

Services	Organisation Name / Contact Details	Age Range	Locality	Additional Info
<b>Advocacy</b>				
	<b>POhWER</b> <b>0300 456 2370</b> <a href="mailto:pohwer@pohwer.net">pohwer@pohwer.net</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Offering advocacy in Hillingdon. Services cover: Independent Mental Capacity Advocacy (IMCA), including Deprivation of Liberty Safeguards (DoLS), Relevant Person's Paid Representative (RPPR), Independent Mental Health Advocacy (IMHA), Advocacy under the Care Act, Community Advocacy, Independent Health Complaints Advocacy (IHCAS)
	<b>DASH (Disablement Association Hillingdon)</b> <b>02088488319</b> Wood End Centre Judge Heath Lane Hayes, Middlesex UB3 2PB <a href="mailto:info@dash.org.uk">info@dash.org.uk</a> <a href="http://dash.org.uk/">http://dash.org.uk/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Disablement Association Hillingdon: Helping support family or individuals living with disabilities, Services include: Advice & Information, Direct Payments, Sports & Leisure Activities, Independent Supporters, Team Building Sessions, Work Experience Placements, some advocacy if appropriate criteria met.
<b>Alzheimer's/ Dementia Support</b>				

	<b>Admiral Nurse</b> <b>01895 556480</b> <a href="https://www.dementiauk.org/get-support/find-an-admiral-nurse/">https://www.dementiauk.org/get-support/find-an-admiral-nurse/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Dementia carers support
	<b>Dementia UK Helpline</b> <b>0800 888 6678</b> <a href="https://www.dementiauk.org">https://www.dementiauk.org</a>	<b>All Ages</b>	<b>National</b>	Offering over the phone information and advice for families of dementia / alzheimer sufferers
	<b>Friend's Coffee Mornings - Dementia</b> <b>01895277137</b> Uxbridge Library, Highstreet, Uxbridge, UB8 1HD <a href="mailto:sdurner@hillingdon.gov.uk">sdurner@hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	For people living with dementia and their carers: All Sessions are every Tuesday at 10am to 11:30am.
	<b>Friend's Coffee Mornings - Dementia</b> <b>01895277137</b> Ruislip Manor Library, Linden Avenue, Ruislip Manor, HA4 8TW <a href="mailto:sdurner@hillingdon.gov.uk">sdurner@hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Uxbridge and West Drayton</b>	For people living with dementia and their carers: All Sessions are every Wednesday at 2:30pm to 4pm.

	<p><b>Woodlands Older Adult Mental Health Team</b>      <b>01895 891 104</b></p> <p>Woodland Centre, Hillingdon Hospital, Pield Heath Road <a href="mailto:oacmht_hillingdon.cnw@nhs.net">oacmht_hillingdon.cnw@nhs.net</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>The team welcome referrals for service users with the following mental health difficulties:</p> <p>People of any age with a primary diagnosis of dementia (this excludes traumatic brain injury and Korsakoff's).</p> <p>People with mental disorder and significant physical illness or frailty which contributes to, or complicates the management of their mental disorder. Exceptionally this may include people under the age of 60 years.</p> <p>People with psychological or social difficulties related to the ageing process, or end-of-life issues, or who feel their needs may be best met by an older people service. This would normally include people over the age of 70 years.</p>
	<p><b>Memory Service Hillingdon</b> <b>01895 891072</b></p> <p>Woodland Centre, Hillingdon Hospital, Pield Heath Road</p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Small team- currently 1 doctor, Team leader and 1 Nurse, 1 OT and Dementia Link Worker</p>

	<p><b>Friend's Coffee Mornings - Dementia</b>  <b>01895277137</b>  Botwell Library &amp; Leisure Centre, East Avenue, Hayes  UB3 2HW  <a href="mailto:sdurner@hillingdon.gov.uk">sdurner@hillingdon.gov.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hayes and Harlington</b></p>	<p>For people living with Dementia and for their carers. All sessions every Thursday 11.00am - 12.30pm. 28/06 Singing, 05/07 Reminiscence, 12/07 Tovertafel/singing, 19/07 Seated exercise, 26/07 Singing and crafts (Tovertafel 14:00-15:00), 02/08 Reminiscence, 09/08 Tovertafel/singing, 16/08 Seated Exercise, 23/08 Singing, 30/08 Reminiscence.</p>
	<p><b>Friend's Coffee Mornings - Dementia</b>  <b>01895277137</b>  Northwood Hills Library, Potter St, Northwood HA6 1QQ  <a href="mailto:sdurner@hillingdon.gov.uk">sdurner@hillingdon.gov.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>For people living with dementia and for their carers: All sessions 10:30am to midday. 26/06 Reminiscence, 03/07 Art, 10/07 Seated Exercise, 17/07 Tovertafel, 24/07 Reminiscence, 31/07 Art, 07/08 Seated exercise, 14/08 Tovertafel, 21/08 Reminiscence, 28/08 Art, 04/09 Seated Exercise</p>
	<p><b>Swish - Age UK Harrow</b>  <b>020 88617980</b>  <a href="mailto:enquiries@ageukharrow.org.uk">enquiries@ageukharrow.org.uk</a></p>	<p><b>65 +</b></p>	<p><b>Harrow</b></p>	<p>Specialist information and advice services for people with dementia</p>

	<b>Dementia Friendly Walks</b> <b>01895 250453</b> Norman Leddy Gardens, Hayes	<b>All Ages</b>	<b>Hillingdon Borough</b>	A dementia friendly walk including lots of possible stop off points. Have a look at the beautiful Norman Leddy Gardens. Enjoy a led walk in a group. Meet at the Beck theatre on the last Wednesday of the month 11 am to 12 pm.
	<b>St Giles, Ickenham Memory Café</b> <b>01895 622971</b> (church administrators) <a href="http://www.stgileschurch.co.uk/noticeboard/memory-cafe/">http://www.stgileschurch.co.uk/noticeboard/memory-cafe/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Wednesdays 11am – 1pm. Drop into the café - alternatively call the Church to ask for further information.
	<b>St Pauls, Ruislip Manor Memory Café</b> <b>Sue Kennedy - 01895 622135</b> <a href="http://www.stpaulsruislipmanor.co.uk/newsandevents.htm">http://www.stpaulsruislipmanor.co.uk/newsandevents.htm</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Fridays 11am – 1pm. Contact Sue Kennedy or just drop by to the café.

	<b>Unforgettable</b> <b>02033229070</b> <a href="http://www.unforgettable.org">www.unforgettable.org</a> <a href="mailto:happytohelp@unforgettable.org">happytohelp@unforgettable.org</a>	<b>All Ages</b>	<b>National</b>	Shop & Online resource for all types of products/equipment/gifts for those suffering with dementia, memory loss, Alzheimer's to make sense of their day to day. They also offer an online Advice centre containing information on every aspect of coping with dementia and memory loss.
<b>Arts &amp; Crafts Groups</b>				
	<b>Eastcote Art Society - Eastcote Community Association</b> <b>020 8866 2050</b> Southbourne Gardens, Eastcote HA4 9SQ	<b>18 +</b>	<b>Ruislip and Northwood</b>	Mondays 7.45 - 1.00pm (alternate weeks) (For Adults) Nominal cost
	<b>Floral Art - Eastcote Community Association</b> <b>020 8866 2050</b> Southbourne Gardens, Eastcote HA4 9SQ	<b>18 +</b>	<b>Ruislip and Northwood</b>	Friday 10.00 a.m. - 12.00. Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults

	<p><b>Painting for pleasure - Eastcote Community Association</b>  <b>020 8866 2050</b>          Southbourne Gardens,          Eastcote          HA4 9SQ</p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Mondays 2.00pm - 4.00pm. Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>
	<p><b>Harrow Embroiders - Eastcote Community Association</b>  <b>020 8866 2050</b>          Southbourne Gardens,          Eastcote          HA4 9SQ</p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Wednesdays 2.00pm - 4.00pm (For Adults) Nominal cost</p>
	<p><b>Machine Knitting - Eastcote Community Association</b>  <b>020 8866 2050</b>          Southbourne Gardens,          Eastcote          HA4 9SQ</p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Monthly - 3rd Friday in Month 2.00 p.m. - 4.00 p.m. (Machine Knitting for adults)          Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>

	<p><b>Hillingdon Lace Thumpers – Crafty Sew n SOS 01895 258956</b>  Room 8, Christ Church,  Redford Way  Belmont Road  Uxbridge  UB8 1SZ</p>	<b>18 +</b>	<b>Hillingdon Borough</b>	Thursday 7.30pm to 9.30pm (1st and 3rd Monthly)
	<p><b>Lace Workshop 01895 258956</b>  Bailey Hall or Watts Hall, Christ Church,  Redford Way  Belmont Road  Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<b>18 +</b>	<b>Hillingdon Borough</b>	Saturday 9.00am to 4.00pm (8 meetings per year as advised)
	<p><b>Age UK Hillingdon 02087564390</b>  <a href="https://www.ageuk.org.uk">https://www.ageuk.org.uk</a>  <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a></p>	<b>65 +</b>	<b>Hillingdon Borough</b>	Art & Knitting Group (Tuesdays 2.30pm to 4.30pm), Art Class (Thursdays 1pm to 2.30pm), Knitting Natters (Thursdays 2.30pm to 4.30pm)
<b>Befriending</b>				



	<b>Age UK Hillingdon</b> <b>02085890071</b> <a href="https://www.ageuk.org.uk">https://www.ageuk.org.uk</a> <a href="mailto:enquiries@ageukhillingdon.org.uk">enquiries@ageukhillingdon.org.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	Providing one to one, home visiting service with a volunteer for older adults who are isolated and lonely
	<b>Bereavement Care</b> <b>020 8427 5720</b> <a href="http://www.bereavementcareandsupport.co.uk/">http://www.bereavementcareandsupport.co.uk/</a> <a href="mailto:admin@bereavementcareandsupport.co.uk">admin@bereavementcareandsupport.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Helping those cope with bereavement: one to one, home visiting emotional support (not counselling) by trained volunteers
	<b>Independent Age</b> <b>0800 3196789</b> <a href="https://www.independentage.org/">https://www.independentage.org/</a>	<b>65 +</b>	<b>National</b>	Offer telephone and home visiting volunteer befrienders for older adults. National organisation will locate befrienders in your local area
	<b>SilverLine</b> <b>08004708090</b> <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a>	<b>60+</b>	<b>National</b>	Telephone Befriending / general information & advice
	<b>Royal Voluntary Service</b> <b>08456080122</b> <a href="https://www.royalvoluntaryservice.org.uk/">https://www.royalvoluntaryservice.org.uk/</a>	<b>All Ages</b>	<b>National</b>	Home visiting volunteer Befriending for Dementia clients.
	<b>Northwood Live at Home</b> <b>01923 842 494</b>	<b>65 +</b>	<b>Ruislip and Northwood</b>	Offering Companionship / befriending (private - paid for) service

	<b>Hillingdon Mind</b> <b>01895 271 559</b> <a href="http://www.hillingdonmind.org.uk">http://www.hillingdonmind.org.uk</a> <a href="mailto:evelyn@hillingtonmind.org.uk">evelyn@hillingtonmind.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Providing volunteer befriending for people with mental health issues, meeting outside of the home in the community
<b>Benefits / Debt</b>				
	<b>Age UK Hillingdon Information Welfare Benefits &amp; Information and Advice line</b> <b>01895 544250</b> <a href="https://www.ageuk.org.uk">https://www.ageuk.org.uk</a> <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	Dedicated Information & Advice line for older adults
	<b>Uxbridge Information and Advice Centre (Age UK Hillingdon)</b> <b>01895 231841</b> 63a High Street Uxbridge UB8 1JP	<b>65 +</b>	<b>Uxbridge and West Drayton</b>	Support and information on claiming benefits available to older adults. We can also help you to complete applications to ensure you do not lose out on money which is rightfully yours.

	<b>Townfield Centre (Age UK Hillingdon)</b> <b>(by appointment only)</b> <b>020 8756 4390</b> Townfield Road Hayes UB3 2EL	<b>65 +</b>	<b>Hayes and Harlington</b>	Support and information on claiming benefits available to older adults. We can also help you to complete applications to ensure you do not lose out on money which is rightfully yours.
	<b>Ruislip Information and Advice Centre (Age UK Hillingdon)</b> <b>(within our retail shop)</b> <b>01895 633207</b> 105 High Street Ruislip HA4 8JN	<b>65 +</b>	<b>Ruislip and Northwood</b>	Support and information on claiming benefits available to older adults. We can also help you to complete applications to ensure you do not lose out on money which is rightfully yours.
	<b>DWP - Department for Work and Pensions Pension Service</b> <b>0800 731 7898</b>	<b>18 +</b>	<b>National</b>	Find out about State Pension eligibility, claims, payments and complaints. You can also report a change of circumstances, for example if you've changed address.

