 8DE

Telephone: 020 7730 4640

Fax: 020 8785 6388

Contact Penny Williamson

Postal address PO Box 3870, London, SW1W 8PY

Services Weekly talks and courses/events

**Nursery Lane Social Club**

Nursery Lane (off Highlever Road), London W10 6QD
Telephone: 020 8960 8033 (answer phone after 5pm)
Contact Sandra Isaacs, Community Officer
Hours 9.00am-5.30pm
Services: Tabletop sales in the summer. Day trips

Open Age

1 Thorpe Close (off Ladbrooke Grove), London W10 5XL
Telephone: 020 8964 1900 (Main Office)
Email: mail@openage.org.uk
Website: www.openage.org.uk
Services: Various creative and performing arts courses, language, IT and health and fitness classes, outings and discussion groups. Please phone the main office for an information pack and quarterly programme.

Over Fifties Chairobics

Chelsea Sports Centre
Chelsea Manor Street
London SW5 5EE
Telephone: 020 7351 7980.
Contact Madeleine Wilson
Hours Friday: 2-3pm
Services: Various activities
Fees £1.00 per session

Parsons Green Sports And Social Club

Broomhouse Lane, Fulham, London SW6 3DP
Telephone: 020 7336 1401
Fax: 020 7736 3698
Contact Mr George Coleman (chairman)
Hours Monday to Saturday: 10.am-11.30pm, Sunday 10.00am-11.00pm
Services: Offers a variety of sports e.g. Bowls, Squash, Croquet, Snooker, Tennis and Social Events

Pepper Pot Day Centre

1A Thorpe Close, London W10 5XL
Telephone: 020 8968 6940
Fax: 0208 968 3169
Contact Louise Farray
Hours Monday to Friday: 10am-4pm
Services: Afro-Caribbean lunch (£2.60) home meals service for older, frail people, Information, recreational activities, home visits, befriending service.
Fees Annual membership £8.00

Reminiscence At Home Project

Kensington and Chelsea Community History, Group Methodist
Church Centre, 240b Lancaster Road, London W11 4AH.
Telephone: 020 7792 2282
Fax: 020 7792 4426
E-mail: history@kcc.org.uk
Website: www.history@kcc.org.uk
Contact The co-coordinator Wendy Buddin
Hours Monday to Friday: 9.30am-5.30pm
Services: Trained volunteers do reminiscence sessions with elderly housebound people and produce "Memories Shared", the newsletter of the scheme as well as individual life stories.



Response Community Projects: Yoga Sessions

300 Old Brompton Road, London SW5 9JF, (opposite Brompton cemetery)

Telephone: 020 7370 4606

Fax: 020 7370 4606

E-mail: infor@responseprojects.org.uk

Website : www.responseprojects.org.uk

Contact Roy Hiscock/ Mira Kosanovic

Retired And Senior Volunteer Programme

Greater London Office, 172/176 Kings Cross Road, London N1 9NJ

Telephone: 020 7643 1388/1389

Fax: 020 7833 8434

E-mail: rsvpinfo@csv.org.uk

Website: www.csv-rsvp.org.uk

Contact Mike Caswell MBE

Hours Monday-Friday: 9.00am-5.00pm

Services: RSVP aims to encourage anyone of fifty-plus to participate in volunteering, to recognise the skills of older people and to provide group commitment and support.

Participants can help out in local schools, befriend someone who is housebound, or help to improve the local environment, amongst other activities.

Royal British Legion Club Fulham Ltd

247-249 New King's Road, London SW6 4XG

Telephone: 020 7736 1856

Contact The Secretary

Salvation Army

205 Portobello Road, London W11 1LU

Telephone: 020 7727 5178

Fax: 020 7727 5178

Contact Capt. Sheridan Brown (Mrs)

Spanish Memories Group

K&C Community History Group, Methodist Church Centre, 240b Lancaster Road, London W11 4AH

Telephone: 020 7792 2282

Contact Sue Snyder

Hours Friday: 1.30-3.30pm Cada de 2 a 4pm.

Services: Older people share memories of Spain and Spanish culture.

Intergenerational projects with schools.

The 1957 Society

Telephone: 020 7586 1288

Website: <http://www.the1957society.org.uk>

Lively social and cultural group offer a varied programme of activities that take place at various London venues

Contact Michael (membership secretary)



North West London Cardiac Network

Walking In The Parks

Walking programmes for 50+ co-ordinated by Leisure Services

Telephone: 020 7471 9816

E-mail: Natalie.blyde@rbkc.gov.uk

Contact: Natalie Blyde

Services: Health walks for all fitness levels Thurs 10.30-11am in Holland Park (free). Power Walks structured classes for regular walkers, Mon Weds, Thurs 12.30-1.15pm in Holland Park £2.50 per person

West London Bowling Club

112a Highlever Road

London W10 6PL

Telephone: 020 8969 1929

Contact: The Steward

Services: Offers beginners coaching

Complementary and Alternative Therapies



Westminster Primary Care Trust

Primary Care and Community Health Service

GP and District Nurse lists

Westminster Primary Care Trust

15 Marylebone Road

London NW 1 5JD

Telephone: 020 7150 8000

Website: www.westminster-pct.nhs.uk

Community Matrons:

