



Directory of Services

April 2020

This directory is available in large print upon request, and is also on our website.

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Introduction

This directory provides information on services that may be useful to people in need of support and/or guidance on a wide range of issues and concerns. The information included is based on details provided by each agency. Although we have been careful to include only reputable agencies, Sufra NW London does not endorse any service provider. We advise you to contact an agency directly to check that its service meets your needs.

NOTE

With the outbreak of COVID 19 / coronavirus, many services have closed, and many others have alternative arrangements to those listed. Check with individual services for up-to-date information.

How to Use this Directory

Information is arranged under general headings as listed on the contents page. Many agencies provide services that may come under more than one heading. An index of agencies is listed at the end of the directory.

Some agencies have specific criteria for who is eligible, or for how the service can be accessed. When you contact an agency, you should ensure that you meet the criteria for their service.

Occasionally services change at short notice, so you should be aware that some of the information listed may have changed, and some services may no longer be available (**see note on page 3**).

All services are independent, confidential and free of charge.

Call charges for numbers beginning 0800 and 0808 are free. Check with your provider for call costs for all other numbers.

Opening times are given only where they differ from the standard hours of 9am to 5pm.

Most of the local agencies listed are based in Brent. For information on services in other boroughs, please contact the relevant borough.

Key to Symbols



Times



Webchat



Address



Phone



Email



Website

Basic Skills

Brent Start

A range of courses for anyone who wants to improve their quality of life through learning a new skill, preparing for employment, and/or improving their job prospects: employability, maths, English, ESOL, literacy, IT, childcare, family learning, hairdressing, and much more. There are also courses for adults with learning disabilities. It is possible to study for free, depending on your financial circumstances.

 020 8937 3950

 brent.gov.uk/brentstart


Benefits & General Advice

See also **Green Doctors, Under One Roof, and Debt, Money & Utilities**

Brent Council Local Welfare Assistance Team

A discretionary support scheme which aims to:

1. help people in short-term need because of a crisis or an emergency, support vulnerable people in the community, and ease exceptional pressure on families, by providing one-off payments to people who are unable to pay for what they need.
2. provide crisis payments to prevent serious risk to the health and safety of a person or their family; provide community payments to help vulnerable people live as independently as possible, covering things like furniture and white goods, minor repairs, specific travel costs and some clothing and footwear. Phone for eligibility criteria. Also provide vouchers for **Sufra NW London Food Bank** (see page 23). Phone for an assessment.

 020 8937 5796 (select option 2, and then option 3)

 Civic Centre, Engineers Way, Wembley, HA9 0FJ

Brent Housing Management: Income Management Team (present at **Brent Hubs**)

Help council tenants with rent arrears: making re-payment arrangements, discussing any legal action that has commenced, paying online, tracing missing payments, advising on Housing Benefit and other welfare benefits.

 020 8937 2730

 brent.gov.uk/housingmanagement

Brent Hubs (by Brent Council)

These are places around Brent where a wide range of advice agencies provide services to the public. The areas that are covered are: benefits, housing, employment advice and support, money management, debt advice, carers' services, form filling, digital support, homelessness prevention, advice in Somali and Arabic, support for elderly people, immigration advice and information, and general advice. The Hubs operate at various times, with all **closing for lunch between 1pm and 2pm**. Venues and days of service are as follows:

- Mon, Wed, Thurs, **Harlesden** Library
- Mon, Tues, Ealing Road Library, **Wembley**
- Wed, Thurs, **Kingsbury** Library
- Mon, Tues, Wed, **Willesden Green** Library
- Tues, Wed, Thurs, William Dunbar House, Albert Rd, **Kilburn**, NW6 5DE

To discover the times of the various services at these five venues, either look on the website for the monthly timetable or enquire at any Brent library. For library details, see **Libraries** on page 37.

 brenthubs.com

Citizens Advice Brent (CAB)

NOTE: At the time of writing, the office of Citizens Advice Brent is being refurbished and the building is out of use. There is no face-to-face service, and it is not known when the office will re-open.




The outbreak of coronavirus / COVID 19 has resulted in a further temporary reduction in services. To obtain for details of services, use the contact details below. A description is given below of the services as they were being provided prior to these events.

Description:

Free advice to people who live, work or study in Brent. Help people to resolve money, legal and other problems. Also provide advice on asylum and immigration.

1. By drop-in at Willesden for assessment (see page 8 for address). Due to very high demand there is a first-come, first-served ticketing system. There is usually a long queue and sometimes not everyone is seen.
2. By phone. The line can be very busy.
3. By drop-in, Civic Centre, Engineers Way, Wembley, HA9 0FJ
4. Park Royal Centre for Mental Health for people who have been admitted, as well as their carers.
5. At Children's Centres, for people with a child under five. Contact a centre directly for an appointment.
6. Skype Employment Advice clinic for legal advice on employment issues.
7. Brent Housing tenants. For advice on rent arrears and other debts, contact the **Income Management Team**.
8. John Fisher Free Legal Advice Project provides legal advice on personal injury, medical negligence, consumer rights, and other areas of law.
9. A service in BSL for the Brent Deaf community. See **Royal Association for Deaf People**.

10. A Pensionwise appointment for people over 50 who have a workplace pension, to help go through pension options. To book an appointment call 0800 138 3944.



-  020 8438 1249, Mon to Fri 10am to 4pm
-  270 - 272 High Road, Willesden, NW10 2EY
-  citizensadvicebrent.org.uk

Crisis Intervention Drop-in Clinics (by **Ashford Place**)

Help for people who are experiencing crisis and struggling to cope: housing, benefits, employment, drug and alcohol abuse, debt and personal budgeting, mental health, and general wellbeing.

-  Mon 2pm to 4.30pm
-  Ealing Rd Library, HA0 4BA
-  Tues 2pm to 4.30pm
-  Christchurch, Christchurch Ave, Willesden Lane, NW6 7YN
-  Wed 2pm to 4pm
-  Ashford Place, 60 Ashford Road, Cricklewood, NW2 6TU
-  Fri 10am to 1pm
-  Harlesden Methodist Church, 25 High St, NW10 4NE

Also at Wembley and Willesden Green libraries. Call for times.

-  020 8208 8595
-  ashfordplace.org.uk

Help to Claim Universal Credit: a service of **Citizens Advice Brent**

Advisers help people to make a new claim for Universal Credit, from opening a claim account to receiving the first full payment. **You will need to show:** rent or mortgage payments; earnings; any income that is not from work (such as a pension or

insurance income); details of any benefits; details of any savings, investments, or property that you don't live in; childcare payments. For couples, similar information will be needed from the partner.

