

Eastbury Surgery

25 February, 2015

Age UK - Hillingdon

<http://advicelocal.org.uk/advicefinder/hillingdon#age-uk-hillingdon>

Advice and information for older people, their families and carers on benefits including attendance allowance, housing, consumer problems, bereavement, disability, health. Advocacy for older people in care homes and for those living in the community. Social contact schemes including multicultural food and fitness club and Friday clubs for mentally ill older people and home visiting. Handyperson.

Area served: London Borough of Hillingdon.

Languages: Arabic, Hindi, Punjabi, Somali and Urdu.

Address:

2 Chapel Court, 126 Church Road, Hayes UB3 2LW

Email: enquiries@ageukhillingdon.org.uk

Tel: 020 8756 3040

Fax: 020 8756 3050

Web: www.ageukhillingdon.org.uk

Phone, email or write.

Mon	Tue	Wed	Thur	Fri
9.30am - 4pm	9.30am - 4pm	9.30am - 4pm	9.30am - 4pm	9.30am - 4pm

Community Cancer Centre

<http://advice1ocal.org.uk/advicefinder/buckinghamshire#community-cancer-centre>

Drop-in advice, information and support for anyone affected by cancer. Also offer complementary therapies, including aromatherapy and reflexology (by appointment only) and relaxation classes. There is no charge for therapies but donations are accepted.

Area served: Hillingdon and borders of Buckinghamshire.

Languages: Access to interpreters.

Address:

18A Fairfield Road, Yiewsley, Middlesex UB7 8EX

(Public transport: West Drayton train station - 5 minutes walk. Buses 222, U1.)

Email: office@communitycancercentre.org.uk

Tel: 01895 461016

Web: www.communitycancercentre.org.uk

Drop-in or phone.

Mon	Tue	Wed	Thur	Fri
10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm

DASH - Disablement Association Hillingdon

<http://advicelocal.org.uk/advicefinder/hillingdon#dash-disablement-association-hillingdon>

Advice and information centre for people with disabilities and older people.
Demonstration centre and assessments available.

Area served: London Borough of Hillingdon.

Languages: Language Line.

Address:

Wood End Centre, Judge Heath Lane, Hayes, Middlesex UB3 2PB

(Public transport: Bus U4)

Email: info@dash.org.uk

Tel: 020 8848 8319

Web: www.dash.org.uk

Call in for advice, information and general queries, phone for an appointment.

Mon	Tue	Wed	Thur	Fri
Closed	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm

Eaves - Putting Women First

<http://advice1ocal.org.uk/advicefinder/barking-dagenham#eaves-putting-women-first>

Provides support and advocacy to women who have been affected by all forms of violence, including trafficking, prostitution, domestic and sexual violence. Life Skills Service is a specialist service for women at risk of or experiencing homelessness, most often in conjunction with violence. Advice to women around housing, education, employment, training and benefits.

Area served: All London.

Languages: Access to language line.

Address:

Unit CC01 Canterbury Court, Kennington Business Park, 1-3 Brixton Road, London SW9 6DE
(Public transport: Oval tube stations. Buses 3, 59, 159, 415, 133.)

Email: Lifeskills@eavesforwomen.org.uk

Tel: 020 7735 2062

Fax: 020 7820 8907

Web: www.eavesforwomen.org.uk/

Drop-in on Tuesdays, phone, contact for an appointment, write or email.

Mon	Tue	Wed	Thur
9.30am - 5.30pm	9.30am - 5.30pm	9.30am - 5.30pm	9.30am - 5.30pm
Fri			
9.30am - 5.30pm			

Haven - Paddington

<http://advicelocal.org.uk/advicefinder/barnet#haven-paddington>

Forensic, medical and follow up services for people who have been sexually assaulted/raped. Counselling, clinical psychology, specialist advocacy for young people and those experiencing mental health problems, screening for sexually transmitted diseases, pregnancy testing and emergency contraception. Presentations, open days and training for professionals.