	<p><b>Money Advice Service</b>  <b>08001387777</b>  <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>Free and impartial money advice, set up by government. Advice &amp; Guides to help improve your finances / debt issues, tools &amp; calculators to help keep track and plan ahead, advice and information on money problems and poor mental wellbeing, managing benefits, basic bank accounts, support with mortgage interest and much more. Available only by phone and online chat.</p>
	<p><b>DWP - Department for Work and Pensions - Attendance Allowance</b>  <b>0800 731 0122</b>  <a href="https://www.gov.uk/attendance-allowance">https://www.gov.uk/attendance-allowance</a></p>	<p><b>65 +</b></p>	<p><b>National</b></p>	<p>Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. You could get £57.30 or £85.60 a week to help with personal support if you're both: physically or mentally disabled aged 65 or over. It doesn't cover mobility needs. The other benefits you get can increase if you get Attendance Allowance. You don't have to have someone caring for you in order to claim</p>

	<b>Capitalise</b> <b>0808 164 2480 (free phone)</b> <a href="mailto:capitalise@broadwaylondon.org">capitalise@broadwaylondon.org</a> <a href="http://www.capitalise.org.uk">www.capitalise.org.uk</a>	<b>All Ages</b>	<b>London</b>	A London-wide partnership that aims to improve people's ability to manage their debts. They offer free, confidential and independent face-to-face advice on money and managing debts, and hold sessions locally.
	<b>Hillingdon Carers - Welfare benefits / Carers Allowance</b> <b>01895 811 206</b> <a href="http://www.hillingdoncarers.org.uk/">http://www.hillingdoncarers.org.uk/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Hillingdon Carers provide the information, advice, training, emotional / therapeutic support, activities / groups and support people need in a caring role.
	<b>National Debt Helpline</b> <b>08008084000</b> <a href="http://www.nationaldebthelpline.co.uk">www.nationaldebthelpline.co.uk</a>	<b>All Ages</b>	<b>National</b>	A free confidential helpline for people who are in debt.
	<b>Citizens Advice</b> <b>03448487903</b> <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>	<b>All Ages</b>	<b>National</b>	The issues on which the CA can provide advice include: Benefits, Family, Communications, Civil rights, Employment, Health, Consumer affairs, Immigration, Tax, Housing, Travel, Legal system, Education
<b>Bereavement Support</b>				

	<p><b>Harlington Hospice</b>  <b>020 87590453</b>  Lansdowne House, St Peters Way, Harlington, Hayes, UB3 5AB  <a href="https://www.harlingtonhospice.org/">https://www.harlingtonhospice.org/</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Harlington Hospice is a community hospice working throughout the London Borough of Hillingdon. We provide services such as: practical support, emotional support, therapy, groups, planning for people at the end of their lives and support families with bereavement and loss.</p>
	<p><b>Halo - Childrens Foundation</b>  <b>07903 709 622</b>  <a href="mailto:info@halochildrensfoundation.org.uk">info@halochildrensfoundation.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p><u>HALO Group</u>  Our monthly Group with HALO Children's Foundation will be held at Studio 7- Hayes Business Studios, Damson Drive, off of Coldhabor Lane, Hayes UB3 3DY (left of Uxbridge College, Hayes Campus)  We welcome all children &amp; families dealing with bereavement to come and join us for Expressive Arts &amp; Play from 12-2pm, no need to book.  This is the start of a journey with HALO, helping heal the hearts of many children &amp; their families, please do share this information &amp; our services with families you know suffering the loss of a loved one.  <u>Further monthly Group dates for 2018:</u>  Saturday 24th July, (zoo trip) Saturday</p>

	<p><b>Cruse Bereavement - National</b>  <b>08088081677</b>  <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>Cruse offers face-to-face, telephone, email and website support. We have a Freephone national helpline and local services (not in Hillingdon), and a website (<a href="http://hopeagain.org.uk">hopeagain.org.uk</a>) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.</p>
	<p><b>Footprints Bereavement Group</b>  <b>01895 258766</b>  St Margaret's Church,  Windsor Street,  Uxbridge UB8 1AB  <a href="mailto:office@uxbridgeparish.org">office@uxbridgeparish.org</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Footprints offers a warm welcome to people who have lost a loved one. If you would value a coffee and a chat, a listening ear, people who understand or a place to make friends then give Footprints a try. All welcome. Monday's 10:30am to 11:30am.</p>

	<b>Bereavement Care</b> <b>020 8427 5720</b> The Lodge, 64 Pinner Road, Harrow, Middlesex, HA1 4HZ <a href="mailto:admin@bereavementcareandsupport.co.uk">admin@bereavementcareandsupport.co.uk</a> <a href="http://www.halochildrensfoundation.org.uk">http://www.halochildrensfoundation.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Free visiting scheme, Support programme for children and young people affected by the loss of a family member, friend or teacher, Friendly support groups, Training in listening skills for those visiting bereaved adults and in the understanding of bereavement issues.
	<b>Dovetail Community Outreach</b> <b>01895 814424 / 07503772428</b> 25 Hercies Road London, Hillingdon, UB10 9LS <a href="mailto:dcoadmin@hillypark.org.uk">dcoadmin@hillypark.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Join us here for coffee and a chat to others with similar experiences. First Monday of the month (2nd if first is a Bank Holiday), from 10am until 11.30am. We are also able to provide one to one support. For further information and request for support phone 07503772428
<b>Care Homes</b>				
	<b>Boyne Residential Care Home</b> <b>01895 621732</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Care Home
	<b>Whitby Deane Nursing Home</b> <b>0333 434085</b>	<b>60+</b>	<b>Hillingdon Borough</b>	Offer residential and respite care for older people, including individuals with Alzheimer's and other types of dementia. We also provide sensitive and supportive end of life care.



	<b>Care Home Selection 08002945905</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Free service for self-funders to support them with finding appropriate care packages to suit them and/or care homes
	<b>Ruislip Nursing Home 01895 676 442</b>	<b>60+</b>	<b>Ruislip and Northwood</b>	onvalescent Care • Physiotherapy • Own GP if required • Own Furniture if required • Pets by arrangement • Smoking not permitted • Close to Local shops • Near Public Transport • Minibus or other transport • Lift • Wheelchair access • Gardens for residents • Phone Point in own room/Mobile • Television point in own room
	<b>Kingsley Court 02085616681</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Alzheimer's • Bipolar/Manic Depression • Cancer Care • Cerebral Palsy • Challenging Behaviour • Colitis & Crohn's Disease • Epilepsy • Head/Brain Injury • Hearing Impairment • Huntington's Disease • Motor Neurone Disease • Multiple Sclerosis • Muscular Dystrophy • Neuropathic • Orthopaedic • Parkinson's Disease • Schizophrenia • Speech Impairment • Stroke • Visual Impairment
	<b>Ryefield Court 01895707106</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Privides transport, day care and residential care. Day Care centre £120 per day.

	<b>Parkfield House Nursing Home 01895 811199</b>	<b>65 +</b>	<b>Hillingdon Borough</b>	Palliative Care • Respite Care • Convalescent Care • Physiotherapy • Separate Dementia Care Unit • Own GP if required • Own Furniture if required • Smoking not permitted • Close to Local shops • Near Public Transport • Minibus or other transport • Lift • Wheelchair access • Gardens for residents • Phone Point in own room/Mobile • Television point in own room
	<b>Woodlands Care Home 01895 634 830</b>	<b>65 +</b>	<b>Ruislip and Northwood</b>	Provides Day centre
<b>Care Providers (private)</b>				
	<b>Carers Trust Thames 01895 258888</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Charity supporting unpaid carers with respite care. Means tested assessments (free & Paid for services) for carers.

	<b>Caremark</b> <b>01895 230 430</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>We can provide anything from a few hours home care a week to full-time, live-in care. We can also provide respite care on a flexible basis when family carers need a break. Your care and support package will be tailored to your own personal needs, respecting your individual wishes and promoting your independence. It could include: Help getting up and getting dressed, Help with personal hygiene, Assistance with medication, Preparation of meals, Housework and shopping, Accompanying you to appointments, such as to the GP or hospital, General companionship - someone to chat to over a cup of tea.</p>
	<b>Right at Home</b> <b>01895 876 600</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>Providing; Senior care, Specialist care, Personal care, Companionship &amp; Support, Alzheimer's &amp; Dementia support, Live in care, Hospital to Home.</p>

	<b>Bluebid Care</b> <b>01895 231 211</b>		<b>Hillingdon Borough</b>	Care in your home, dementia & Alzheimer's, End of life care, learning disabilities care, physical disabilities care, reablement services, respite care, healthy body & healthy mind, live life your way, mind, body & soul service.
	<b>Everycare</b> <b>01895 530 083</b>	<b>65 +</b>	<b>Hillingdon Borough</b>	Personal and social care, 24 hour live in care, Housework and meal preparation, Bathing service Night sitter / sleep-ins, Home from hospital, Terminal care at home (palliative care), Domestic services, such as laundry or shopping, Companionship, Prompting medication.
	<b>Cera +</b> <b>0203 034 4525</b>	<b>65 +</b>	<b>National</b>	Elderly care, home help, palliative care, post-discharge care, respite care, dementia care, private nursing.
	<b>SureCare</b> <b>01895 477 996</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Covering care in all stages of life: home care, childcare, dementia & alzheimer's care, respite & holiday care.

	<b>Specialist Care Service</b> <b>01895 824 242</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Personal care, palliative care, rehabilitation, respite & sitting service, shopping & bill paying assistance, medication assistance calls, prescription & medication collection, outreach (going out), 24 hour care / night care, late service until 12am, household tasks, laundry service, direct payment advice.
	<b>Hillingdon Social Care Direct</b> <b>01895 556633</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Assessments (including carers' assessments), Telecare, Reablement, Adaptations/Disabled Facilities Grants, Safeguarding, Blue badge application, sensory team assessments.
	<b>Northwood Nursing &amp; Care Services</b> <b>01923 828902</b>	<b>18 +</b>	<b>Ruislip and Northwood</b>	Services offered: dementia care, elderly frail care, hospital to home, live in care, registered nurses, palliative care, chirop
	<b>Time2Care</b> <b>01895 262 573</b> 1 Harvil Road, Harefield, UB9 6JR	<b>18 +</b>	<b>Hillingdon Borough</b>	Private Care Agency
	<b>Home Instead</b> <b>01895 624 230</b>	<b>60+</b>	<b>Hillingdon Borough</b>	Private Care Agency
<b>Carer Support (unpaid)</b>				

	<b>Hillingdon Parent Carer Forum</b> <b>07783 579 678</b> <a href="http://www.hillingdonpcf.com">www.hillingdonpcf.com</a> <a href="mailto:hillingtonpcf@gmail.com">hillingtonpcf@gmail.com</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	A group of parents and carers of children and young people with learning difficulties, disabilities or additional needs, based in the London Borough of Hillingdon. Join with other like minded parents/carers to discuss services and resources available to children and young people with SEN in the london borough of Hillingdon.
	<b>Carers Trust Thames</b> <b>01895 258888</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Charity supporting unpaid carers with respite care. Means tested assessments (free & Paid for services) for carers.
	<b>Hillingdon Parent Carer Support Group</b> <b>01895 274383 / 07713 292338</b> Christ Church, Redford Way, Belmont Road, Uxbridge UB8 1SZ <a href="mailto:info@hillingtonparentcarersupport.org.uk">info@hillingtonparentcarersupport.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	A support group run by, and for, parent/carers of adults in Hillingdon with learning disabilities. We talk with each other, listen to guest speakers, and find out what services are available. We meet on the 4th Wednesday of every month at 10 a.m.

	<b>Parent Carers</b> <b>01895 258956</b> Room 9, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Support group for parents / carers - Wednesday 10.00am to 12.30pm (4th Monthly)
	<b>Admiral nurse</b> <b>01895 556480</b> <a href="mailto:susanwhiteman@nhs.net">susanwhiteman@nhs.net</a> <a href="mailto:direct@dementiauk.org">direct@dementiauk.org</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Practical support and Information & Advice for Carers/families caring for someone who suffers with dementia or alzheimer's
	<b>Hillingdon Carers</b> <b>01895 811206</b> <a href="http://www.hillingdoncarers.org.uk/">http://www.hillingdoncarers.org.uk/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Hillingdon Carers provide the information, advice, training, emotional / therapeutic support, activities / groups and support people need in a caring role.
	<b>Dementia, Support Service</b> <b>01923 823999</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Offering one to one personalised support for people living with dementia / alzheimer's

	<b>Hillingdon Autistic Care and Support (HACS)</b> <b>020 8606 6780</b> <a href="mailto:enquiries@hacs.org.uk">enquiries@hacs.org.uk</a>	<b>0 - 18</b>	<b>Hillingdon Borough</b>	HACS is local charity based in the London borough of Hillingdon for children and young people on the autism spectrum. Through provision of high quality Family Support, Training, Recreation Services and Employability services the aim of the charity is to minimise disability and maximise ability of autistic individuals
	<b>Rethink</b> <b>0121 522 7007</b> <a href="https://www.rethink.org/">https://www.rethink.org/</a>	<b>All Ages</b>	<b>National</b>	Support for carers of people with mental illness & unpaid carers inc hospital escort
	<b>Swish - Harrow Carers</b> <b>020 88685224</b> <a href="mailto:admin@harrowcarers.org">admin@harrowcarers.org</a>	<b>All Ages</b>	<b>Harrow</b>	Specialist information and advice services for carers
<b>Cancer Support</b>				



	<p><b>MacMillan Nurses - Cancer Support</b>  <b>01895 279169</b>          Pield Heath Road,          Hillingdon, Uxbridge,          UB8 3NN  <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>  <a href="mailto:lorraine.barton@thh.nhs.uk">lorraine.barton@thh.nhs.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>The centre is staffed by a Macmillan Specialist Nurse who is supported by trained volunteers, some of whom have personal experience of cancer. Some of the free information and support we offer includes: Confidential one-to-one support, Arranging complimentary therapies, Information on diet and nutrition, Information on keeping fit during and after treatment, Benefits advice          Guided internet access. Opening times: Tuesday, Wednesday and Thursday, 10am-4pm</p>
	<p><b>Prostate Cancer UK</b>  <b>0800 074 8383</b></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>If you are concerned about prostate cancer or prostate problems we can help. We provide a range of information and support so you can choose the services that work for you. All our services are open to men, their family and their friends.</p>

	<b>Hillingdon Palliative Care Team</b> <b>01895 485 235</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Hillingdon Palliative Care Team provides specialist care in community settings for patients with lifelimiting illness. Patients referred to the service may have a malignant or non-malignant disease and disease diagnosis and are: Not suitable for active, curative treatment, likely to be in the last months of life, complex needs requiring specialist management
	<b>Harlington Hospice</b> <b>020 87590453</b> Lansdowne House, St Peters Way, Harlington, Hayes, UB3 5AB	<b>All Ages</b>	<b>Hillingdon Borough</b>	Support in all aspects for people suffering with life-limiting illnesses, those in the last year of life and their families. Services include: Night care, day care, Respite, Personal Care, Lymphodema Clinic, Counselling, Complimentary therapy, Childrens bereavement support, Friends community cafe, Day care, Dementia course.
<b>Childrens Clubs</b>				