1. Call the Help to Claim Advice Line.

0800 144 8444, Mon to Fri 8am to 6pm

2. Visit:

🕒 Mon to Fri 10am to 4pm

📍 Citizens Advice Brent, 270 - 272 High Road, Willesden, NW10 2EY (see **Citizens Advice Brent** for details of temporary office closure)

🕒 Mon to Fri 9am to 5pm

📍 Jobcentre Plus Harlesden, 161 High St, NW10 4TL

🕒 Mon to Fri 9am to 5pm

📍 Jobcentre Plus Wembley, 6 St Johns Rd, HA9 7JD

🕒 Tues & Thurs 9am to 4pm

📍 Civic Centre, Engineers Way, Wembley, HA9 0FJ

🕒 Wed 10am to 2pm

📍 Kilburn Library, 42 Salusbury Rd, NW6 6NN

🌐 citizensadvicebrent.org.uk

Help With Health Costs

In certain circumstances it may be possible to get help with health costs, and the costs of travel to and from appointments. Some examples of eligibility are: being in receipt of certain benefits or tax credits, being on a low income, or being pregnant. Some of the help available: travel costs to hospital, vouchers for glasses or contact lenses, as well as free prescriptions, sight tests, and dental treatment.

📞 0300 330 1343; Customer Contact Team

🌐 nhsbsa.nhs.uk/nhs-help-health-costs

Turn2us

Information via telephone helpline and internet, on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, Universal Credit, and how benefits are affected by starting work or changing working hours. Also provide an online benefits calculator and a facility to make a grants search for possible sources of financial support.

☎ 0808 802 2000, Mon to Fri 9am to 5.30pm

🌐 turn2us.org.uk

Welfare Assistance Team: See **Brent Council Local Welfare Assistance Team**

Carers

Brent Carers Centre (present at **Brent Hubs**)

Provide services to people who care for someone, regardless of their relationship to them.

1. For all carers: emergency planning, carers discount scheme, care skills training, and access to a Carers Emergency Card.
2. For people aged 18 and over who care for someone with a mental health issue or dementia: advice and information, advocacy and representation, money and benefits advice, support groups, a counselling service, employability support, and drop-in advice sessions at **Brent Hubs** (see page 6).
3. For young adult carers aged 14 to 25: whole family assessments and support for young carers and their families, age appropriate respite activities, support groups, and advice about young people's benefits.

☎ 020 3802 7070

📍 Willesden Medical Centre, 144-150 High Road, NW10 2PT

🌐 brentcarerscentre.org.uk

Children & Young Adults

See also **Sufra NW London**

Brent Children and Families

1. The **Children and Families Information Service** provides advice and support for families, with information on services and activities for children and young people aged up to 19 (or 25 for those who are disabled or have special needs): out of school activities, parenting programmes, special educational needs, disability, reducing the costs of childcare, entitlement to free early education and childcare, and signposting to other services.



020 8937 3010



Civic Centre, Engineers Way, Wembley, HA9 0FJ



brent.gov.uk/childcare

2. The Early Support service co-ordinates care for children up to the age of 5 who receive four or more services from the health, education, social care or voluntary sectors, and provide families with a single and consistent point of contact. A family is allocated a key worker who acts as the main contact between them and the different professionals working with their child.
3. Portage is an educational home visiting service for children aged up to the age of 4 who are disabled or have additional needs. A portage worker will visit the home to offer support to help develop the child's communication and physical and social skills, and to improve their learning and development.



020 8937 4300

4. Accelerated Support is a rapid-response service for children and young people aged 11 to 17 (or older if there are special educational needs), and their families, where the young person

is in crisis and at imminent risk of entry into local authority care. Help is given with problems such as communication issues, reluctance to live within parental boundaries, difficulty with addiction, crime or gang-related issues, or family relationship breakdown. Phone to discover the full criteria.

🕒 Mon to Fri 8am to 8pm, Sat & Sun 10am to 4pm

☎ 020 8937 4300; Brent Family Front Door

✉ family.frontdoor@brent.gov.uk

5. Family Solutions provides support for families with children and young people up to the age of 18 (or 25 for those who are disabled or have special needs). Address needs such as children or family members in trouble with the police, or with drug or alcohol concerns, children not attending school, abusive relationships, mental health needs, and children or parents who are disabled or have a long-term illness.

☎ 020 8937 2711

🌐 brent.gov.uk/services-for-residents/children-and-family-support

Children's Centres

Services focussed on early childhood, with family learning and support. All centres have a timetable of fun educational activities, family learning, **Citizens Advice Brent** sessions, and a wide range of health, special needs and parenting support. Specialist on-site services available. Details of individual centres can be found on the website, or by phoning the **Children and Families Information Service**.

☎ 020 8937 3010, Mon to Fri 10am to 5pm

🌐 brent.gov.uk/40538

RealTalk: a project of **Each Counselling & Support**

Support people aged 14 to 21, and their families or carers, when there are concerns around staying in school, or there is a risk of drugs and/or alcohol problems or criminal behaviour. One-to-one support, group support, and activities such as boxing, DJing skills, and graffiti art.

 020 8961 8623

 The Designworks, Park Parade, London, NW10 4HT


 eachcounselling.org.uk

Deaf Service


Royal Association for Deaf People

Help and advice in BSL on benefits, debt, housing, employment, discrimination, access to health and social care services, understanding correspondence, completing forms, signposting, referrals to other services, and booking interpreters.


 Tues 10am to 4pm

 Desk 31, Customer Services, Civic Centre, Engineers Way, Wembley, HA9 0FJ

 Thurs 10am to 4pm

 Temporary address: The Lewinson Centre, 167 High Road, Willesden, NW10 2SG

For resumption of service at 270 – 272 High Road, NW10 2EY see **Citizens Advice Brent**.

 0300 688 2525; phone

 07467 914 132; text or phone

 0300 688 2527; minicom

 royaldeaf.org.uk

Debt, Money & Utilities

See also **Under One Roof**

Green Doctors

Services to people who are 65 and over, have a child under the age of 5, are on a low income, have a long-term health condition, or are disabled. A home visit is arranged to give advice which helps people to manage their energy use and bills, and helps them live in better, warmer homes and to save money: installing energy saving devices; offering impartial advice on things such as switching fuel companies to save money; and giving help with such things as managing and understanding bills, writing off debts, applying for grants, and obtaining local services such as a handyperson, a fire safety check, etc.