Area served: North West London.

Languages: Access to interpreters and Language Line.

Address:

Kings College NHS Trust, St Mary's Hospital, Praed Street, London W2 1NY

(Public transport: Edgware Road tube or Paddington station.)

Email: haven@imperial.nhs.uk

Tel: 020 3312 1101

Fax: 020 3312 1850

Web: www.thehavens.org.uk

Phone or contact for an appointment.

Mon	Tue	Wed	Thur	Fri	Weekend
24 hours	24 hours	24 hours	24 hours	24 hours	24 hours

Hillingdon Action Group for Addiction Management (HAGAM)

<http://advicelocal.org.uk/advicefinder/hillingdon#hillington-action-group-for-addiction-management-hagam>

Alcohol and drug counselling for people with drink or drug problems. Services for users, relatives and partners. Individual counselling, group work. Alternative therapies. Service for people with dual diagnosis. Drop-in service weekdays - phone for details. Telephone counselling for LB Hillingdon residents who are unable to attend the service in person.

Area served: London Borough of Hillingdon.

Languages: French, German, Italian, Punjabi, Turkish, Urdu and access to interpreters.

Address:

Old Bank House, 64 High Street, Uxbridge UB8 1JP

(Public transport: Uxbridge tube and bus station - 2 minutes walk.)

Email: help@hagam.org.uk

Tel: 01895 207788

Fax: 01895 207744

Web: www.hagam.com

Phone or contact for an appointment.

Mon	Tue	Wed	Thur	Fri	Weekend
9am - 9pm	9am - 9pm	9am - 9pm	9am - 9pm	9am - 5pm	Saturday 10am - 1pm

Hillingdon CAB - Uxbridge Office

<http://advicelocal.org.uk/advicefinder/hillingdon#hillington-cab-uxbridge-office>

Advice and information on a range of issues, including benefits, consumer, housing, debt and employment rights.

Area served: London Borough of Hillingdon.

Address:

The Colonnade, Civic Centre, High Street, Uxbridge UB8 1UW
(Public transport: Uxbridge tube. Buses 207, U3, U7.)

Tel: 0344 848 7903 advice line

Web: www.hillingdoncab.org.uk

Call in to reception from 9.30am or phone the advice line.

Mon	Tue	Wed	Thur
9.30am - 4pm	9.30am - 4pm	9.30am - 4pm	9.30am - 4pm

Hillingdon Carers

<http://advicelocal.org.uk/advicefinder/hillingdon#hillington-carers>

Information, advice and counselling for unpaid carers. Information on benefits, taking a break and training. Information centre open Monday 10am - 2pm and Tuesday - Friday 10am - 4pm. Project for young carers (5-18). Cafes and outreach around the borough.

Area served: London Borough of Hillingdon.

Languages: Bengali, Gujarati, Hindi, Punjabi, Urdu and access to interpreters.

Address:

Luther Bouch House, 126 High Street, Uxbridge, Middlesex UB8 1JT

(Public transport: Uxbridge tube and bus station - 5 minutes walk. Free accessible transport provided for events, forums and meetings.)

Email: office@hillingtoncarers.org.uk

Tel: 01895 811206

Fax: 01895 258062

Web: www.hillingdoncarers.org.uk

Drop-in, phone, email or write.

Mon	Tue	Wed	Thur	Fri
8.30am - 5pm	8.30am - 5pm	8.30am - 5pm	8.30am - 5pm	8.30am - 4.45pm

Hillingdon Mind

<http://advicelocal.org.uk/advicefinder/hillingdon#hillington-mind>

Range of services for people with mental health issues, including information and counselling, befriending scheme, Asian support project, weekend club and social clubs. Appropriate adult project for vulnerable adults in police custody. Support groups, counselling project and supported housing project.

Area served: London Borough of Hillingdon.