	<p><b>Girls' Brigade / Boy's Brigade</b>  <b>01895 258956</b>  Christ Church, Redford Way  Belmont Road  Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Boys' Brigade  FRIDAY – Term time only – Weekly  5.45pm – 7.15pm – Anchor Boys  6.30pm – 8.00pm – Juniors  7.30pm – 9.45pm – Company/Seniors  Watts Hall, Bailey Hall, Wesley and Youth Rooms  Girls' Brigade  FRIDAY – Term time only – Weekly  6.00pm – 7.30pm – Explorers  6.00pm – 8.00pm – Juniors  7.00pm – 9.00pm – Seniors  7.00pm – 9.30pm – Brigaders  Rooms 7, 8, 9, Chapel &amp; Vestibule</p>
	<p><b>Brigade Gym Club</b>  <b>01895 258956</b></p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Saturday (Bi -Weekly as advised)  6.30pm – 8.30pm</p>
	<p><b>Artzania</b>  <b>07419343105</b>  Northwood Methodist Church, Northwood  <a href="mailto:keshma.artzania@gmail.com">keshma.artzania@gmail.com</a>  <a href="http://www.artzania.co.uk">www.artzania.co.uk</a></p>	<p><b>0 - 12</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Art and craft activity club for toddlers &amp; kids ages 1-11 yrs.  Fri -10.00 am to 11.00 am &amp; Sat - 10.30am to 11.30am ,1.45pm to 2.45pm,3.45pm to 4.45pm</p>
<p><b>Childrens Services / Young People</b></p>				

	<p><b>South East Hillingdon School Nursing Team</b>  <b>01895 488 050</b>  Minet Clinic, Avondale Drive, Hayes, UB3 3NR  <a href="mailto:cnw-tr.SEHillingdonSNteam@nhs.net">cnw-tr.SEHillingdonSNteam@nhs.net</a></p>	<p><b>0 - 18</b></p>	<p><b>Hayes and Harlington</b></p>	<p>Hillingdon School Nursing Service provides specialist nursing care, advice and support to school-age children and young people.</p>
	<p><b>North Hillingdon School Nursing Team</b>  <b>01895 488 699</b>  Ickenham Clinic, Community Close, Uxbridge, UB10 8RE  <a href="mailto:cwn-tr.NHillingdonSNteam@nhs.net">cwn-tr.NHillingdonSNteam@nhs.net</a></p>	<p><b>0 - 18</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Hillingdon School Nursing Service provides specialist nursing care, advice and support to school-age children and young people.</p>
	<p><b>South West Hillingdon School Nursing Team</b>  <b>01895 485062</b>  <a href="mailto:cnw-tr.SWHillingdonSNteam@nhs.net">cnw-tr.SWHillingdonSNteam@nhs.net</a></p>	<p><b>0 - 18</b></p>	<p><b>Uxbridge and West Drayton</b></p>	<p>Hillingdon School Nursing Service provides specialist nursing care, advice and support to school-age children and young people.</p>

	<b>Hillingdon Social Care Direct</b> <b>01895 556633</b> <a href="mailto:socialcaredirect@hillingdon.gcsx.gov.uk">socialcaredirect@hillingdon.gcsx.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Assessments (including carers' assessments), Telecare, Reablement, Adaptations/Disabled Facilities Grants, Safeguarding
	<b>Hillingdon Community Paediatrician Team</b> <b>01895 891200/Fax 01895891191</b> The Child Development Centre, Woodlands Centre, Hillingdon Hospital, Field Heath Road Hillingdon, UB8 3NN <a href="mailto:cnw-tr.CommunityPaediatrician@nhs.net">cnw-tr.CommunityPaediatrician@nhs.net</a>	<b>0 - 18</b>	<b>Hillingdon Borough</b>	Community paediatricians are specialist trained children's doctors with expertise in child development disability, general paediatrics (including child protection), educational and public health for children.
	<b>P3 Navigator Advice Centre</b> <b>01895 436114</b>	<b>16 - 24</b>	<b>Hillingdon Borough</b>	Our community drop-in centre, or "Navigator", is open to all young people who need advice or support, be that about their tenancy or housing situation, relationship issues, or if they simply need support to access other services. Young people 16 to 24 yrs & Families with a child under the age of 5 yrs.

	<p><b>Paediatric Occupational Therapy 01895 891211</b> Child Development Centre, The Woodlands Centre, Hillingdon Hospital, Pield Heath Road Uxbridge, Middlesex, UB8 3NN</p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hillingdon Paediatric Occupational Therapy Team aims to help children who have difficulties that affect their independence and normal development.</p>
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	<p><b>Immunisation Services Task Force</b>  <b>01895 485740</b>  The Warren Health Centre  Uxbridge Road  Hayes  UB4 0SF</p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>We offer the following vaccinations:  The HPV (Human Papilloma Virus) vaccine for 12 to 13 year old girls in year 8  The DTP (diphtheria, tetanus and polio) teenage booster for 14 to 15 year old girls and boys in year 10  Meningococcal (Meningitis) ACWY vaccine for 14 to 15 year old girls and boys in year 10  Seasonal influenza ('flu) vaccination (Reception class and years 1, 2, 3 and 4).  We also offer a BCG vaccination programme: We offer a separate infant BCG vaccination programme for babies who are up to 12 months old. For more information, please see the BCG section below.</p>
	<p><b>Hillingdon Paediatric Speech and Language Therapy Service</b>  <b>01895 488200</b>  <a href="mailto:cnw-tr.SLTAdmin@nhs.net">cnw-tr.SLTAdmin@nhs.net</a></p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hillingdon Paediatric Speech and Language Therapy Service provides assessment, diagnosis and treatment for children with speech, language and communication difficulties, in addition to feeding and swallowing difficulties.</p>

	<b>Kooth - Online Counselling &amp; Support</b> <a href="http://www.kooth.com">www.kooth.com</a>	<b>0 - 18</b>	<b>Hillingdon Borough</b>	Free & Anonymous online Counselling & Support for children and young people.
<b>Chiropody and Podiatry Services</b>				
	<b>Neater Nails</b> <b>Jo - 07760 240069</b> <b>Kelly - 07786 836430</b> Room 7, Christ Church, Redford Way, Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	A professional nail cutting service specialising in elderly and disabled people who find it difficult to maintain their own nails. We have Clinics in Uxbridge & Ruislip or home visits across the borough. BABTAC Registered & Insured Home visiting service & Clinics run: Jo - 07760 240069 Kelly - 07786 836430 <ul style="list-style-type: none"> <li>• Home visits: £18 for toe nails, £10 for finger nails or £23 for both fingers and toes.</li> <li>• Clinic at Christchurch 3 Friday mornings each month 9.30-12noon (last 3 Fridays) £13 for toe nails and £16.50 for fingers and toes.</li> </ul>
	<b>Hillingdon Podiatry Service</b> <b>01895 485005</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Corns, calluses, in-growing nails, ulcers, wounds, foot pain, Diabetic foot assessment and treatment, insoles, orthotics, verrucae



	<p><b>David Bates Mobile Podiatrist</b>  <b>07757 680941</b>  <a href="mailto:info@davidbatespodiatry.com">info@davidbatespodiatry.com</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Athletes Foot, Corns and Calluses, Diabetic Patients, Flat Feet, Footwear, In-growing Toe Nails, Nail Cutting, Verrucae</p>
	<p><b>Michael White - Light Foot Podiatry</b>  <b>01895 622663</b>  Lightfoot Podiatry Ltd,  210 Victoria Road,  Ruislip Manor, HA4 0AP  <a href="http://www.ruislipchiro-podypodiatry.co.uk">http://www.ruislipchiro-podypodiatry.co.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Conditions treated</p> <ul style="list-style-type: none"> <li>• Ingrown toenails, Heel pain and plantar fasciitis, Corns and calluses, Verrucas, Bunions, Fungal foot and nail infections, Cracked heels.</li> </ul> <p>Services provided</p> <ul style="list-style-type: none"> <li>• Nail cutting, Corn and hard skin removal, Diabetic foot assessments and optional Ankle Brachial Pressure Index (ABPI) testing, Nail surgery (PNA) under local anaesthetic, Orthotics, Footwear and shoe fitting advice, Advice and reassurance</li> </ul>

	<p><b>Kelly Ma Podiatry &amp; Chiropody Clinic</b>  <b>07788 862 367</b>  26 Wallasey Crescent,  Ickenham, Uxbridge  UB10 8SA  <a href="http://www.kellymachiropodistickenham.co.uk">http://www.kellymachiropodistickenham.co.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<ul style="list-style-type: none"> <li>• General chiropody treatment--removal of corns, callus and nail cutting</li> <li>• Verruca treatment: freezing, chemical treatment and Herbal treatment</li> <li>• Renewal of wound dressing</li> <li>• Full diabetic assessment with Doppler test and a report</li> <li>• Nail surgery with 4 post-op dressing appointments</li> <li>• Acupuncture--treatment of soft tissue injury, arthritis, Neuroma</li> <li>• Pensioner / Student discount rate</li> <li>• Biomechanical Evaluation, Computerized foot scan, Gait Analysis and Foot Supports/Orthotics</li> </ul> <p>We provide a wide range of foot supports and orthotics to enhance foot function and support the foot structure. The range includes; simple insoles,</p>
<p><b>Community Health Services</b></p>				

	<p><b>Community Adult Rehabilitation Service</b>  <b>01895486127</b>  <a href="mailto:cnw-tr.hchcontactcentrerefs@nhs.net">cnw-tr.hchcontactcentrerefs@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Provides a community-based, multi-disciplinary therapy service for adult patients who have recently been discharged from hospital following a stroke or fall, any surgery or who have been diagnosed with a long-term condition.</p> <ul style="list-style-type: none"> <li>- Dietician</li> <li>- Falls clinic</li> <li>- Physiotherapy</li> <li>- Speech and language therapy</li> </ul>
	<p><b>Hillingdon Chronic Fatigue Service</b>  <b>01895 279374</b>  Greenacres Centre  Hillingdon Hospital  Pield Heath Road  Middlesex, UB8 3NN  <a href="mailto:hillingdoncfsme.cnw@nhs.net">hillingdoncfsme.cnw@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>This service is delivered by a multidisciplinary team which includes a clinical psychologist, occupational therapist and physiotherapist, and supported by an assistant psychologist and service administrator.</p> <p>Medical diagnostic screening appointments are offered by a consultant neurologist on a locum basis.</p> <p>The Team runs a limited satellite clinic at St Pancras Hospital on Thursdays, intended for patients who live or work closest to this location.</p>

	<p><b>District Nursing Service</b>  <b>- 01895 486127</b>  (new referrals only,  8am to 4.55pm,  Monday to Friday)  <b>- 01895 234001</b>  (district nursing  message service or to  cancel a visit, available  24 hours)</p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hillingdon District Nursing Service supports adult patients who are housebound by providing nursing care in their own homes and/or other community settings.  Read more about district nursing services  Hillingdon District Nursing Service provides: Palliative care, Wound care, Advice on how to maintain a healthy lifestyle, Assessment of equipment needs, Administration of non-oral medication, Catheter care.</p>
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	<p><b>Hillingdon Palliative Care Team</b>  <b>01895 485 235</b>          Beaufort House, Third Floor, Cricket Field Road,          Middlesex, UB8 1QG</p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>The team is made up of clinical nurse specialists who care for patients with complex needs in the palliative phase of their life (both cancer- and non-cancer-related). Working in partnership with the Hillingdon District Nursing Team (who deliver day-to-day palliative care in the community) and other agencies, the team aims to: Enable patients to remain in their own homes with support, Prevent avoidable admissions to hospital, Respond to patients' choice of preferred place for palliative care. In addition, a palliative care consultant can provide the following support for general practitioners (GPs):          Prognostication and symptom control advice, Home (domiciliary) visits, Access to end-of-life care beds currently</p>
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	<p><b>Rapid Response</b>  <b>01895 633546</b>  Ickenham Clinic,  Community Close  Ickenham, Uxbridge,  UB10 8RE  <a href="mailto:cnw-tr.hchcontactcentrerefs@nhs.net">cnw-tr.hchcontactcentrerefs@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Provides a single point of contact for adult patients experiencing a health crisis who could be safely cared for in the community instead of being admitted to hospital.</p> <ul style="list-style-type: none"> <li>- Falls without apparent injuries</li> <li>- Urinary tract infection, respiratory tract infection, cellulitis</li> <li>- Exacerbations of chronic obstructive pulmonary disease (COPD) or congestive heart failure (CHF)</li> <li>- Carer has become incapacitated or there is an emergent change in carer situation (the major carer is unavailable)</li> <li>- Dehydration</li> <li>- Unstable diabetes</li> <li>- Patients at end of life</li> <li>- Elderly frail patients who have become symptomatic and are at risk of</li> </ul>
<p><b>Continence Services</b></p>				

	<p><b>Bladder &amp; Bowel Community</b>  <b>01926357220</b>  <b>Medical Helpline: 0800 031 5412</b>  7 The Court  Holywell Business Park  Northfield Road  Southam  CV47 0FS  <a href="mailto:help@bladderandbowel.org">help@bladderandbowel.org</a></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>At the Bladder &amp; Bowel Community, we help support the millions of people in the UK who are living with conditions that affect their bladder or bowel. Whether you have a condition yourself or are a relative, friend or carer of someone who does then you'll find all the support, information, guidance and help you need.</p>
	<p><b>Hillingdon Adult Bladder and Bowel Service 01895486127</b></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Continence assessments, products and treatments to adults with complex bowel and bladder problems.</p>

	<p><b>ERIC Children's Bowel &amp; Bladder Charity</b>  <b>08453708008</b>  <a href="https://www.eric.org.uk">https://www.eric.org.uk</a></p>	<p><b>0 - 18</b></p>	<p><b>National</b></p>	<p>We offer the following services:  A helpline service for families to talk to an expertly trained childhood continence advisor  A website with information on childhood bowel and bladder problems and downloadable resources  An online shop supplying a comprehensive range of life-transforming continence products  Paediatric continence training courses for health professionals across the UK to raise standards of continence care  Campaigns to raise awareness of the causes and treatment of children's bowel and bladder problems, to improve national paediatric continence services and the support available to children in education settings and the</p>
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	<b>Bladder &amp; Bowel UK</b> <b>01616078219</b> <a href="mailto:bladderandboweluk@disabledliving.co.uk">bladderandboweluk@disabledliving.co.uk</a> <a href="https://www.bbuk.org.uk/">https://www.bbuk.org.uk/</a>	<b>All Ages</b>	<b>National</b>	<p>The Bladder and Bowel UK is a National Confidential helpline is managed by a team of Specialist Nurses and Continence Product Information staff, who can be contacted for advice on specialist services, product information and general advice on continence promotion. Products available to purchase on the website.</p>
<b>Counselling Services</b>				
	<b>TACS - Addiction Counselling</b> <b>02085738629</b> <a href="mailto:dawn@hillingdonmind.org.uk">dawn@hillingdonmind.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>We offer long term, low cost, counselling to people who are affected by an addictive disorder; our aim is to help you identify the issues which may have led to you to develop an addictive disorder to help in your recovery. Gambling, Food (eating), Kleptomania (compulsive stealing), Sex &amp; Love Addiction, Pornography (attaining, viewing), Using computers / the internet, Playing video games, Working, Exercising, Spiritual obsession (as opposed to religious devotion), Pain (seeking), Cutting, Shopping</p>

	<b>Harlington Hospice Bereavement Counselling</b> <b>0300 365 3300</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Our service is free of charge to residents of the London Borough of Hillingdon and is open to people who have been bereaved or have suffered a loss, which entails the grieving process. Counselling offers a safe and confidential environment in which you can express and explore these feelings.
	<b>Oak Tree Self Help Group</b> <b>01895 258956</b> Room 9, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Thursday 10.30am to 12.30pm (Weekly) The Oak Tree Self Help Group is an independent service user-led mental health group. The group meets at Christchurch in Uxbridge and has been running weekly since 2006.
	<b>Communicare Counselling Service</b> <b>01895 256056</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	A professional, accessible, affordable counselling service offering a wide range of talking therapies to adults aged 18 years and over.