☎ 0300 365 5003

🌐 groundwork.org.uk/projects/green-doctors-london

It's All About Money: a project of **Advice4Renters** (present at **Brent Hubs**)

Money mentors assist with managing money wisely, budgeting, grant applications, and switching utilities. Help people to put together their own realistic budget, by helping them to understand their spending habits, track day-to-day spending, identify where savings can be made, get the best deals, maximise income and start to build financial resilience. Provide equitable financial services through Brent Mutual (part of Hillingdon Credit Union).

✉ pat.fernandes@advice4Renters.org.uk

For further contact details see **Advice4Renters**.

Let's Talk Money (present at **Brent Hubs**)

Help people improve their money management skills and their financial situation, by delivering workshops and providing tailored

one-to-one support, helping people put together a budget, manage bills effectively, reduce everyday costs, apply for grants for essential items and utility or rent arrears, and access further support.


 07914 789 397

 letstalkmoney.org.uk

StepChange Debt Charity

A wide range of services and ongoing support, which includes advice on the budgeting process and finding appropriate solutions. Can help with applying for different types of debt solutions, such as Debt Relief Orders or Individual Voluntary Arrangements, or can liaise with creditors and set up a Debt Management Plan to help repay debts over a realistic period of time, making an affordable single payment each week or month.

 0800 138 1111, Mon to Fri 8am to 8pm & Sat 8am to 4pm

 Mon to Fri 8am to 8pm & Sat 9am to 2pm

 stepchange.org

Disability

Accessible Transport

1. Taxicard: subsidised transport in licensed taxis and private hire vehicles, for people who have a serious long-term mobility impairment or severe sight impairment, and who experience difficulty using public transport. Administered by Brent Council.


 020 8937 5796

 independenttravelteam@brent.gov.uk

 brent.gov.uk/services-for-residents/transport-and-streets

2. Dial-a-ride: a free door-to-door local transport service shared with other people, with at least one return journey guaranteed

each week. Takes most wheelchairs. The driver can give assistance to and from the vehicle, and one other person can travel with the user.

 0343 222 7777

 tfl.gov.uk/modes/dial-a-ride

Brent Mencap

Services for people aged 18 and over who are disabled or have a long-term health condition: **1.** A weekly Chat Café. **2.** A self-advocacy group where disabled people can find out about issues important to them, hear speakers, give their opinions on issues, and decide what action they want to take. **3.** A user-led weekly social group for people with a learning disability, who decide where they want to go out as a group. **4.** An advice service for people with a learning disability, on all aspects of life, including employment, transport, housing, and money issues.

 020 8451 5278

 379-381 High Road, Willesden, NW10 2JR

 brentmencap.org.uk

Disabled Persons Freedom Pass

Allows free travel across London, and free bus journeys nationally to people in certain circumstances. Administered by Brent Council's Independent Travel Team. Call or use the website for full details.

 020 8937 5796

 brent.gov.uk/services-for-residents/transport-and-streets

RNIB

Services for people who are losing their sight, or who are blind or partially sighted: practical and emotional support, and information and advice on business, children, learning disability, young people and families, and e-learning. Also provide reading services,

and a helpline for information on understanding eye health, eye conditions and legal rights, and advice on products, concessions, benefits and tax.

 0303 123 9999, Mon to Fri 8am to 7pm

 rnib.org.uk

Scope

Information and support on issues that matter to disabled people and their families, both online and by phone: money and benefits, independent living and social care, grants, energy bills, assistive technology, work, how to find legal help, the elderly, bullying, housing and adaptations, and children and young people.

 0808 800 3333

 scope.org.uk

Domestic Violence & Abuse

Advance

Non-judgemental support to women, men and young people living in Brent who are experiencing domestic abuse; one-to-one, on the phone or in person. Wherever possible, the same Independent Domestic Violence Adviser works with the person throughout. Give help with getting to a place of safety, with talking to the police, and with understanding options and legal rights. Can attend criminal court. **Anyone in immediate danger should call 999.**

 07398 454 898, Mon to Fri 10am to 6pm

 advancecharity.org.uk

Ascent: a project of EACH Counselling & Support

A one-to-one counselling and group therapy service for women who have been affected by sexual or domestic violence and abuse, which can be any of the following:

Physical: hitting, punching, slapping. **Sexual:** abuse, assault. **Emotional and psychological:** putting you down, verbal aggression, coercion. **Social isolation:** stopping you from seeing your friends and family. **Financial:** keeping your money from you, or not allowing you to work. **‘Honour’ based violence:** crimes or incidents connected with protecting or defending the ‘honour’ of the family or community.

☎ 020 8577 6059,

📍 The Designworks, Park Parade, London, NW10 4HT

🌐 eachcounselling.org.uk

Asian Women's Resource Centre

Specialist support for Black, Asian and minority ethnic women and girls experiencing abuse. Provide domestic abuse advocacy services: supporting women to recognise abuse, minimising risks, safety planning, building self-esteem and confidence through group work, advice and information on welfare benefits, homelessness, debt, and immigration to Level 1. Provide workshops: computers, ESOL, sewing, healthy eating and yoga. Women are also offered social and networking opportunities through activities and networking groups. **Anyone in immediate danger should call 999.**

☎ 020 8961 6549 / 5701, Mon to Fri 10am to 5pm

📍 108 Craven Park, Harlesden, London NW10 8QE

🌐 asianwomencentre.org.uk

Chrysalis Advice Centre: a project of **Advance**

A drop-in advice service providing specialist support for Brent residents aged 16 and over who are affected by domestic abuse. Provide advice on benefits, debt, housing, children and young people affected by domestic abuse, wellbeing and mental health, drugs and alcohol challenges, and tech abuse. Provide support with legal issues, and specialist domestic violence support is available for people from Asian and Eastern European

communities. **Anyone in immediate danger should dial 999.**

🕒 Tues 9.30am to 12.30pm

📍 Curzon Crescent Children's Centre, Harlesden, NW10 9SD

🌐 advancecharity.org.uk

Men's Advice Line

Helpline, email and webchat services for male victims of domestic abuse. Offer advice and emotional support to men who experience abuse, and to those supporting them, such as concerned friends or family members, and frontline workers. Interpreters and Next Generation Text available. **Anyone in immediate danger should dial 999.**

🕒 Mon, Wed 9am to 8pm & Tues, Thurs, Fri 9am to 5pm

☎ 0808 801 0327

💬 Tues, Thurs 10am to 4pm

🌐 mensadviceline.org.uk

National Domestic Violence Helpline

An emergency service for women experiencing domestic violence, and others calling on their behalf: support, help and information over the phone, referrals to emergency safe accommodation, information about law, housing, and welfare rights, referral to relevant services and professionals, and emotional support. Interpreters are available. Can refer deaf women to services providing full deaf access.