Languages: Bengali, Hindi, Punjabi, Urdu and access to interpreters.

Address:

Aston House, Redford Way, Uxbridge, Middlesex UB8 1SZ

(Public transport: Uxbridge tube and bus station - 2 minutes walk.)

Email: mind@hillington.org.uk

Tel: 01895 271559

Fax: 01895 811355

Web: www.hillingdonmind.org.uk

Phone.

Mon	Tue	Wed	Thur	Fri
9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm

Weekend

Drop-in & clubs (phone for details)

Housing for Women - Domestic Violence Services

<http://advicelocal.org.uk/advicefinder/brent#housing-for-women-domestic-violence-services>

Provide support and refuge for women and their children experiencing domestic abuse. Also provide a telephone help line for women nationally and floating support to women in Greenwich who wish to remain in their homes. Resettlement and outreach support service provides one to one support and advice for women and children living in violent situations who may not want to leave their family home.

Area served: UK.

Address:

Sixth Floor, Blue Star House, 234-244 Stockwell Road, London SW9 9SP

Email: referrals_gdva@h4w.co.uk

Tel: 020 8317 8273 Greenwich DVA service

Web: www.hfw.org.uk

Phone or email.

Mon	Tue	Wed	Thur	Fri
10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm

Link - Youth Information and Counselling Service

<http://advicelocal.org.uk/advicefinder/hillingdon#link-youth-information-and-counselling-service>

Information and counselling for young people and their carers and families. Run by LB Hillingdon Education Services.

Area served: London Borough of Hillingdon.

Address:

Fountain's Mill, 81 High Street, Uxbridge UB8 1JR
(Public transport: Uxbridge tube - 5-10 minutes walk.)

Tel: 01895 277222

Fax: 01895 232850

Web: linkcounselling.googlepages.com

Phone.

Mon	Tue	Wed	Thur
10.30am - 7.30pm	10.30am - 7.30pm	1.30pm - 7.30pm	10.30am - 7.30pm
Fri			
10.30am - 7.30pm			

Middlesex Association for the Blind

<http://advice1ocal.org.uk/advicefinder/barnet#middlesex-association-for-the-blind>

Advice, information and support services for people of all ages who are visually impaired. Home visiting services, hospital information desks, awareness training. Resource centres. IT training. Braille tuition and transcription service.

Area served: London Boroughs of Brent, Barnet, Ealing, Enfield, Haringey, Harrow, Hillingdon, Hounslow, Richmond.

Languages: Punjabi and Spanish.

Address:

The Sight Centre, Suite 3, Freetrade House, Lowther Road, Stanmore, Middlesex HA7 1EP
(Public transport: Queensbury tube.)

Email: info@aftb.org.uk

Tel: 020 8423 5141

Fax: 020 8099 7003

Web: www.aftb.org.uk

Call in, phone, contact for an appointment, email or write.

Mon	Tue	Wed	Thur
9.30am - 4.30pm	9.30am - 4.30pm	9.30am - 4.30pm	9.30am - 4.30pm
Fri			
9.30am - 4.30pm			

Rethink Mental Illness - Hillingdon Carer Support Service

<http://advicelocal.org.uk/advicefinder/hillingdon#rethink-mental-illness-hillingdon-carer-support-service>

Support and information for carers of people with mental health issues. One-to-one support, groups and a drop-in centre, advocacy, support at meetings. Arts and crafts. Therapeutic treatments.

Area served: London Borough of Hillingdon.

Languages: Italian and Language Line.

Address:

Key House, 106 High Street, Yiewsley UB7 7BQ

(Public transport: West Drayton train station. Buses 222, U1, U3, U5.)

Email: hillingdoncarers@rethink.org

Tel: 01895 441835

Fax: 01895 441835

Web: www.rethink.org

Phone, email or write to make an appointment.

Mon	Tue	Wed	Thur	Fri
9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	Closed