	<p><b>Hillingdon Mind (Counselling Service)</b> <b>0300 365 3300</b> Aston House Redford Way Uxbridge, UB8 1SZ</p>	<p><b>18 +</b></p>	<p><b>National</b></p>	<p>This service is confidential and all counselling is undertaken by carefully selected counsellors who are qualified or in their final year of a recognised counselling course. We offer one-to-one counselling sessions as well as group therapy. Hillingdon Mind counselling project is an organisational member of the British Association for Counselling. All counsellors will abide by the B.A.C.P. Code of Ethics.</p>
	<p><b>Link Counselling</b> <b>01895 277222</b></p>	<p><b>13 - 25</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Counselling by appointment for people aged 13-25 who live, work or study in the London Borough of Hillingdon.</p>

	<p><b>Hillingdon Talking Therapies</b>  <b>01895 206 800</b>  <a href="mailto:hillingtontalkingtherapies.cnl@nhs.net">hillingtontalkingtherapies.cnl@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Talking Therapies and counselling services are suitable for people with problems which have arisen fairly recently. Feelings of low mood, anxiety, particular fears or problems coping with daily life and relationships, are all suitable for brief focussed talking therapies. People seeking help with difficulties other than depression or anxiety, or whose difficulties require more specialist or intensive treatment which cannot be provided in a primary care setting, can be directed to the appropriate specialist or secondary care mental health services.</p>
	<p><b>London Hillingdon Relate</b>  <b>0300 003 2324</b> (<i>Option 1 - counselling</i>)  Dovetail Community Outreach, 25 Hercies Road, Hillingdon, Middlesex, UB10 9LS  <a href="mailto:info@relatelondonnw.org.uk">info@relatelondonnw.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Relationship Counselling, Sex Therapy, Family Counselling services.</p>

	<b>Home Treatment Service</b> <b>07730 618470</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Psychological treatment of compulsive behaviours, or behavioural addictions
	<b>The Jasmine Project</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1-2 Factory Yard, Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Women's Service for Ealing residents,supporting complex needs, including domestic abuse,mental health,substance misuse.
	<b>Project STRIDE</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1-2 Factory Yard,Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>All Ages</b>	<b>London</b>	1:1 coaching and workshops to help access training, education and employment opportunities,for people with a history of issues with mental health,addiction or domestic violence. Available to residents of Brent,Ealing and Harrow.

	<p><b>Tamil Trauma Counselling</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1- 2 Factory Yard,Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Specialist Tamil language service for Hillingdon Residents. Operates one day per week - Fridays only.</p>
	<p><b>H4All - Counselling Hub</b> <b>0300 365 3300</b> <a href="http://www.h4all.org.uk/counselling">http://www.h4all.org.uk/counselling</a> <a href="mailto:H4AllCounselling@hillingdonmind.org.uk">H4AllCounselling@hillingdonmind.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>H4All offers a range of counselling services to help understand and address issues which may be a cause of distress to you. Counselling offers you an opportunity to talk with someone who is trained to listen. It can help you make better sense of the feelings you are experiencing, and enable you to see difficulties in a more manageable way.</p>

	<p><b>Create Wellness</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory Yard,  Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<b>18 +</b>	<b>London</b>	<p>1:1 counselling and group programmes offered from EACH Ealing office. Support for issues including addiction, relationships, social anxiety and personal development. Services are open to all who want to come. Fees for counselling are offerd on a sliding scale from £45- £ 15 depending on personal circumstances.</p>
	<p><b>Pukkar</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory Yard,  Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:pukaar@eachcounselling.org.uk">pukaar@eachcounselling.org.uk</a></p>	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>Free &amp; Confidential culturally sensitive counselling for black and minority ethnic women affected by domestic violence and abuse in Hillingdon.</p>
<b>Dance &amp; Theatre Groups</b>				

	<p><b>Modern Sequence Dancing - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupportrthillingdon.org">http://connecttosupportrthillingdon.org</a></p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Tuesdays 7.15pm - 10.15 pm and 2nd Saturday in Month 6.30pm - 10.30pm (For Adults).  Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>
	<p><b>Spotlight School of Dance - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupportrthillingdon.org">http://connecttosupportrthillingdon.org</a></p>	<p><b>0 - 18</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>(For Children) Mondays 4.15pm - 7.15pm, Tuesdays 4.15pm - 7.15pm, Fridays 4.00pm - 6.45pm, Saturdays 9.00am - 1.15pm Nominal Cost</p>



	<p><b>Civic Centre Tea Dances</b>  <b>01895 556688</b>  Civic Centre, Middlesex Suite  <a href="mailto:contactcentre@hillingdon.gov.uk">contactcentre@hillingdon.gov.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Time: 1.30pm to 3.30pm  Venue: Civic Centre, Middlesex Suite  Tuition: Offered between 12.45pm and 1.15pm  Entertainment: Variety of musical styles and classics  Refreshments: Light refreshments available  Cost: Free  Hillingdon Resident can book and bring up to three guests.</p>
	<p><b>Winston Churchill Tea Dances</b>  <b>01895 556688</b>  Winston Churchill Theatre  <a href="mailto:contactcentre@hillingdon.gov.uk">contactcentre@hillingdon.gov.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Time: 1.30pm to 4pm  Venue: Winston Churchill Theatre  Entertainment: Variety of musical styles and classics  Refreshments: Light refreshments available  Cost: Free  Hillingdon Residents can book and bring up to three guests.</p>

	<b>Hillingdon Theatre Dance Centre</b> <b>07833734 646</b> (enquire about different locations)	<b>All Ages</b>	<b>Hillingdon Borough</b>	Hillingdon Theatre Dance Centre offers classes for children and students age 18 months to adults in a friendly, nurturing environment. We welcome students of all ages, ability and experience, whether to help fulfil a burning ambition or as a fun hobby. Classes are available in Ballet, Tap, Modern, Jazz, Street, Contemporary, Singing and Performance. Our dancers are offered opportunities to perform (including in West End Theatres) and to take government recognised exams if they wish. At HTDC our main aim is to pass on our love of dance and theatre to all of our pupils!
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	<p><b>Yiewsley &amp; Westdrayton Tea Dances 01895 556688</b>  Yiewsley and West Drayton Community Centre  <a href="mailto:contactcentre@hillingson.gov.uk">contactcentre@hillingson.gov.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Time: 2pm to 4pm  Venue: Yiewsley and West Drayton Community Centre  Entertainment: Variety of musical styles and classics  Refreshments: Light refreshments available  Cost: Free  Introduction to dance steps: Offered between 1.30pm and 2pm  Hillingdon Residents can book and bring up to three guests.</p>
	<p><b>Modern Sequence Dance - Eastcote Community Association 020 8866 2050</b>  Southbourne Gardens, Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillingsdon.org">http://connecttosupporthillingsdon.org</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Fridays 7.00pm - 10.00pm and 1st Saturday in month 7.00pm - 10.00pm  .Nominal cost</p>

	<b>Beck Theatre</b> <b>02085617506</b> Grange Road, Hayes, Middlesex, UB3 2UE <a href="https://becktheatre.org.uk">https://becktheatre.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Providing entertainment; theatre performances, pantomime, cinema/ film screenings.
	<b>Stars at Knight - Dramatics for Youth</b> <b>01895 258956</b>	<b>0 - 18</b>	<b>Hillingdon Borough</b>	Wednesday 5.00pm to 7.00pm (Weekly Term time only)
<b>Diabetics Support Services</b>				
	<b>My Health Hillingdon</b> <b>01895203000</b> <a href="http://www.myhealthhillington.nhs.uk/">http://www.myhealthhillington.nhs.uk/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	MyHealth in Hillingdon is a patient education and self-management programme. Hillingdon Clinical Commissioning Group (CCG), the NHS organisation responsible for planning and buying healthcare services are developing a series of workshops focused upon a variety of topics including Diabetes, long term breathing problems, Childhood Asthma, summer wellness and winter wellness.
	<b>Diabetes Support Forum</b> <a href="http://www.diabetes.co.uk">www.diabetes.co.uk</a>	<b>All Ages</b>	<b>National</b>	Information and advice on everything related to diabetes: medical and social

	<p><b>Hillingdon Diabetes Team</b>  <b>01895 486127 (patient appointments)</b>  <b>01895 485001 (healthcare professionals only)</b>  <a href="mailto:cnw-tr.hchcontactcentrerefs@nhs.net">cnw-tr.hchcontactcentrerefs@nhs.net</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>This service is for patients registered with a Hillingdon general practitioner (GP), or patients who live in Hillingdon and are registered with an Ealing GP. Patients must have one of the following conditions:</p> <ul style="list-style-type: none"> <li>- Poor glycaemic control or unstable diabetes: (the service accepts patients with type 1 and type 2 diabetes but not patients using insulin pumps)</li> <li>- Complications</li> <li>- Those who need better management of lipids or blood pressure</li> <li>- Poly-pharmacy</li> <li>- Hypo unawareness</li> </ul> <p>The service also accepts referrals for:</p> <ul style="list-style-type: none"> <li>- Type 1 patients who do not want to attend hospital care</li> <li>- Counselling for women with type 2</li> </ul>
	<p><b>Diabetes UK</b>  <b>0345 123 2399</b>  <a href="https://www.diabetes.org.uk">https://www.diabetes.org.uk</a></p>	<b>All Ages</b>	<b>National</b>	<p>Diabetes UK is a British-based patient, healthcare professional and research charity that describes itself as the "leading UK charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes."</p>
<b>Dental Services</b>				

	<p><b>Community Dental Referral Service</b>  <b>01895 488620</b>  Dental Department,  Uxbridge Health Centre, George Street  Uxbridge, Middlesex,  UB8 1UB  <a href="mailto:cnw-tr.CDRSEnquiries@nhs.net">cnw-tr.CDRSEnquiries@nhs.net</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Hillingdon Community Dental Referral Service provides special care dental services for adults and children unable to access a general dental practitioner. The service also accepts patients who need specialist dental treatment. The specialist treatments offered include endodontics and periodontics. Clinics are equipped with hoist facilities, toilet facilities, ramps and wide doorways to make them accessible to wheelchair users.
	<p><b>Feel Good Dental</b>  <b>01895 233183 77</b>  Belmont Road,  Uxbridge UB8 1QU  <a href="mailto:info@uxbridgedentist.co.uk">info@uxbridgedentist.co.uk</a> (referrals &amp; enquiries)  <a href="http://uxbridgedentist.co.uk">uxbridgedentist.co.uk</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Dental Practice for private & NHS patients, includes Domiciliary (home visiting) Dental Service covering Hillingdon
<b>Disabilities: Activities</b>				

	<p><b>Disability Sports Coach Community Clubs</b> <b>0207 021 0973</b> Botwell Leisure Centre, East Avenue, Hayes UB3 2HW <a href="mailto:clubs@disabilitysportscoach.co.uk">clubs@disabilitysportscoach.co.uk</a> <a href="http://www.disabilitysportscoach.co.uk">http://www.disabilitysportscoach.co.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>For all disabled people aged 11 to adults Saturday from 11am to 1pm Cost: £2.00</p>
	<p><b>Yogaroma Disabled</b> <b>01895 258956</b> Chapel, Christ Church, Redford Way Belmont Road Uxbridge <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Thursday 1.00pm to 2.15pm (Weekly - Term time only)</p>

	<b>Heathrow Special Needs Centre</b> <b>01753 680330</b> Bath Road, Longford, West Drayton UB7 0EF <a href="mailto:secretary@heathrowspecialneedscentre.org">secretary@heathrowspecialneedscentre.org</a> <a href="http://www.heathrowspecialneedscentre.org">http://www.heathrowspecialneedscentre.org</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Monday to Friday 10am till 2pm. Saturday mornings only for pre booked horse riding. Anyone with disabilities and special needs from the age of 5 years. Help to improve the lives of people with all kinds of disabilities and special needs through horse riding, animal care and welfare, gardening, Not for Profit Cafe/Community Hub and work experience placements. Entry and activities are free except horse riding which attracts a nominal fee to help cover the costs.
	<b>Hillingdon Parent Carer Forum</b> <b>07783 579 678</b> <a href="http://www.hillingdonpcf.com">www.hillingdonpcf.com</a> <a href="mailto:hillingtonpcf@gmail.com">hillingtonpcf@gmail.com</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Join with other like minded parents/carers to discuss services and resources available to children and young people with SEN in the london borough of Hillingdon.
<b>Disabilities: Support</b>				