☎ 0808 200 0247, 24 hours a day

🌐 nationaldahelpline.org.uk

Drugs and Alcohol

Al-Anon and Alateen

Family groups for anyone whose life is, or has been, affected by

someone else's drinking, regardless of whether that person is still drinking, and meetings where members can anonymously and confidentially share their experience of living with alcoholism. A helpline is available for people who want to talk about the way they are being affected by someone else's drinking. Also provide **Alateen** for teenage relatives and friends of alcoholics.

 0800 008 6811, 10am to 10pm, 365 days a year

 al-anonuk.org.uk

New Beginnings

A service for individuals, their families and carers, who are affected by drug and/or alcohol problems and who are Brent residents. There are specialist teams including substance misuse practitioners, doctors, nurses and psychologists, as well as volunteers and peer mentors. Provide information, advice, support, assessment, key working, substitute prescribing, group work, access to inpatient detoxification and residential rehabilitation, women's groups, support for individuals in the criminal justice system, a Young People's Team, and needle exchange and harm reduction services. There is a helpline providing immediate support and advice.

 0800 107 1754; helpline, 24-hour

 0300 303 4611; office

 97 Cobbold Road NW10 9SU, and:

Willesden Centre for Health, Harlesden Road, NW10 3RY

 wdp.org.uk

BSAFE

A weekend drop-in service for people with substance misuse issues and/or in recovery. People can access activities and support and be guided towards other services where they can receive help. Provide a friendly, safe and relaxing environment, refreshments, newspapers, TV, and computer use.

🕒 Sat 12 noon to 5pm & Sun 1pm to 4pm
☎ 0300 303 4611 / 07958 086 346
📍 97 Cobbold Road, Willesden, NW10 9SU
🌐 b-3.org.uk

Elderly

Age UK Brent (present at **Brent Hubs**)

For people aged 55 and over who live in Brent. Provide telephone information and advice on a range of topics that affect older people, and signposting for further help. Information can also be obtained by email, via the website, and by drop-in at **Brent Hubs**.

☎ 020 8965 7711, Mon to Fri 10am to 1pm
🌐 ageuk.org.uk/hillingdonharrowandbrent

Dementia Cafés


Provide people who live with dementia, and their carers and families, with an opportunity to gather in an informal, relaxed and friendly atmosphere, where they can meet other people in similar circumstances, enjoy activities, and receive support. There are cafés in Cricklewood, Wembley, Neasden, Willesden, Kensal Green, Sudbury and Kingsbury. Phone or email for details.

☎ 07904 202 517
✉ gabby.horecka@ashfordplace.org.uk

Dementia Friendly Tuesdays (by **Ashford Place**)

1. A group providing practical help and support from peers who have experience of living with dementia; the group plans and creates social activities. **2.** Chair based exercise and relaxation techniques for people living with dementia, and their carers. **3.** A drop-in group with Brent Carers Centre, for carers of people living with dementia, providing practical support. **4.** A group for carers of people living with dementia, to talk about the challenges, share

experiences, and explore things that have helped. **5.** A dementia café; a social gathering with a range of activities. Call or email for times of services.

 07757 625 799, Tues 10am to 4pm

 kamlesh.patel@ashfordplace.org.uk

 Ashford Place, 60 Ashford Road, NW2 6TU

 ashfordplace.org.uk

Dementia Helpline

For anyone with a question or concern about dementia and Alzheimer's disease, from looking out for the first symptoms of Alzheimer's to understanding the challenges of living with someone with vascular dementia. A tailored information pack can be sent by post or email following the call.

 0800 888 6678, Mon to Fri 9am to 9pm, Sat & Sun 9am to 5pm

 dementiauk.org

Elders Voice

Services for people aged 55 and over. **1.** Floating Support helps with things like benefit entitlements, housing repairs, moving home, debt management, home safety & security, and enjoying an active social life (020 8206 7505). **2.** The Handyperson Service provides practical support enabling people to live independently and safely at home: changing light bulbs, installing smoke alarms, locks, bolts, curtain rails etc, as well as other small jobs including carpentry and plumbing. Labour charges are means tested (020 8206 7506). **3.** Older & Prouder weekly coffee afternoon and monthly socials for older LGBT+ people. Telephone befriending is available to users who are unable to attend the events for reasons such as limited mobility.

 020 8206 7502; handyperson / 020 8968 8170; office

 181 Mortimer Road, London NW10 5TN

 eldersvoice.org.uk

The Silver Line

A telephone helpline for people aged over 55, offering: information, friendship and advice; telephone and letter friendship schemes matching volunteers with older people, based on their interests; facilitated group calls; help for people to connect with local services in their area.

☎ 0800 470 8090, 24 hours a day, 365 days a year; helpline

☎ 020 7224 2020, Mon to Fri 9am to 6pm; office

🌐 thesilverline.org.uk

Emergency Food Parcel Provision

See note on page 3.

Brent Food Bank

Three days' emergency food is provided to people who have a voucher. Phone or email to be put in touch with a referral agency which can issue a voucher.

🕒 Tues & Thurs 1pm to 4pm & Fri 11am to 3pm

📍 St Mary's Church, Neasden Lane, NW10 2TS

🕒 Wed 1pm to 3pm

📍 Lindsay Park Baptist Church, The Mall, Kenton, HA3 9TG

☎ 020 3745 5972

🌐 brent.foodbank.org.uk

Harlesden Methodist Church

🕒 Fri 11am, fresh produce, no voucher required

📍 Harlesden Methodist Church, 25 High St, NW10 4NE

Sufra NW London Food Bank

People who have acquired a voucher can receive a week's worth

of food for themselves and their family. To obtain a voucher call **Brent Council Local Welfare Assistance Team** (see page 5), or else call Sufra to be put in touch with another referral agency.