Lisson Grove: 07920 295231

South Westminster: 07789396506 / 07920 295292

Queens Park: 07795506894

Paddington Green: 07776194278

Rapid Response Nurse: 020 7641 4001

Social Services

Westminster Social Services

PO Box 240, Westminster City Hall, 64 Victoria Street, London SW1E 6QP

Telephone: 020 7641 1175

Fax: 020 7645 5510

Textphone: 020 7641 8000

Email: customerservices@westminster.gov.uk

Benefit Information

Pimlico Citizens Advice Bureau

140 Tatchbrook Street, SW1V 2NE

Telephone: 020 7834 5727

Services: Advice and information on a range of issues

Practical Help and Support

Age Concern

268-272 Edgware Road, W2 1DS

Telephone: 020 7724 6930

Services: Advice and support and day care services

CHAS Housing Aid Society (Central Office)

209 Old Marylebone Road, NW1 5QT

Helpline: 020 7723 5928

Telephone: 020 7723 7273

Fax: 020 7723 5943

Services: Provides housing and related advice

**Central London Dial-a-Ride**

Hathaway House, 7d Woodfield Road, London W9 2BA

Telephone: 020 7266 6100

Fax: 020 7266 5079

Email: darcen@aol.com

Website: www.dial-a-ride.org.uk

Services: Provides subsidised door-to-door transport for people who find using public transport difficult

Parkside Wheelchair Service

Parkside Health, Unit G3, Middlesex Business Centre, Bridge Road, Southall UB2 4AB

Telephone: 020 8813 9836

Fax: 020 8813 9842

Services: Provision of wheelchairs and pressure relief cushions

Staying Put Kensington and Chelsea

383 Ladbroke Grove, W10 5AA

Telephone: 020 8969 5016

Fax: 020 8964 1180

Areas: Kensington & Chelsea and Westminster

Services: Practical help and housing advice

West London Day Centre

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Areas: Anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Westminster City Council Assessment and Advice Centre

261 Harrow Road, W2 5XF

Telephone: 020 7641 1000

Fax: 020 7641 4340

Service: Information and advice for homeless people, private sector tenants and leaseholders and people seeking accommodation.

Emotional Support**West London Day Centre**

134- 136 Seymour Place, W1H 5DJ

Telephone: 020 7569 5900

Areas: Anyone who is homeless

Services: counselling, information, housing and resettlement service, medical centre, cheap food and laundry

Complementary and Alternative Therapies



Benefits and Financial Information

Patients suffering from Heart Failure maybe entitled to some financial support. There are three main benefits currently in the UK. These are the Incapacity Benefit, Disability Living Allowance and the Attendance Allowance.

Incapacity Benefit (IB)

You are eligible to claim if your statutory sick pay has ended, or if you are self- employed or unemployed. To be able to claim it you must be unable to work because of illness or disability. It is paid in three weekly rates depending on how long you've been unable to work for.

Disability Living Allowance (DLA)

This benefit is for people who are aged 65 or under. It is tax-free and non- means tested. You are entitled to it if you need help getting around and/ or looking after yourself because you are ill, disabled or terminally ill.

Attendance Allowance (AA)

This benefit is for people aged 65 and over. It is tax- free and non- means tested. You are entitled to claim it if you have an illness or disability and need help with personal care

Patients are usually entitled to the DLA and AA if they have needed help for at least the last 6 months.

Special Rules

If a patient has an expected prognosis of 6 months or less you can claim for them under the 'Special rules'.

If their prognosis is less than 6 months they do not have to have needed care for the past 6 months. You can complete a form called the DS1500 and send this with their DLA or AA form as normal. The process is then much quicker and the benefits are usually received within 2 -3 weeks of the form being received.

Free Prescriptions

Patients under 65 are eligible for free prescriptions if they cannot get out of their home without the aid of another person. A form called 'Prescription Exemption' can be completed and an exemption card will be sent directly to them.

Disabled Parking badges

The 'Blue Badge' scheme provides patients with parking benefits within the UK and Europe. Patients are entitled to it if they are receiving the higher rate of the mobility component of the DLA or receiving War Pensioner's Mobility supplement, or if they have substantial disability which causes inability to walk or very considerable difficulty in walking.

Road Tax

If you get the higher rate mobility component of the Disability Living Allowance you should apply for exemption from Road Tax.

Congestion Charge

Blue Badge holders are eligible for discounted car travel within the London congestion zone. An initial payment of £10 is required to register on the scheme, after which all travel within the zone is free of charge. To register visit: www.cclondon.com/exemptions.shtml



Carers Allowance

This is a benefit for people who care for someone who is disabled. They do not have to be related, or live with the person they care for in order to qualify. They are entitled to claim if they are aged 16 and over and spend at least 35 hours a week caring for the person getting the DLA or AA. The DLA must have been awarded at the middle or higher rate for personal care in order to qualify

Travelling Abroad

This must only be done with full medical insurance in patients with Heart Failure. Many insurance companies will however exclude this group of patients or quote extremely high premiums.

A list of insurance companies that will consider Heart Failure patients can be found on the British Heart Foundation website:

<http://www.bhf.org.uk/questions/index.asp?secondlevel=1156&thirdlevel=artID=5692>

The BACUP website also list companies that will consider people with terminal illnesses:

[http://www.cancerbsckup.org.uk/ResourceSupport/Practicalissues/Travel/Travel insurance](http://www.cancerbsckup.org.uk/ResourceSupport/Practicalissues/Travel/Travel%20insurance)

Or by calling them on 0808 800 1234

Patients need to be reminded to take their EHIC cards. The old E111 forms are no longer valid in Europe.