	<p><b>Assembly for People with Disabilities</b>  <b>01895 277038</b>  Middlesex Suite, Civic Centre, High Street, Uxbridge  UB8 1UW  <a href="http://www.hillingdon.gov.uk/article/19895/Assembly-for-people-with-disabilities">http://www.hillingdon.gov.uk/article/19895/Assembly-for-people-with-disabilities</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Held three times each year in February, June and October. Eligible for all people with disabilities, living and working in Hillingdon. The Assembly for People with Disabilities provides people with disabilities an opportunity to have their say and hear about services that affect them and activities that may benefit them.</p>
	<p><b>DASH (Disablement Association Hillingdon)</b>  <b>02088488319</b>  Wood End Centre  Judge Heath Lane  Hayes, Middlesex UB3 2PB  <a href="mailto:info@dash.org.uk">info@dash.org.uk</a>  <a href="http://dash.org.uk/">http://dash.org.uk/</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Information &amp; Advice, finances, transport, activities and clubs for people with disabilities</p>

	<b>Hillingdon Parent Carer Support Group</b> <b>01895 274383 / 07713 292338</b> Christ Church, Redford Way, Belmont Road, Uxbridge UB8 1SZ <a href="mailto:info@hillingdonparentcarersupport.org.uk">info@hillingdonparentcarersupport.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	A support group run by, and for, parent/carers of adults in Hillingdon with learning disabilities. We talk with each other, listen to guest speakers, and find out what services are available. We meet on the 4th Wednesday of every month at 10 a.m.
	<b>Contact</b> <b>08088083555</b> <a href="http://www.contact.org.uk">www.contact.org.uk</a>	<b>All Ages</b>	<b>National</b>	Offering support, information and advice for all aspects of families living with a disabled child
	<b>SENDirect (Online)</b> <a href="https://www.sendirect.org.uk">https://www.sendirect.org.uk</a>	<b>0 - 18</b>	<b>National</b>	Online resource ran by 'Contact' to help families with disabled children find and access support services.
	<b>Community Adult Rehabilitation Service</b> <b>01895486127</b> <a href="mailto:cnw-tr.hchcontactcentrerefs@nhs.net">cnw-tr.hchcontactcentrerefs@nhs.net</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Physiotherapy services, Occupational Therapy Services, Diabetes team, provides a community based therapy service for adult patients recently discharged from hospital or diagnosed with a long term condition

	<b>Harrow Association of Disabled People</b> <b>02088619920</b> <b>textphone:</b> <b>07985244177</b> <a href="mailto:general@had.org.uk">general@had.org.uk</a>	<b>All Ages</b>	<b>Harrow</b>	Specialist information and advice services for people with disabilities. OUR SERVICES: Advocacy, Apointeeship, Deaf Services, Direct Support, Training for Work and Employment, Independant Living and Training, Payroll Service, Radar Keys, Red Brick Cafe, Support Brokerage, Transition, Welfare Benefits
<b>Domestic Violence</b>				
	<b>Hillingdon Women's Centre</b> <b>01895 259578</b> 333 Long Lane, Hillingdon UB10 9JU <a href="mailto:info@hillingdonwomenscentre.org">info@hillingdonwomenscentre.org</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Support to women who have suffered abuse. Support & information offered: Learn New Skills, Domestic Abuse, Legal Advice, FGM Hub, Job Club, Support & Advice, Social Activities, News & Events

	<p><b>HILLINGDON INDEPENDENT DOMESTIC VIOLENCE ADVOCACY SERVICE (HIDVAS)</b>  <b>Helpline - 0208 246 1745</b>  <a href="mailto:hidvas@met.police.uk">xh- hidvas@met.police.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>HIDVA will assess your risk, create an individual safety plan and support you through any action you may decide to take. It also offers an independent and confidential listening ear providing: A telephone risk assessment, direction and advice, Appointments and full safety plan if you are at serious risk of harm, Legal advice, direction and support through the civil courts, Advocacy and support through criminal procedures, Referral to on-going support services, Advocacy and referral to other appropriate support service</p>
	<p><b>Victim Support Hillingdon 0208 9651141/0808 1689111</b></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Victim Support is an independent charity and you can contact us for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. We'll help you for as long as it takes to overcome the impact of crime.</p>

	<p><b>Ascent</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Domestic Violence Counselling and Group Support offered across Brent,Harrow,Hillingdon,Hounslow,Kingston,Richmond,Merton and Ealing</p>
	<p><b>Pukaar</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Specialist Domestic Violence counselling for BME women in Hillingdon</p>

	<p><b>The Jasmine Project</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1-2 Factory Yard,Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Ealing</b></p>	<p>Women's Service for Ealing residents, supporting complex needs, including domestic abuse, mental health, substance misuse.</p>
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	<b>Southall Black Sisters</b> <b>02085719595</b> <a href="http://www.southallblacksisters.org.uk">www.southallblacksisters.org.uk</a>	<b>All Ages</b>	<b>Ealing</b>	Southall Black Sisters provides information, advice, advocacy, practical help, counselling and support to women and children experiencing domestic and other forms of gender-related violence. Our holistic services are aimed at helping all women escape violence and abuse and to this end we address a range of inter related problems such as: Rape and sexual abuse, Forced marriage, Honour crimes, Sexual harassment, Dowry related abuse, Matrimonial issues, Child residence and contact, Housing and homelessness, Immigration and asylum, Suicide, self harm, mental health and depression, Policing and crime, Racism.
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	<p><b>Action On Elder Abuse</b>  <b>020 8835 9280</b>  <b>Helpline: 080 8808 8141</b>  Action on Elder Abuse,  PO Box 60001,  Streatham SW16 9BY  <a href="https://www.elderabuse.org.uk">https://www.elderabuse.org.uk</a></p>	<p><b>60+</b></p>	<p><b>National</b></p>	<p>We work to protect and prevent the abuse of vulnerable older adults and by doing so we also protect other adults at risk of abuse. We are the only charity in England, Wales, Scotland and Northern Ireland working exclusively on this issue, and we provide knowledge, expertise and support to thousands of people every year</p>
	<p><b>MASH (Multi Agency Safeguarding Hub)</b>  <b>01895556644</b>  <b>01895 250111 (In an emergency only)</b>  <a href="mailto:lbhmash@hillingdon.gov.uk">lbhmash@hillingdon.gov.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p><b>If you are concerned about the welfare of a child the MASH team can help.</b> The MASH model means that information from different agencies can be shared quickly so social workers can build up a better picture of the child's life from the outset. This makes it easier for social workers to decide on the best type of intervention needed to protect the child and support the family, and means families get the right help quicker.</p>



	<b>Project STRIDE</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1-2 Factory Yard,Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>All Ages</b>	<b>Harrow</b>	1:1 coaching and workshops to help access training, education and employment opportunities,for people with a history of issues with mental health,addiction or domestic violence. Available to residents of Brent,Ealing and Harrow.
	<b>Social Care Line</b> <b>01895 556633</b> <a href="mailto:socialcaredirect@hillington.gov.uk">socialcaredirect@hillington.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Assessments (including carers' assessments),Telecare, Reablement, Adaptations/Disabled Facilities Grants, Safeguarding.
<b>Education</b>				
	<b>U3A - University of the Third Age</b> <b>02084666139</b>	<b>60+</b>	<b>Hillingdon Borough</b>	UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment

	<b>South Ruislip Adult Learning Centre</b> <b>01895 556</b> 248 Victoria Road South Ruislip Middlesex HA4 0JE <a href="mailto:Southruislip@hae-acl.ac.uk">Southruislip@hae-acl.ac.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Learn to be Well course (mental health) Wellbeing, confidence, yoga, IT, Maths and more.
	<b>Ability Net</b> <b>0800269545</b>	<b>All Ages</b>	<b>National</b>	AbilityNet helps people of any age and with any disability to use technology to achieve their goals at home, at work and in education. We do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world.
	<b>Harlington Adult Learning Centre</b> <b>0208 569 1613</b> Harlington Community School Pinkwell Lane Hayes Middlesex UB3 1PB <a href="mailto:harlington@hgfl.org.uk">harlington@hgfl.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Learn to be Well course (mental health) Wellbeing, confidence, yoga, IT, Maths and more.

	<b>Ruislip Manor Library and Community Resource Centre</b> <b>01895 671975</b> Ruislip Manor Library Linden Avenue Ruislip Manor Middlesex HA4 8TW <a href="mailto:ruislipmanor@hgfl.org.uk">ruislipmanor@hgfl.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Learn to be Well course (mental health), Wellbeing, confidence, yoga, IT, Maths and more.
	<b>Early Intervention &amp; Prevention Service</b> <b>01895 250 858</b> <a href="mailto:participationteam@hillingdon.gov.uk">participationteam@hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Advising schools, professionals, parents, children and young people of statutory school age on school attendance and tracking of young people aged 16 to 19 who may be not in education, employment or training (NEET).
	<b>Brookfield Adult Learning Centre</b> <b>01895 556455</b> Park Road Uxbridge Middlesex UB8 1NP <a href="mailto:Brookfield@hae-acl.ac.uk">Brookfield@hae-acl.ac.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Learn to be Well course (mental health) Wellbeing, confidence, yoga, IT, Maths and more.
<b>Employment</b>				

	<p><b>Groundwork Thames Valley</b> <b>01895832662</b> Colne Valley Park Centre, Denham Court Drive, Denham, Uxbridge, UB9 5PG <a href="mailto:tv@groundwork.org.uk">tv@groundwork.org.uk</a> <a href="http://www.groundwork.org.uk">www.groundwork.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Create and improve green spaces for community benefit and to reconnect people with nature, Provide training and support to help those furthest from the job market back into work especially young people, Promote greener living and working to help families and individuals save money, resources and reduce waste, Therapeutic gardening for people with disabilities.</p>
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	<p><b>Hillingdon Mind - Peer Support Employment Group 07720087387</b>  (Nigel Gee - Employment Adviser)  <a href="mailto:nigel@hillingdonmind.org.uk">nigel@hillingdonmind.org.uk</a>  <a href="http://www.hillingdonmind.org.uk">www.hillingdonmind.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>The Peer Support Employment Group Project is for people who are over the age of 25 who are looking to get into work and are: Eligible to work in the UK, Unemployed or economically inactive and not engaging in any paid work at all, Experiencing a mild to moderate common mental health condition, Not receiving employment support on the JCP Work Programme or from another ESF funded project, Resident in the London Borough of Hillingdon or able to travel to our offices in Hayes, The project combines 1-to-1 employment advisor support with a unique peer support element to offer both practical support in job searching, alongside opportunities to improve skills, enhance wellbeing and find a supportive peer</p>
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	<p><b>Hillingdon Council - Apprenticeship Programme</b></p> <p><a href="https://www.hillingdon.gov.uk/article/32202/Apprenticeship-programme">https://www.hillingdon.gov.uk/article/32202/Apprenticeship-programme</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>Hillingdon Council is introducing an ambitious all-age apprenticeship programme. Opportunities are available across a wide range of services including social care, business administration, human resources, customer services, finance and many others. As an apprentice you would help us deliver our vision of 'putting our residents first' while gaining essential vocational skills and qualifications. Here are some of the areas we will be recruiting to: Business Administration, Building Control, Finance/Accountancy, Human Resources, Horticulture, Learning &amp; Development Legal Services, Social Care. Register interest via website link.</p>
	<p><b>Get In Go Far - (HM Government) Online resource:</b></p> <p><a href="https://www.getingofar.gov.uk">https://www.getingofar.gov.uk</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>Everything you need to know about Apprenticeships. You can search apprenticeships, new skills training and traineeships all over the UK.</p>
<b>End of Life/ Palliative Services</b>				

	<b>Will writing - Age UK Hillingdon</b> <b>01895 544250</b> <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	Bookable Solicitor Appointment Ruislip - Wednesday / Thursday 1pm - 4pm. Uxbridge - Tuesday / Thursday 1pm - 4pm.
	<b>Harlington Hospice</b> <b>0208 7590453</b> Lansdowne House, St Peters Way, Harlington, Hayes, UB3 5AB	<b>All Ages</b>	<b>Hillingdon Borough</b>	End of life counselling, practical and emotional support
	<b>Michael Sobell House</b> <b>01923 844531</b> Michael Sobell Hospice Mount Vernon Hospital Northwood Middlesex HA6 2RN	<b>All Ages</b>	<b>Hillingdon Borough</b>	Our professional team offers medical, nursing and emotional care along with practical support for patients, their families and carers. Our aim is that every patient should experience a journey towards the end of their life that is peaceful, comfortable and free from worry and pain.