🕒 Wed & Sun 12pm to 3pm

☎ 020 3441 1335

📍 160 Pitfield Way, Stonebridge, NW10 0PW

🌐 sufra-nwlondon.org.uk

Ex-Offenders

NACRO

Help for people to overcome barriers presented by a criminal record, and to move on from previous mistakes. Information and advice for ex-offenders, families, and people working with them, with things such as: disclosing criminal records; jobs and voluntary work; education and training; advice for prisoners, people on licence, sex offenders and those under MAPPA; employment rights and representation; housing; managing money and debt; addiction services; support and advice.

☎ 0300 123 1999, Mon to Thurs 9am to 5pm & Fri 1pm to 5pm

🌐 nacro.org.uk

PLIAS Resettlement

Provides the tools to succeed after a criminal conviction. Clients are provided with an individually tailored service: information, advice and guidance, education, training, and employment. Also provide services to family members of ex-offenders.

☎ 020 8838 6800

📍 Unit 12 Bridge Park Complex, Harrow Road, Stonebridge, NW10 0RG

🌐 pliasresettlement.co.uk

Health

See also **Help With Health Costs & Under One Roof**. For Dementia services, see under **Elderly**

Cancer Black Care

1. A support service is provided by phone and face-to-face, to all members of the community who are affected by cancer: home, hospital and hospice visits, practical and emotional family support, grant applications, advocacy, befriending, addressing dietary needs, benefits advice. Also provide information, advice and support through the illness. **2.** A support group meets on the second Saturday of the month, 2pm to 4pm. **3.** A coffee morning is held on the last Monday of the month, 10.30am to 1pm. **4.** A counselling service is available, Mon to Thurs 10am to 3pm.

☎ 020 8961 4151

📍 79 Acton Lane, Harlesden, NW10 8UT

🌐 cancerblackcare.org.uk

Diabetes UK Helpline

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. Eating healthily, maintaining a healthy weight and exercising regularly are all important. Further information is available via the helpline, and on **NHS Choices**.

☎ 0345 123 2399, Mon to Fri 9am to 6pm

✉ helpline@diabetes.org.uk

Macmillan Cancer Support

1. A national helpline giving practical, medical, financial and emotional support to people who have been diagnosed with cancer, as well as to family members and carers: questions about cancer, treatment, or what to expect; worries about money or work issues; or just for someone to talk to.

- 🕒 Mon to Sun 8am to 8pm
- ☎ 0808 808 0000; national helpline
- 🌐 macmillan.org.uk

2. Macmillan Information and Support Centre for anybody affected by cancer, for face-to-face advice and support. By drop-in, or for a lengthier consultation, by appointment.

- 🕒 Drop-in, Mon to Thurs 9.30am to 3.30pm
- ☎ 029 8869 5099; office
- 📍 Information & Support Centre, Northwick Park Hospital, HA1 3UJ

NHS Choices

A website for information about health conditions and treatments, advice on healthy living, how to book GP appointments and prescriptions online, and a wide range of further subjects. The site can also be used for finding a GP and other local health services. Alternatively, call NHS England.

- ☎ 0300 311 2233
- 🌐 nhs.uk

Homelessness

See also **Shelter**

Brent Council Homelessness Prevention Services

Services for people facing homelessness: assess people and refer them to other services if appropriate; take steps to help them avoid losing existing accommodation before helping, where appropriate, with a planned move to private rented accommodation. In some circumstances short-term housing or hotel accommodation may be provided.

1. **Brent Housing Needs** *for people with children*

- ☎ 020 8937 2000, Mon to Fri 9am to 5pm
- ☎ 020 8937 1234; outside of above hours
- ✉ housing.options@brent.gov.uk

2. Single Homelessness Service *for people with no children*

- ☎ 020 8937 2573, Mon to Fri 9am to 5pm
- ☎ 020 8937 1234; outside of above hours
- ✉ singlepathways@brent.gov.uk
- 📍 Civic Centre, Engineers Way, Wembley, HA9 0FJ
- 🌐 brent.gov.uk/services-for-residents/housing/worried-about-homelessness

Crisis Skylight Brent

Information, advice and guidance relating to housing, employment, and access to services and benefits, for people who are homeless or at risk of becoming homeless. Homeless can mean sleeping on the streets or living in a hostel, shelter or refuge; living in supported housing because of homelessness; sofa surfing; living in a B&B, or other temporary accommodation.

1. Progression coaching which helps break down barriers around homelessness and supports access to housing. **2.** Help with preparing for work: job search, IT skills, job applications, CV writing, interview preparation, and finding volunteering opportunities. **3.** Support with wellbeing, improving mental health, motivational training, and arts & drama.

- 🕒 Drop-in, Mon to Thurs 10am to 4pm & Fri 10am to 1pm
- ☎ 020 8965 2561
- 📍 Unit 2, Ajax House, 16A St Thomas Road, Harlesden, NW10 4AJ
- 🌐 crisis.org.uk/get-help/brent

Hot Food Provision

Places Providing A Free Hot Meal, Open To All

Check with individual services for Ramadan and Christmas opening times. Occasionally services change at short notice, and some may become no longer available. **See note on page 3.**

Centre of Help and Hope

Seventh Day Adventist Church, Glebe Road (corner of Pound Lane), Willesden, NW10 2JD. **Tues & Wed** 10.30am to 2.30pm. Soup and sandwich, some fresh produce and dry goods, clothing, nurse on first Wed of the month.

Church of God of Prophecy

Community Centre, 197 Ealing Road, Wembley, HA0 4LW. 3rd, 4th & 5th **Sun** of month 7am to 8.30am. Occasionally a Christian message is given.

Granville Community Kitchen

The Granville Centre, 140 Carlton Vale, NW6 5HE. **Fri** 5.45pm to 6.45pm. Halal, suitable for children.

Harlesden Christian Centre

25 High St, Harlesden, NW10 4NE. **Fri** 9.30am for hot food. Fresh produce from 11am, for which a voucher is not required.

Harvest Soup Kitchen

The Leadership Training Centre, 40 - 43 North End Road, Wembley, HA9 0AT (off Fourth Way). 1st & 3rd **Sat** of month 12.30pm.

Lindsay Park Baptist Church

The Mall, Kingsbury, HA3 9TG. **Wed** 1pm to 3pm. Soup and sandwich, suitable for children, a short Christian address is given.

Missions Soup Kitchen

Christ Temple, Clifford Way, Neasden, NW10 1AN. **Thurs** 7pm.

Park Lane Methodist Church

Park Lane, Wembley, HA9 7SG. **Thurs** 1pm to 2.15pm. Suitable for children.

Rumi's Kitchen Cricklewood

26A Chichele Road, Cricklewood, NW2 3DA. **Sun**, doors open 12.30pm, main meal served 1.30pm. Halal, not during Ramadan, suitable for children.

Rumi's Kitchen Harlesden

Ummah Community Centre, 21 Craven Park Road, Harlesden, NW10 8SE. **Sat**, doors open 12.30pm, main meal served 1pm. Halal, not during Ramadan, suitable for children.

Sacred Heart Church

Parish Hall, Mazenod Ave, Kilburn, NW6 4PS.

Thurs 5.30pm to 7.30pm.

Salvation Army, Harlesden

32 Manor Park Road, NW10 4JJ. **Tues** 7.30pm (except Aug).

St Andrew's Church

Harrow Road, Sudbury, HA0 2QA. **Tues & Thurs** 10.30am to 3pm. Suitable for children.

St Cuthbert's Church

Fordwych Road, West Hampstead, NW2 3TN. **Sat** 12.45pm. Suitable for children.

St John The Evangelist Church

The Community Centre, 1 Crawford Ave, Wembley, HA0 2HX

Wed 10.30am to 12 noon. Breakfast.

St Laurence's Larder

Christchurch, Christchurch Ave, Willesden Lane, NW6 7YN.

Tues & Thurs 10am to 1pm.

Sufra NW London Community Kitchen

160 Pitfield Way, Stonebridge, NW10 0PW. **Fri**, doors open 6pm, meal served 6.30pm to 8pm. Halal, vegetarian, children's activities, open on all holidays, including Easter and Christmas.

Willesden Green Baptist Church - at the following address until late 2020: Cricklewood Baptist Church, 2 Sneyd Rd, Cricklewood, NW2 6AN. **Fri** 7.30pm. For dates, see notice on the

door of Cricklewood or Willesden Green Baptist Church. Clothes and toiletries available, a Christian address is given.

Housing

Advice4Renters (present at **Brent Hubs**)

Information, support and legal advice for private tenants and others in housing need: specialist housing advice and legal representation, longer term support through volunteer mentors and befrienders, and information and training for tenants to learn more about their housing rights.

Can provide legal advice to those eligible for Legal Aid in cases of serious disrepair, possession proceedings, illegal evictions, and landlord harassment. Can advise people on their rights when they are homeless, and challenge incorrect Council decisions where a homeless application has been made.

 Drop-in, 9.30am to 1pm

 020 7624 4327, Mon to Fri 9.30am to 4.30pm


 36-38 Willesden Lane, Kilburn, NW6 7ST

 advice4renters.org.uk

Brent Council Private Housing Services

Respond to requests for intervention by private tenants whose landlords will not carry out necessary work on their accommodation. In some instances, part of a problem, such as a broken boiler, may be treated as urgent and dealt with quickly, whilst provision of additional amenities will take longer. If work needs to be done, instructions will be issued to the landlord setting out what needs to be done, and the timescales in which it must be completed. A landlord failing to carry out legally required work may be prosecuted. Report a problem online or by phone.

 020 8937 2384

 brent.gov.uk/services-for-residents/housing/landlords/property-licensing/contact-us-private-housing-services

Brent Reach Floating Support

Housing related support and advice for single adults who are at risk of losing their tenancy: people who have a history of homelessness, tenancy breakdown, substance misuse, offending, or mental health issues, or who have a physical or learning disability, or have experienced domestic abuse, or are considered vulnerable for other reasons. Help is given with accessing education, training, volunteering, and employment opportunities. Call or email for eligibility and assessment.

 020 3617 8837

 thamesreach.org.uk/what-we-do/prevention/floating-support

Shelter

Information and advocacy for people with all kinds of housing problems; online, and by phone, webchat and face to face. Deal with homelessness, private renting, tenancy deposits, repossessions, Housing Benefit, council housing, eviction, repairs, energy costs. Also provides homelessness advice. To find a local Shelter adviser call the London Public Advice Line.

 Mon to Fri 8am to 8pm, Sat & Sun 9am to 5pm

 0808 800 4444; helpline

 Mon to Fri 9am to 5pm; London Public Advice Line:

 0330 053 6091; for under 25s

 0344 515 1540; for over 25s

 shelter.org.uk

Under One Roof: a project of Advice4Renters

Trained volunteers help people on a low income whose housing conditions are having a direct impact on their health and wellbeing; often people who have inadequate heating or who may be struggling to pay the fuel bills.

1. Sort out any urgent issues; provide temporary heaters where

necessary, negotiate with gas or electricity suppliers to prevent disconnections, and deal with urgent debt or benefits issues.

2. Advise and act to stop landlord harassment, and ensure the landlord meets legal responsibilities in relation to repairs and adequate, affordable heating. Help to clear energy or other debts, and check for grant eligibility to make the home more energy efficient. **3.** A mentor helps with things like budgeting and saving, understanding tenancy rights, IT skills, or finding a more suitable place to live.

See **Advice4Renters** for contact details.

Immigration & Asylum

Joint Council for the Welfare of Immigrants

Deal with all areas of asylum and immigration law: the legal team and solicitors represent clients at all stages of the legal process, including applications to the Home Office, entry clearance, appeals and judicial review; advice is provided to detainees held at Yarl's Wood Immigration Removal Centre; people detained in prison are represented, whether serving their criminal sentences or detained under immigration powers; the legal team run helplines providing immigration advice to those who need it most.

- 1.** Irregular Migrants Helpline for anyone in the UK without status and in need of legal advice.

 Mon, Tues, Thurs 10am to 1pm

 020 7553 7470; people can request a call-back.

- 2.** A helpline for UNISON members, dealing with all aspects of immigration law. Members seeking advice should contact their union representative to be referred. A lawyer will then arrange a phone call.

 020 7251 8708; office

 115 Old St, London, EC1V 9RT

 jcwi.org.uk

Migrant Help

Provide a wide range of services, including a helpline for people who have claimed asylum or are intending to claim. Help can be given with issues such as: how to claim asylum, navigating the asylum process, applying for asylum support including accommodation, notifying the Home Office of a change of circumstances, finding legal representation, accessing healthcare, support during the post-decision period, asylum payment issues, requests for assistance, and housing maintenance issues. Help is given in the caller's own language. Webchat is also available.