	<b>The Lynda Jackson Macmillan Centre</b> <b>020 3826 2555</b> Mount Vernon Cancer Centre Northwood Middlesex HA6 2RN	<b>All Ages</b>	<b>Hillingdon Borough</b>	The Lynda Jackson Macmillan Centre is based at the Mount Vernon Cancer Centre in Northwood. It provides support and information for people affected by cancer. Usual opening hours: Monday to Friday: 9.30am-4.30pm. The Telephone Helpline is also staffed during these times. No appointment is necessary - just drop-in
	<b>Compassion in Dying</b> <b>0800 999 2434</b> <a href="https://compassionindying.org.uk/">https://compassionindying.org.uk/</a>	<b>All Ages</b>	<b>London</b>	Advice and support in completing Lasting powers of attorney, advance directives via information line, Planning care and decision making.
	<b>Hillingdon Palliative Care Team</b> <b>01895 485235</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Hillingdon Palliative Care Team provides specialist care in community settings for patients with life-limiting illness.
<b>Exercise Clubs</b>				



	<p><b>Yoga - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillingdon.org">http://connecttosupporthillingdon.org</a></p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>(For Adults) Mondays 6.00pm - 7.30pm, Tuesdays 9.30am - 11.00am &amp; beginners class 11.15am- 12.15pm, Thursdays 10.00am - 11.30am. Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>
	<p><b>Keep Fit - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillingdon.org">http://connecttosupporthillingdon.org</a></p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Monday 10.00 a.m. - 11.00 a.m. (For Adults) nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>

	<p><b>Exercise Classes - Parkinson's UK</b>  <b>01895 420409 or 07771 872592</b>          Holy Trinity Church,          Gatewood Close,          Northwood, HA6 2RP          Track Room, Hillingdon Leisure Centre,          Uxbridge UB8 1ES  <a href="mailto:Penelope.Smith@hotmail.co.uk">Penelope.Smith@hotmail.co.uk</a>  <a href="http://www.parkinsons.org.uk">http://www.parkinsons.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Every Wednesday from 11.30-12.30pm.          Classes cost £3 per person</p>
	<p><b>Tai Chi - Parkinson's UK</b>  <b>01895 420409 or 07771 872592</b>          Track Room, Hillingdon Leisure Centre,          Uxbridge UB8 1ES  <a href="mailto:Penelope.Smith@hotmail.co.uk">Penelope.Smith@hotmail.co.uk</a>  <a href="http://www.parkinsons.org.uk">http://www.parkinsons.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Every Monday (except bank holidays)          11.00-12.00 noon Classes cost £3 per person</p>

	<p><b>Yogaroma</b>  <b>01895 258956</b>  Bailey Hall, Christ  Church, Redford Way  Belmont Road  Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Monday - 6.00pm to 7.30pm &amp; 7.45pm to 8.45pm (Weekly)  Tuesday - 9.45am to 11.15am (Weekly (Term Time only))  Tuesday - 6.45pm to 8.15pm (Weekly)</p>
	<p><b>PKA London – Kick Boxing</b>  <b>01895 258956</b>  Watts Hall, Christ  Church, Redford Way  Belmont Road  Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Wednesday 7.30pm to 9.00pm (Weekly)</p>

	<b>Slimming World</b> <b>01895 258956</b> Watts Hall, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ	<b>18 +</b>	<b>Hillingdon Borough</b>	Wednesday 9.30am to 11.00am (Weekly)
	<b>Jodi Evans Yoga</b> <b>01895 258956</b> Bailey Hall, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ	<b>18 +</b>	<b>Hillingdon Borough</b>	Thursday 9.30am to 10.30am (Weekly - Term time only)
	<b>Yogaroma Disabled</b> <b>01895 258956</b> Chapel, Christ Church, Redford Way Belmont Road Uxbridge	<b>18 +</b>	<b>Hillingdon Borough</b>	Thursday 1.00pm to 2.15pm (Weekly - Term time only)
	<b>Hillingdon Carers –</b> <b>Exercise for Carers /</b> <b>personal training</b> <b>01895 811 206</b> Watts Hall, Christ Church, Uxbridge	<b>18 +</b>	<b>Hillingdon Borough</b>	We have a range of exercise sessions in uxbridge that are fun, friendly and a great way of combatting aches, pains and tiredness. No need to book, just drop in.

	<p><b>Active Aging Group - Age UK Hillingdon</b>  <b>020 8589 0075</b>  The Ruislip Manor Methodist Church  Torrington Road  Ruislip Manor  HA4 0AS</p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Our Active Ageing Groups work in collaboration with Ruislip Manor Methodist Church and Healthy Hillingdon to help you keep fit and active in mind and body. Why not come along for conversation, friendship and a variety of activities. The group meets on a Tuesday between 1.30pm and 3.30pm.</p>
	<p><b>Stay Active For Life – Keep Fit 4 Seniors</b>  <b>01895 258956</b>  Bailey Hall, Christ Church, Redford Way  Belmont Road  Uxbridge  UB8 1SZ</p>	<p><b>60+</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Wednesday 11.30am to 12.30pm &amp; 12.45pm to 1.45pm (Weekly)</p>
	<p><b>Steve Beattie - Chair Exercise</b>  <b>01895 558234</b>  Manor Farm Library  <a href="mailto:sbeattie@hillingsdon.gov.uk">sbeattie@hillingsdon.gov.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.</p>

	<b>Jackie Westbrook - Chair Exercise &amp; Zumba Gold</b> <b>01895 443423</b> Yiewsley and West Drayton Community Centre <a href="mailto:comcentre2007@btconnect.com">comcentre2007@btconnect.com</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.
	<b>Lara Marshall - Chair Exercise</b> <b>01895 558184</b> Harefield Library <a href="mailto:lmarsshall2@hillingdon.gov.uk">lmarsshall2@hillingdon.gov.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.
	<b>Zoe Iggulden - Chair Exercise</b> <b>01895 250714</b> Uxbridge Library <a href="mailto:ziggulden@hillingdon.gov.uk">ziggulden@hillingdon.gov.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.

	<b>Chair Exercise</b> <b>01895 277 043</b> Hayes End Library <a href="mailto:faichour@hillingdon.gov.uk">faichour@hillingdon.gov.uk</a> <a href="mailto:ggill@hillingdon.gov.uk">ggill@hillingdon.gov.uk</a>	65 +	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.
	<b>Gemma Mcaffery - Chair Exercise</b> <b>01895 558633</b> Botwell Green Library <a href="mailto:gmcaffery@hillingdon.gov.uk">gmcaffery@hillingdon.gov.uk</a>	65 +	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.
	<b>Nathan Brown - Chair Exercise</b> <b>01895 556242</b> Oak Farm Library <a href="mailto:nbrown2@hillingdon.gov.uk">nbrown2@hillingdon.gov.uk</a>	65 +	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.

	<b>Paramjit Chander - Zumba Gold</b> <b>01895 556060</b> Yeading Library <a href="mailto:pchander@hillington.gov.uk">pchander@hillington.gov.uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	There are a variety of gentle sessions across the borough targeted for the 65+ equipment and advice is available for you at all of the clubs, whichever you decide to come along to and try. Each session is £1 per person. No need to book, just drop in.
	<b>Stretch-a-cise</b> <b>020 88420547</b> Deane Park Hall, Long Drive, South Ruislip, HA4 OHS <a href="mailto:contact@southruislip.org">contact@southruislip.org</a>	<b>60+</b>	<b>Hillingdon Borough</b>	Fee - 4£. Keep fit for over 60's. Thursdays 11.00 am & 12.00 pm
	<b>Alice's Fun Seated Exercises - Eastcote Community Association</b> <b>020 8866 2050</b> Southbourne Gardens, Eastcote HA4 9SQ <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a> <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a>	<b>18 +</b>	<b>Ruislip and Northwood</b>	Tuesdays 2.00pm - 3.00pm for Adults in Hillingdon (Nominal Cost)



	<b>Don't Tone Alone</b> <b>07580 519 626</b> 22 Redway Drive Twickenham TW2 7NX <a href="mailto:info@donttonealone.co.uk">info@donttonealone.co.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Professional health training services for organisations, groups and individuals. All services are accessible and tailored to the needs of those worked with.
	<b>Shape and Tone - Eastcote Community Association</b> <b>020 8866 2050</b> Southbourne Gardens, Eastcote HA4 9SQ office@eastcoteca.org.uk <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a>	<b>18 +</b>	<b>Ruislip and Northwood</b>	Wednesdays 10.00am - 11.00pm (For adults) Nominal cost
<b>Food / Meals</b>				
	<b>First Choice Catering</b> <b>01923 712 224</b> Unit 5 Peerglow Estate, Olds Approach, Watford, Herts, WD18 9SR	<b>All Ages</b>	<b>Hillingdon Borough</b>	First Choice Catering is a well-established family owned catering company that prepares and cooks high quality fresh plated meals. Delivered to you by a caring, professional team. Each meal is prepared fresh on the day of delivery, ensuring you get the very best quality.

	<b>Wiltshire Farm Foods</b> <b>08000773100</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	There are over 300 tasty dishes to choose from, including 75 new or improved meals, hand-delivered by local drivers who are reliable, friendly and here to help you.
	<b>Oakhouse Foods</b> <b>03333702513</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Simply order your choice of dishes when required and your friendly Oakhouse driver will bring your order to you - usually on the same day each week - and they'll even put the order in your freezer if you would like. It's all part of our unique delivery service. Our head office is based in Wiltshire, our frozen food delivery is available all over the UK. If you have any questions, or would like some help selecting your meals, then get in touch with us
	<b>Apetito</b> <b>01225 562 540</b> Canal Road Trowbridge BA14 8RJ <a href="mailto:info@apetito.co.uk">info@apetito.co.uk</a> <a href="https://www.apetito.co.uk">https://www.apetito.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	We're the leading food producer for the health and social care sector, providing delicious, nutritious and sustainable meals for people at home or in care.

	<b>Foodbank Enquiries (Hillingdon)</b> <b>01895 252 224</b> Office Address ( Admin Office Only) 4 New Windsor Street Uxbridge UB8 2TU <a href="https://hillington.foodbank.org.uk/">https://hillington.foodbank.org.uk/</a> <a href="mailto:hillingtonfoodbank@kingborough.org.uk">hillingtonfoodbank@kingborough.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.
	<b>Meals on Wheels (Social Services Assessment) 01895 556633</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	You will need an assessment for this free service.
<b>Gardening Group</b>				
	<b>Ickenham &amp; Swakeleys Horticultural Society</b> Trading Hut, Clubhouse Lane, Off Swakeleys Drive, Ickenham, UB10 8FU <a href="mailto:secretary@ickenham-horticultural.org.uk">secretary@ickenham-horticultural.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	We run a number of activities for our members, including annual Spring and Autumn shows, as well as a range of interesting evening lectures and day trips. Other benefits include access to the Trading Hut, where you can get all your gardening materials. Purchases made at the Trading Hut are usually cheaper than local garden centres and support the society financially.

	<b>Rural Activities Garden Centre (RAGC)</b> <b>01895 443 445</b> West Drayton Road, Hillingdon, UB8 3JZ <a href="mailto:Jsarnicki@hillingdon.gov.uk">Jsarnicki@hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Daycare for people with learning disabilities.
	<b>Groundwork Thames Valley</b> <b>01895832662</b> Colne Valley Park Centre, Denham Court Drive, Denham, Uxbridge, UB9 5PG <a href="mailto:tv@groundwork.org.uk">tv@groundwork.org.uk</a> <a href="http://www.groundwork.org.uk">www.groundwork.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Create and improve green spaces for community benefit and to reconnect people with nature, Provide training and support to help those furthest from the job market back into work especially young people, Promote greener living and working to help families and individuals save money, resources and reduce waste, Therapeutic gardening for people with disabilities.
	<b>The Gardening Club (Substance misuse Recovery group - ARCH)</b> <b>07732083811</b> <a href="mailto:tonybrooks@buildonbelief.org.uk">tonybrooks@buildonbelief.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Recovery support group based around gardening activities.

	<b>U3A Gardening Group</b> <b>01895 258956</b> Room 9, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>60+</b>	<b>Hillingdon Borough</b>	Tuesday 10.00am to 12.00 noon (As advised Jan-Mar & Oct-Nov)
<b>General Advice and Support</b>				
	<b>Healthwatch Hillingdon</b> <b>01895 272997</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Support for people having difficulties with health services
	<b>Citizens Advice Bureau</b> <b>0344 8487903</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	General Advice and information on any concerns within your Borough.

	<p><b>Age UK Hillingdon</b>  <b>020 87563040</b>  Our main office:  Central Office  2 Chapel Court Hayes  126 Church Road  UB3 2LW  <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Age UK Hillingdon offers lots of services for older people and their carers.  Criteria for all services:  - Age 65 and over  - Resident in the London Borough of Hillingdon  - Registered with a GP in the London Borough of Hillingdon (our falls service)  - Housebound or have little social contact for our Befriending service only</p>
	<p><b>Asphaelia Action</b>  <b>01895 272478</b>  <a href="http://www.asphaleia.co.uk">www.asphaleia.co.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Working with young people! We do this through five ventures who offer a range of services from fostering to leaving care support, education programmes to a project in Africa</p>

	<b>Hayes One Stop Shop</b> <b>01895 556004</b> <a href="mailto:hayesonestop@hillingdon.gov.uk">hayesonestop@hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>One stop shop for advice. Council services available: Benefit officers are onsite to help with housing benefit and council tax reduction enquiries. We can also assist you with a wide range of other requests and council services, including:</p> <ul style="list-style-type: none"> <li>• council tax • housing and rent • recycling bags • environmental issues • schools admissions • housing repairs • hearing aid batteries - batteries are supplied, and you can dispose of hearing aids and small batteries • leaflets on council services and local events, and application forms</li> </ul> <p>- Also, drop-in sessions with CAB, Hillingdon Carers &amp; Victim Support.</p>
	<b>Hillingdon Mind</b> <b>01895 271559</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Offering Mental Health Support through a number of different services in Hillingdon.
	<b>Hillingdon Parent Carer Forum</b> <b>07783 579 678</b> <a href="http://www.hillingdonpcf.com">www.hillingdonpcf.com</a> <a href="mailto:hillingdonpcf@gmail.com">hillingdonpcf@gmail.com</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Join with other like minded parents/carers to discuss services and resources available to children and young people with SEN in the london borough of Hillingdon.

	<b>Hillingdon Women's Centre</b> <b>01895 259578 333</b> Long Lane, Hillingdon UB10 9JU <a href="mailto:info@hillingdonwomenscentre.org">info@hillingdonwomenscentre.org</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Support to women who have suffered abuse. Support & information offered: Learn New Skills, Domestic Abuse, Legal Advice, FGM Hub, Job Club, Support & Advice, Social Activities, News & Events
	<b>Home-Start Hillingdon</b> <b>01895 252804</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	A carefully selected volunteer, who has parenting experience, can visit regularly and offer emotional and practical support. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.
	<b>P3 Navigator Advice Centre</b> <b>01895 436114</b>	<b>16 - 24</b>	<b>Hillingdon Borough</b>	Our community drop-in centre, or "Navigator", is open to all young people who need advice or support, be that about their tenancy or housing situation, relationship issues, or if they simply need support to access other services. You don't need an appointment, and one of our advisors will always be able to help you, even if it's as simple as pointing you in the right direction.
	<b>Samaritans - Local</b> <b>01895 253 335</b> <b>(free phone) - 116 123</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Emotional face to face or telephone support for people in crisis.