 0808 8010 503, 24 hours a day, 365 days a year

 migranthelpuk.org

Refugee Council

1. A destitution service for asylum-seekers having difficulties accessing support or protection; a hot meal, shower and laundry facilities, and referral to legal advice services which can provide help with a claim for protection and access to asylum support.

 Fri 11am to 4pm

 destitution@refugeecouncil.org.uk

 Hackney Day Centre, 92 Dalston Lane, Hackney, E8 1NG

2. The Refugee Advice Project is for people who received refugee status within the last 6 months and who are homeless or at risk of destitution. Provide a range of support, from help to apply for one-off Home Office loans, to accommodation via the private rented scheme, and can advise on issues relating to immigration documentation, welfare rights, housing, and access to health services. Strictly by appointment only.
3. Counselling services for people seeking asylum; a service for men, and a service for women who have experienced or witnessed domestic or gender-based violence. By referral.

☎ 020 7346 6700

✉ therapeutic.london@refugeecouncil.org.uk; Counselling

✉ refugeeadvice@refugeecouncil.org.uk; Integration

📍 PO Box 68614, London, E15 9DQ

🌐 refugeecouncil.org.uk

Salusbury World

Services for asylum-seekers, refugees, new-migrant children, young people and adults: advice and advocacy (AQS & OISC accredited), ESOL classes for women, clubs for children, and educational, social and practical support. Also volunteering opportunities, work experience and employment support.

☎ 020 7372 2244 / 07415 957 976

📍 Salusbury Primary School, Salusbury Road, NW6 6RG

🌐 salusburyworld.org.uk

UK Lesbian & Gay Immigration Group

Support for lesbian, gay, bisexual, trans, queer and intersex (LGBT+) asylum seekers, through psychosocial support, legal information, and visits to detention centres. All LGBT+ asylum seekers are welcome to a monthly asylum meeting. Call for details, or search on website.

☎ 020 7922 7811

🌐 uklgig.org.uksalusburyworld.org.uk



LGBT+

See also **Elders Voice**, and **UK Lesbian & Gay Immigration Group**

Stonewall




Information and support for LGBT communities and their allies. Information on asylum, coming out, discrimination, criminal law, hate crime, partnership rights, and parenting rights. Can help find LGBT - inclusive solicitors, support services and community

groups. Provide online links to other useful sources of support.

 0800 050 2020, Mon to Fri 9.30am to 4.30pm
 stonewall.org.uk

Switchboard – LGBT+ helpline

An information, support and referral service for lesbians, gay men, bisexual and trans people, and anyone considering issues around their sexuality and/or gender identity. Webchat available.



 0300 330 0630, 10am to 10pm, 365 days a year when available
 chris@switchboard.lgbt
 switchboard.lgbt

Mental Health

See also **IPS Works & Ascent**

Brent Talking Therapies

NHS psychological treatment for common mental health difficulties such as depression and anxiety, for people aged 18 and over who are registered with a Brent GP. Also provide support to people living with a long-term physical health condition who may be experiencing stress, anxiety or low mood. People can be referred by their GP or can refer themselves using an online form, or a form can be provided by post upon request. Following an initial telephone conversation, further appointments can be offered either online, by telephone, or face to face.

 020 8206 3924
 cnwltalkingtherapies.org

Hestia Mental Health & Wellbeing Services (Brent)


Support for Brent residents registered with a Brent GP.

1. **Mentoring & Befriending:** opportunities for people living with mental health issues to access a mentor/befriender, or to become a mentor/befriender.

 020 8208 8590, extension 205

 tania.towns@ashfordplace.co.uk

 Ashford Place, 60 Ashford Road, Cricklewood, NW2 6TU

 ashfordplace.org.uk/what-we-do/health-wellbeing/dementia-projects

2. Wellbeing workshops, events and forums, and opportunities for service user training.
3. Peer support group: first and third Tuesday of the month, 1.30pm to 3.30pm.
4. A group for people who live with hearing voices: second and fourth Tuesday of the month, 1.30pm to 3pm.

 07796 714 586

 Engagementbrent@hestia.org

5. Peer Support: short-term one-to-one mental health and social needs support and signposting service.

 07964 207 626

 GPNetworks@hestia.org

6. Employment Support: medium-term support for people dealing with issues related to employment.

 07875 672 460

 employmentsupport@hestia.org

 Kingsgate Community Centre, 107 Kingsgate Road, NW6 2JH

 facebook.com/BrentHestiaMH

Mind England

Information available: **1.** Online guides to services and sources of support, for issues such as addiction and dependency, drugs and treatments, housing, abuse, advocacy, children and young people, legal rights, and an A-Z of mental health. **2.** Via two telephone helplines for which interpreters are available.

- ☎ 0300 123 3393; information line 9am to 6pm
- ☎ 0300 466 6463; legal information & advice line 9am to 6pm
- ✉ info@mind.org.uk / legal@mind.org.uk
- 🌐 mind.org.uk

Recovery Café Brent: a project of **Hestia**

For people who are aged 18 and over and who either live in, or have a connection with, Brent. A safe drop-in space where support is available to people who are managing mental health issues and are in crisis; a space to relax and have a warm drink and a snack, as well as for advice, signposting, one-to-one support and activities. There are people available to listen, to help make connections, and come up with a plan for managing mental health.

- ☎ 07766 200 910, Tues, Fri & Sat 6pm to 11pm
- ✉ recoverycafe.brent@hestia.org
- 📍 Tokyngton Community Centre, 72 St Michael's Avenue, Wembley, HA9 6SA

Single Point of Access

An NHS service for people who feel they need urgent help or support, or for people who wish to make enquiries on behalf of someone else. Whether it's a sudden deterioration of an existing mental health problem, or experiencing problems for the first time, people can call to discuss the situation and identify the best course of action to stop things getting worse. Interpreting is available.

- ☎ 0800 023 4650, 24 hours, 365 days a year

Other Useful Services

Libraries

Provide: **1.** Free Wi-Fi access and computer use. To use a computer, you must first become a library member, and proof of

address will be required. People with no postal address should call Suфра NW London. **2.** Home Library Service; free book delivery to the home of any Brent resident who, due to ill health or caring responsibilities, is unable to visit a library. **3.** Events and activities for adults and children; for details, phone, look on the website, or visit a library.

Ealing Road: Coronet Parade, Ealing Road, Wembley, HA0 4BA

Harlesden: 49A Craven Park Road, Harlesden, NW10 8SE

Kilburn: 42 Salusbury Road, Kilburn, NW6 6NN

Kingsbury: 522 - 524 Kingsbury Road, NW9 9HE

Wembley: Civic Centre, Engineers Way, HA9 0FJ

Willesden Green: 95 High Road, Willesden, NW10 2SF

 020 8937 3400

 brent.gov.uk/services-for-residents/libraries/joining-a-library

Rape Crisis

Women-led, women-only centres provide confidential specialist support, advocacy, counselling and information to victims and survivors of child sexual abuse, rape and all forms of sexual violence. National telephone and live chat helplines provide emotional support and information.

 12 noon to 2.30pm & 7pm to 9.30pm, 365 days a year

 0808 802 9999; national telephone helpline






 Live chat helpline: rapecrisis.org.uk/get-help/live-chat-helpline

 rapecrisis.org.uk

Samaritans (Brent)





24-hour non-judgemental emotional support for anyone who has feelings of distress or despair, including feelings that could lead to suicide. A volunteer will listen carefully and talk through the things that are going on in your life, how you are feeling, and the options that you feel are open to you. Also available face-to-face. Call first

to see if a volunteer will be available.

-  116 123, freephone, 24-hour national helpline
-  Face-to-face Mon, Tues, Thurs 7.30pm to 9pm, Wed 9am to 9pm, Fri 9am to 2pm
-  020 8961 7633; office
-  1 Leopold Road, Willesden, NW10 9LN
-  [samaritans.org/branches/brent-samaritans](https://www.samaritans.org/branches/brent-samaritans)

SurvivorsUK

Help for sexually abused men and their friends and family, no matter when the abuse happened: a service for people with questions about taking civil action in relation to abuse; help with thinking about safety and what can be done to improve it; group therapy and individual counselling, with fees from £5 on a sliding scale according to income; independent sexual violence advisors who support survivors who have reported to the police or are considering reporting to the police; a clinic providing sexual health services in a supportive environment.



-  Mon to Sun 12pm to 8pm; helpline
-  020 3322 1860; Text only / 07491 816 064; Whatsapp only
-  020 3598 3898; office
-  [survivorsuk.org](https://www.survivorsuk.org)

Work

See also **PLIAS Resettlement, NACRO & Hestia**




ACAS

Information and guidance about any kind of work-related dispute and about relationship issues within the workplace; online and by telephone helpline. Advice on employment rights and rules, such as pay deductions, redundancy, working hours, zero hours contracts, equality and discrimination.

 0300 123 1100, Mon to Fri 8am to 6pm; interpreters available
 acas.org.uk





Brent Works

An employment and apprenticeship recruitment service: help to find jobs and apprenticeships with local employers across all sectors, and specifically within construction, hospitality, customer service, social care, retail, and administration. Opportunities to train for the next career step, and one-to-one advice and guidance through all the steps towards finding work.

 020 8937 6295
 Civic Centre, Engineers Way, Wembley, HA9 0FJ
 brent.gov.uk/brentworks

IPS Works: a project of **EACH Counselling & Support**

One-to-one employment advice and support for black and other minority community members struggling with mental health issues, who are aged over 25 and have been unemployed for a year or more. Help is given with dealing with anxiety and low mood, and with education, training, and finding jobs that fit around home life. Once in employment, ongoing support can be given for up to six months.

 020 8961 8623
 ipsworks@eachcounselling.org.uk
 The Designworks, Park Parade, London, NW10 4HT
 eachcounselling.org.uk

Smart Works (West London)

A clothing service for women attending a work interview, via a dressing and interview preparation service: expert stylists provide a dressing service, making sure women look and feel good; women receive one free, complete outfit to wear to an interview and then to keep, including shoes and accessories if needed; experienced volunteers provide interview coaching. If successful at

interview, women can return for more clothing to see them through to their first pay cheque. Call to find out who can refer.

☎ 020 8962 6586

✉ london@smartworks.org.uk

📍 1st Floor, St Charles Hospital, W10 6DX

🌐 smartworks.org.uk

Suited & Booted

Interview clothing for vulnerable, unemployed and low-income men, and advice, interview training and support. In a warm, welcoming environment, men are helped to find a good quality suit that fits well and looks good, and accessories such as ties, cufflinks and shoes. Men keep the clothing and accessories and if successful in finding a job, a few extras such as shirts and ties can be provided. Call to find out who can refer.

☎ 07808 531 654

✉ info@suitedbootedcentre.org.uk

📍 The Suited & Booted Centre Ltd, 4 London Wall Buildings,
Blomfield St, EC2M 5NT

🌐 www.suitedbootedcentre.org.uk

The Living Room Employment Support Service

A service for Brent residents who need support with either getting into work or making progress in work: advice on money and debt, childcare, health and wellbeing; employment support, job searching and job matching; access to careers advice, apprenticeships, traineeships, volunteering and work experience opportunities. Walk in or call to make an appointment.

☎ 020 8937 6450

📍 The Old Boiler House, next to 65 Besant Way, St Raphael's Estate, NW10 0TY

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Services Provided By Sufra NW London

Food Bank: a week's worth of emergency food aid for people in crisis. Strictly by referral. See page 23 for further details and how to obtain a voucher.

🕒 Wed & Sun 12pm to 3pm

Community Kitchen: a free three course meal for anyone who turns up, regardless of their circumstances. Open all holidays.

🕒 Fri doors open 6pm, food served 6.30pm to 8pm

Homework Club: for guests aged 8 to 16 who are referred by Food Bank or Community Kitchen.

🕒 Tue 5pm to 7pm

Refugee Resettlement: support for refugees and asylum seekers. By appointment or by drop-in.

🕒 Mon 11am to 2pm

St Raphael's Edible Garden: a community garden for everyone. Lots of growing spaces, fruit trees, chickens, a working pizza oven for outdoor events, and gardening sessions, courses and activities designed for getting outdoors and being healthy in nature. Call, visit, or look on the website for course details.

🕒 Wed to Sat 10am to 4pm

Welfare Advice: advice and advocacy on benefits, housing, homelessness and more, for guests referred by Food Bank or Community Kitchen.

🕒 Thurs 10am to 4pm

Food Academy: an AQA accredited six-week course which teaches children and young people aged 11 to 18 how to cook a range of fresh, nutritious meals.

🕒 Sat 10am to 2pm

Sufra NW London

020 3441 1335

160 Pitfield Way, Stonebridge,
London, NW10 0PW

admin@sufra-nwlondon.org.uk
www.sufra-nwlondon.org.uk

Next update April 2021