	<b>Social Care Line</b> <b>01895 556633</b> <a href="mailto:socialcaredirect@hillington.gov.uk">socialcaredirect@hillington.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Assessments (including carers' assessments), Telecare, Reablement, Adaptations/Disabled Facilities Grants, Safeguarding
<b>Heart and Stroke Stroke Support</b>				
	<b>Heart Failure Nursing and Community Cardiac Rehab</b> <b>01895 484810</b> Oak Farm Clinic, Long Lane Uxbridge, Hillingdon, UB10 9PB	<b>18 +</b>	<b>Hillingdon Borough</b>	Provides specialist nursing advice and management of adult patients with a diagnosis of heart failure.
	<b>Stroke Association</b> <b>07515 596 961</b> Blue Building, Whites Grounds, London SE1 3LA <a href="mailto:Jacqui.Guyett@stroke.org.uk">Jacqui.Guyett@stroke.org.uk</a> <a href="http://www.stroke.org.uk">http://www.stroke.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Offering blocks of communication support sessions for stroke survivors, focusing on their areas of need. The aim is to build confidence in communication following a stroke. An informal, peer support group is also available. For Younger & older adults in Hillingdon. Info advice & support. This is a free service
	<b>Hillingdon Communication Support Service</b> <b>07515596959</b> <a href="mailto:Hillingdon@stroke.org.uk">Hillingdon@stroke.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Communication support for people who have suffered strokes.

	<b>Stroke Club, Hayes</b> <b>020 8561 0359</b>	<b>All Ages</b>	<b>Hayes and Harlington</b>	2nd Wed 2.00pm - 3.45pm Barnhill Com Ctr
<b>Hoarding</b>				
	<b>Help for Hoarders</b> <a href="https://www.helpforhoarders.co.uk/">https://www.helpforhoarders.co.uk/</a>	<b>All Ages</b>	<b>National</b>	Self help and information online resource for anyone affected by Hoarding.
	<b>London Fire Brigade</b> <b>0800 028 4428</b> <b>text/SMS 07860 021 319</b> <a href="mailto:smokealarms@london-fire.gov.uk">smokealarms@london-fire.gov.uk</a>	<b>All Ages</b>	<b>London</b>	We have introduced a service where we can visit you, a loved one, or someone you care for at home to provide personalised advice about fire safety. It's totally free, available 24/7, and we will even fit free smoke alarms during the visit if you need them.

	<b>OCD Action</b> <b>0303 040 1112</b> <a href="mailto:sign-up@ebtsupportgroups.co.uk">sign-up@ebtsupportgroups.co.uk</a> <a href="https://www.ocdaction.org.uk">https://www.ocdaction.org.uk</a>	<b>18 +</b>	<b>National</b>	This online group is run by OCD Actions 'Even Better Together project' and uses Skype (audio only) although participants can choose to join via landline or mobile instead. As we send the call out - there are no phone costs with joining a session or fees to attend. The group is an informal and supportive environment to share experiences of having hoarding issues and to offer encouragement to others. The group also has a closed Facebook group of which participants are offered access to if they wish. <b>Meeting: 7pm, First Thursday of the month for people with Hoarding Disorder</b>
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	<b>Community Housing Team</b> <b>01895 556666</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>The service is only available to council tenants. The teams have developed a resource which can be brought in to either 'create space' or undertake a 'one-off' clearance and 'deep clean' within the tenant's home - depending on their need. While the tenant's support worker has the job of gaining the householder's trust to carry out the work, new specialist caretakers have been fully trained and equipped to assess the risk and take necessary action to carry out their role safely.</p>
	<b>Hoarding UK</b> <b>020 3239 1600</b> <a href="mailto:info@hoardinguk.org">info@hoardinguk.org</a>	<b>All Ages</b>	<b>National</b>	<p>HoardingUK is the only UK-wide charity solely dedicated to supporting people affected by hoarding behaviours. Our aim is to empower individuals experiencing hoarding behaviours to achieve spatial and personal change, to reduce isolation and improve their health and well-being. We are a multi-service organisation, helping thousands of people over our ten years of service. Call their national helpline for support.</p>
<b>Home Help, Support, Maintenance</b>				

	<b>Age UK Hillingdon - Help at Home</b> <b>020 8756 3061 / 020 8756 3065</b> <a href="https://www.ageuk.org.uk">https://www.ageuk.org .uk</a>	<b>65 +</b>	<b>Hillingdon Borough</b>	We can' Carry out a full “spring clean” including floors, kitchens, bathrooms, help to de- clutter, have a tidy up, whatever you need: Change bedding Collect your prescriptions, dry cleaning or do your shopping Help prepare light meals Escort you to appointments. The cost - there is a one-off fee of £20.00 for the initial home visit and assessment of your requirements then £19.50 per hour *.
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	<p><b>A Perfect PA</b>  <b>01895 825 809 / 07925 603830</b>  <a href="mailto:sarah@aperfectpa.co.uk">sarah@aperfectpa.co.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>We can provide a variety of services to suit your requirements  These might include :  Companionship, Talking – Listening,  Cooking – Cleaning – Washing – Ironing,  Grocery Shopping – Collection – Delivery, Accompany to GP / Hospital Appointments – Assistance with, Appointment Making, Prescription Collection, Days Out – Cinema / Bowling / Shopping, Introduction to the, Community – Day Centres / Social Events, Assistance with Paperwork – 3rd Party Issues, Assistance with Social Services, Fetching &amp; Carrying, Pet Walking  Holiday House Check, Daily Living Skills – Use of Money / Travel Training, Office PA – Paperwork / Telephone Service</p>
	<p><b>Right at Home</b>  <b>01895 876 600</b></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>We can provide Senior Care, Personal Care, Companionship and Support, 24 Hour Support, Alzheimer’s and Dementia, Hospital To Home, Live in Care</p>

	<b>Bluebird Care</b> <b>01895 231 211</b>	<b>All Ages</b>	<b>National</b>	Care In Your Home, dementia & Alzheimer's, End of life care, learning disabilities care, physical disabilities care, reablement services, respite care, healthy body & healthy mind, live life your way, mind, body & soul service.
	<b>Everycare</b> <b>01895 530 083</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Assistance with all aspects of personal care is provided including: Domestic services as part of a care package or independently, Live in service 24 hour care, Night sitting or sleep over service, Getting up or putting to bed service, Hospital discharge service, Shopping services, Laundry services, Bathing services, Meal preparation / provision, Outings and special events escorting services Holiday escorting services (including foreign holidays), Liaison with social workers, district nurses, family and friends.
	<b>Cera +</b> <b>0203 034 4525</b>	<b>65 +</b>	<b>Hillingdon Borough</b>	Home care Including Palliative and Dementia

	<b>SureCare</b> <b>01895 477 996</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Home care, Flexible care cover for when your regular carer needs a break, Dementia and Alzheimer's care, A variety of childcare services to support your busy lifestyle, Live-in care
	<b>Mark Smith</b> <b>01895 590111</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Clearance (house, gardens)
	<b>Damien Gallagher</b> <b>07882566099</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Handyman /plumber (not Gas safe)
	<b>Pat Scanlon</b> <b>07956 549390</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Locksmith (locks, door frames & repairs)
	<b>Lee Jones</b> <b>01895 676356 /07951</b> <b>345575</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Electrician - (CCTV, Alarms,Telep)
	<b>Dave Newton</b> <b>07828 296817</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Electrician



	<b>Specialist Care Service</b> <b>01895 824 242</b> <a href="http://www.specialistcareservices.co.uk">www.specialistcareservices.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Personal Care, palliative care, rehabilitation, respite & sitting service, shopping & bill paying assistance, medication assistance calls, prescription & medication collection, outreach (going out), 24 hour care / night care, late service until 12am, household tasks, laundry service, direct payments
<b>Hospitals</b>				
	<b>Hillingdon Hospital</b> <b>01895 238 282</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Accident and Emergency, inpatients, day surgery, and outpatient clinics.
	<b>Mount Vernon Hospital</b> <b>0192 3826111</b>	<b>All Ages</b>	<b>Ruislip and Northwood</b>	Mount Vernon Hospital has a modern Diagnostic and Treatment Centre. With its spacious and contemporary design, the Mount Vernon Treatment Centre constitutes a new two-storey building and the existing Princess Christian Unit. The new buildings house four state-of-the-art operating theatres to carry out elective surgery, plus outpatient services, a spacious waiting area and coffee shop.

	<b>Northwick Park Hospital</b> <b>020 88643232</b>	<b>All Ages</b>	<b>Ruislip and Northwood</b>	Northwick Park Hospital is home to one of the busiest Emergency Departments (A&E) in the country. The hospital provides a full range of services including a regional rehabilitation unit for patients with additional ongoing acute medical needs.
	<b>Watford Hospital</b> <b>0192 3217684</b>	<b>All Ages</b>	<b>Hertfordshire</b>	Provides inpatient emergency care, and for all patients who need the specialist emergency facilities (such as intensive care) of a major district general hospital. It also provides elective care for higher risk patients together with a full range of outpatient and diagnostic services. There are approximately 600 beds and nine theatres (including one local theatre).

	<p><b>Harefield Hospital</b>  <b>01895 823737</b></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>It is close to the M40, the M25 and within easy reach of Heathrow airport and has ample car parking. The hospital has more than 1,300 staff, five operating theatres and four catheter laboratories. Harefield Hospital has 168 beds, including beds for cardiac and thoracic surgery, cardiology, day case unit, adult intensive care and the transplant unit. The hospital is one of the largest and most experienced centres in the world for heart and lung transplants. It has jointly pioneered work in the development of 'artificial hearts' (also known as left ventricular assist devices or LVADs). The hospital is a major centre for the treatment of lung cancer, chest cancer and oesophageal cancers and other chest</p>
	<p><b>Home from Hospital -  Age UK Hillingdon</b>  <b>0208 756 4393</b></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>When you are discharged from hospital, our Home from Hospital Team are there to offer a range of practical support to help you on the road to recovery for up to six weeks. The service is free. If you think we can help, whether it's for yourself or a relative.</p>

	<b>Infection Prevention and Control</b> <b>01895 488217/01895 488465</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Our Infection Control team are based at Hillingdon Hospital. We work to minimise the risk of infection related to healthcare by providing evidence-based preventative and management strategies for Infection Control. Strict Infection Control guidelines are adhered to throughout both of our hospitals.
<b>Housing Advice Services</b>				
	<b>Citizens Advice</b> <b>03448487903</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Benefits, Work, Debt and money, Buying or repairing a car, Family, Housing, Law and courts, Immigration, Health
	<b>Building Control enquiries,inspection requests and dangerous structures</b> <b>01895 558170</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Building Control services ensure works comply to approved standards, to ensure buildings are safe and are in a healthy condition.
	<b>Dangerous Structures (out of hours)</b> <b>01895 250111</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	In the interest of public safety senior building control officers are on call 24 hours a day, every day of the year, to give immediate attention to dangerous structures.

	<p><b>Hillingdon Housing Services (LBH)</b>  <b>01895 556666</b></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Homelessness, How to apply for social housing, Private housing, Leasehold administration, Travellers site, Rent collection, Council tenants, Fire safety, Supported living, Change of circumstances/address, Home ownership, Housing grants, The National Fraud Initiative. Other services: Disabled facilities grants and adaptations, Housing benefits, Empty properties, Saving energy at home, Garages to rent, Sheltered housing</p>
	<p><b>Housing &amp; Care Advice - Age UK Hillingdon</b>  <b>01895 544250</b></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>If your circumstances have changed and your current accommodation no longer meets your needs, whether you are living with family, a homeowner, social or private tenant, our Housing Options service can offer you information, advice and practical support in order that you can make an informed choice about what your housing options are. This could include downsizing, moving into retirement housing or supported housing, or staying put if that is best for you with additional support put in place.</p>

	<b>Brent Reach</b> <b>020 85776059</b> <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>18 +</b>	<b>London</b>	Supporting Brent residents to sustain their housing tenancy, e.g. budgeting.
	<b>Ealing Floating Support (Generic and Mental Health Services)</b> <b>020 85776059</b> <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>18 +</b>	<b>London</b>	(Generic and Mental Health Services) Supporting Ealing residents to sustain their housing tenancy, e.g. budgeting.
	<b>Shelter</b> <b>08088004444</b>	<b>All Ages</b>	<b>London</b>	Face-to-face services, Online advice, National helpline, Legal support
	<b>Homeless Prevention Team</b> <b>01895 556666</b> <a href="mailto:homelessprevention@Hillingdon.gov.uk">homelessprevention@Hillingdon.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	The assessment, management and provision of the housing needs of Hillingdon residents to help prevent homelessness.
	<b>Trinity Homeless Project</b> <b>02087979500</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	We provide day services, housing, coaching, training, work placements and support to move-on.
	<b>Your Home Move</b> <b>02039039915</b>	<b>60+</b>	<b>National</b>	Helping older adults with every aspect of moving
<b>Language Services and Support centres</b>				

	<b>REAP</b> <b>01895 441530</b> Key House, 106 High Street, Yiewsley, Middlesex, UB7 7BQ	<b>18 +</b>	<b>Hillingdon Borough</b>	Refugees in Effective and Active Partnership (REAP) (Charity 1103345) is an independent, refugee-led organisation in West London that aims to empower refugees and asylum-seekers to live as valuable and valued members of British society
	<b>Hillingdon Refugee Support Group</b> <b>01895 434 728</b> Key House, 106 High Street, Yiewsley, Middlesex, UB7 7BQ	<b>16 - 24</b>	<b>Hillingdon Borough</b>	We offer a broad range of activities, both educational and social which are carefully designed to ensure that young people gain confidence and develop skills and friendships in a non-judgmental and non-threatening environment. The workshops and sessions are strictly structured and held on a weekly basis at different locations.
	<b>Hillingdon Asian Women's Group</b> <b>0728565568</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Service offered: Social, health and welfare group for Asian women. Advice sessions on benefits, welfare rights, housing, immigration and nationality, racial harassment, relationship difficulties. Various activities including English classes, computer classes, exercise classes, health talks, yoga, music, cultural activities and discussion groups.
<b>Learning Disabilities: Support</b>				

	<b>Mencap Hillingdon South</b> <b>07939 692834</b> Harlington Road, Hillingdon, Middlesex UB8 3HD <a href="mailto:sara.brown@brunel.ac.uk">sara.brown@brunel.ac.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Providing specialist activities, leisure and fun! For those living with learning disabilities
	<b>Harrow Mencap</b> <b>020 88698484 /</b> <b>02084237382</b> <a href="mailto:iag@harrowmencap.org.uk">iag@harrowmencap.org.uk</a>	<b>All Ages</b>	<b>Harrow</b>	Specialist information and advice services for people with learning disabilities /autism and their carers
	<b>Contact</b> <b>08088083555</b> <a href="http://www.contact.org.uk">www.contact.org.uk</a>	<b>All Ages</b>	<b>National</b>	Offering support, information and advice for all aspects of families living with a disabled child
	<b>SENDirect (Online)</b> <a href="https://www.sendirect.org.uk">https://www.sendirect.org.uk</a>	<b>0 - 18</b>	<b>National</b>	Online resource ran by 'Contact' to help families with disabled children find and access support services.
	<b>Hillingdon Autistic Care and Support (HACS)</b> <b>020 8606 6780</b> <a href="mailto:enquiries@hacs.org.uk">enquiries@hacs.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	HACS is local charity based in the London borough of Hillingdon for children and young people on the autism spectrum. Through provision of high quality Family Support, Training, Recreation Services and Employability services the aim of the charity is to minimise disability and maximise ability of autistic individuals



	<b>Centre for ADHD and Autism Support (CAAS)</b> <b>020 84291552</b> <a href="http://www.adhdandautism.org">www.adhdandautism.org</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Offering support to those living with ADHD and Autism and their families. Services include: one to one support, Empowered outreach Project
	<b>Ealing - Mencap</b> <b>02085669575</b>	<b>All Ages</b>	<b>London</b>	Specialist information and advice services for people with learning disabilities /autism and their carers
<b>Legal Advice</b>				
	<b>Citizens Advice Bureau</b> <b>0344 8487903</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	General Advice and information on any concerns within your Borough.
	<b>The Law Society</b> <b>02072421222</b> <a href="https://www.lawsociety.org.uk">https://www.lawsociety.org.uk</a> <a href="http://solicitors.lawsociety.org.uk">http://solicitors.lawsociety.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	The Law Society helps our current and future members by: providing support, advice and guidance on areas of practice and management, tailored to members' individual needs supporting equality, diversity and inclusion within the legal profession, enabling and encouraging the best people to join regardless of their background campaigning on legal issues of importance to our members and the public acting as the approved regulator for solicitors, ensuring regulation is fair and proportionate while protecting the public.

	<b>MTG Solicitors</b> <b>020 3026 2548</b>	<b>18 +</b>	<b>London</b>	MTG Solicitors in Ealing holds regular legal advice and information sessions, both at the firm's office and at external locations. These events are useful for both privately paying clients and those being represented under the legal aid scheme.
	<b>Hillingdon Law Centre</b> <b>0208 561 9400 12</b> Harold Avenue, Hayes, Middlesex, UB3 4QW	<b>18 +</b>	<b>Hillingdon Borough</b>	Provide free legal advice to residents of West London and surrounding areas.
	<b>Hillingdon Women's Centre</b> <b>01895 259578</b> Long Lane, Hillingdon UB10 9JU	<b>18 +</b>	<b>Hillingdon Borough</b>	If you're looking for legal advice the centre provides a wide range of services. The current schedule is as follows: Monday – Childcare and Finance, Tuesday – Housing and Immigration, Wednesday – Domestic Violence and Family, Thursday – Personal Injury and Family. In order to access these services please contact the centre to book an appointment. We also ask for a £10 donation if you can afford it.
<b>London Borough of Hillingdon (LBH) Council</b>				

	<b>Councillors' names and addresses and advice surgeries</b> <a href="http://www.hillingdon.gov.uk/councillors">www.hillingdon.gov.uk/councillors</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Details about your Elected Representatives and how to contact them.
	<b>Conservative Group Office</b> <b>01895 250316/250728</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Contact point for Conservative councillors in Hillingdon.
	<b>Electoral Registration</b> <b>01895 250251</b> <a href="mailto:electoralservices@hillington.gov.uk">electoralservices@hillington.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Responsible for the preparation and publication of the electoral register and the conduct of elections.
	<b>Labour Group Office</b> <b>01895 250780</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Contact point for Labour councillors in Hillingdon.
	<b>Mayor's Office</b> <b>01895 250763</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Details of the Mayor of Hillingdon.
	<b>AntiSocial Behaviour (LBH)</b> <b>0800 694 0240</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Provides information and support with reporting anti-social behaviour such as damaging the environment, low-level disputes and clashes of life-style, or causing serious nuisance to others and even threats of violence and criminal activity. Find out how to report it.

	<b>Hillingdon Council Community Engagement 01895 484817</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	An innovative environmental and community safety improvements funding scheme.
<b>Lymphodema Services</b>				
	<b>Lymphoedema Clinic - Harlington Hospice 020 87590453</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Support patients with lymphoedema to manage their condition and reduce the negative impact on their quality of life.
<b>Mental Health Services</b>				
	<b>Hillingdon Mind 01895 271559</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Information, advice and support for people suffering with mental health issues: Social groups, signposting, counselling.

	<p><b>Hillingdon CAMHS (children and young people)</b>  <b>01895 256 521 - Minet Clinic</b>  <b>01895 485525 - Wood End Centre</b></p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hillingdon CAMHS provides community mental health services to children, young people up the age of 18, with complex mental health difficulties, and their families in a range of different ways depending on their needs. Our psychologists, psychiatrists, and therapists provide assessment and treatment packages for children, young people and their families. Treatment may include cognitive behavioural therapy (CBT), family therapy, play therapy, individual and group psychotherapy. Medication is also used when appropriate and carefully monitored by the doctors.</p>
	<p><b>Single Point Of Access - Adult Mental Health Services</b>  <b>0800 0234 650</b>  <a href="mailto:cnw-tr.spa@nhs.net">cnw-tr.spa@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>London</b></p>	<p>First point of contact for people seeking information on accessing adult mental health services</p>

	<p><b>Woodlands - Older Adults Mental Health Team</b>  <b>01895891104</b></p>	<p><b>60+</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Cedar Ward is a 16-bed unit providing mental health services to older adults with dementia. The main function of the ward is to offer assessment and treatment to service users with varying degrees of behavioural problems. Cedar Ward is the permanent home for four continuing care service users, the remaining 12 beds are for assessment and treatment.</p>
	<p><b>Community Mental Health Team - Adults. Hillingdon North</b>  <b>01895 485 536</b>  Pembroke Centre  <a href="mailto:hillcmht.north@nhs.net">hillcmht.north@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Our community mental health teams work with patients to develop recovery goals and offer continuity of care. They will assess the needs of the patient to make sure the treatment provided is personalised. They also offer more intensive care when people need it most and help patients to work towards greater independence in managing health and wellbeing.</p>

	<p><b>Community Mental Health Team - Adults.</b>  <b>Hillingdon West</b>  <b>01895 485 600</b>  Mead House  <a href="http://meadeastandwest.cnwl.nhs.net">meadeastandwest.cnwl@nhs.net</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Our community mental health teams work with patients to develop recovery goals and offer continuity of care. They will assess the needs of the patient to make sure the treatment provided is personalised. They also offer more intensive care when people need it most and help patients to work towards greater independence in managing health and wellbeing.</p>
	<p><b>Rethink - National</b>  <b>0121 522 7007</b>  <b>(General Enquiries)</b>  <b>0300 5000 927</b>  <b>(Information &amp; Advice Service)</b></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>We provide expert, accredited advice and information to everyone affected by mental health problems. We give people clear, relevant information on everything from treatment and care to benefits and employment rights. We have over 200 mental health services and 150 support groups across England. From psychological therapies and Crisis and Recovery Houses to peer support groups and housing services, we directly help thousands of people every year across England.</p>
	<p><b>Home Treatment Service</b>  <b>01895 891 056</b></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Psychological treatment of compulsive behaviours, or behavioural addictions.</p>

	<p><b>Swish - Age UK Harrow</b>  <b>020 88617980</b>  <a href="mailto:enquiries@ageukharrow.org.uk">enquiries@ageukharrow.org.uk</a>  <a href="http://www.harrowca.org.uk/support-wellbeing-information-service-harrow-swish/">http://www.harrowca.org.uk/support-wellbeing-information-service-harrow-swish/</a></p>	<p><b>18 +</b></p>	<p><b>Harrow</b></p>	<p>Anyone in Harrow aged 18 or over can call SWiSH for information and advice. This includes people looking for help for themselves, as well as carers, staff in local organisations and anyone with concerns about someone else. SWiSH can offer information or advice about a wide range of local services, including those that can help with: keeping fit and well, managing finances, joining social groups, looking for work, starting a course, applying for a personal budget. We can also help you find services that offer the following: financial advice, legal advice, advocacy, advice on welfare benefits and housing. You can access SWiSH in a number of ways: via phone, email, online, attending events, receiving bulletins and having one-to-</p>
	<p><b>Swish - Mind in Harrow</b>  <b>020 84260929</b>  <a href="mailto:info@mindinharrow.org.uk">info@mindinharrow.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Harrow</b></p>	<p>Specialist information and advice services for people with mental health problems</p>



	<p><b>Connect and Change</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>London</b></p>	<p>Specialist support for BME (Black and Minority Ethnic) Brent Residents experiencing mild to moderate mental health issues.</p>
	<p><b>Building Better Opportunities</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>London</b></p>	<p>Providing personalised employment support to people from BME (Black and Minority Ethnic) communities with common mental health conditions,across North West London.</p>

	<p><b>Project STRIDE</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>London</b></p>	<p>1:1 coaching and workshops to help access training, education and employment opportunities,for people with a history of issues with mental health,addiction or domestic violence. Available to residents of Brent,Ealing and Harrow.</p>
	<p><b>User - led Mental Health Service</b>  <b>020 85776059</b>  Each Counselling and Support ,Vine House,1-2 Factory  Yard,Hanwell,W7 3UG  <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a>  <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>London</b></p>	<p>3 day a week service for Hounslow residents at the Star Centre, offering peer groups and activities.</p>

	<b>The Jasmine Project</b> <b>020 85776059</b> Each Counselling and Support ,Vine House,1- 2 Factory Yard,Hanwell,W7 3UG <a href="http://www.eachcounselling.org.uk">www.eachcounselling.org.uk</a> <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>	<b>18 +</b>	<b>London</b>	Women's Service for Ealing residents,supporting complex needs, including domestic abuse,mental health,substance misuse.
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	<p><b>SANE</b>  <b>0300 304 7000 (Crisis helpline out-of-hours)</b>  <a href="http://www.sane.org.uk">http://www.sane.org.uk</a></p>	<b>All Ages</b>	<b>National</b>	<p>SANE is a UK-wide charity working to improve quality of life for people affected by mental illness. SANE has three main objectives linked to our aims and outcomes: To raise awareness and combat stigma about mental illness, educating and campaigning to improve mental health services. To provide care and emotional support for people with mental health problems, their families and carers as well as information for other organisations and the public. SANE offers emotional support and information to anyone affected by mental health problems through our helpline, Textcare and our online Support Forum where people share their feelings and experiences. We are open every day of the year from 4.30pm</p>
	<p><b>Samaritans - Local</b>  <b>01895 253 355</b>  <b>(free phone crisis line) - 116 123</b>  2 Press Road, Uxbridge,  UB8 1AT  <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>  <a href="http://www.hillingdonsamaritans.org.uk/">http://www.hillingdonsamaritans.org.uk/</a></p>	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>We provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.</p>
<b>Parents, Baby &amp; Toddler Support Group/Clubs</b>				

	<p><b>Mothers and toddlers group - Eastcote Community Association</b>  <b>020 8866 2050</b>          Southbourne Gardens,          Eastcote          HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Tuesday 9.30am - 11.30 am (term time only) (For Mothers and toddlers). Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>
	<p><b>Hillingdon DADS</b>  <b>07889 651016</b>  <a href="mailto:hillingdondads@gmail.com">hillingdondads@gmail.com</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hillingdon DADS are a Support and Social Group dedicated to dads who care for Children with Disabilities and SEN in the UK.</p>
	<p><b>Hillingdon Parent Carer Forum</b>  <b>07783 579 678</b>  <a href="http://www.hillingdonpcf.com">www.hillingdonpcf.com</a>  <a href="mailto:hillingdonpcf@gmail.com">hillingdonpcf@gmail.com</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Join with other like minded parents/carers to discuss services and resources available to children and young people with SEN in the london borough of Hillingdon.</p>

	<p><b>Artzania</b>  <b>07419343105</b>  Northwood Methodist Church, Northwood  <a href="mailto:keshma.artzania@gmail.com">keshma.artzania@gmail.com</a>  <a href="http://www.artzania.co.uk">www.artzania.co.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Art and craft activity club for mother &amp; toddler club 1-4 yrs &amp; kids after school club 5-11 yrs  Fri -10.00 am to 11.00 am &amp; Sat - 10.30am to 11.30am ,1.45pm to 2.45pm,3.45pm to 4.45pm</p>
	<p><b>Support Group for new and expectant parents - NCT Hillingdon</b>  <b>07470 168648</b>  St Margaret's Church, Windsor Street, Uxbridge UB8 1PL  <a href="mailto:hillington@nct.org.uk">hillington@nct.org.uk</a>  <a href="http://www.nct.org.uk/branches/hillingdon">http://www.nct.org.uk/branches/hillingdon</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>For Mums, Dads, babies, toddlers, carers, families. Providing support new and expectant parents in the London Borough of Hillingdon, which includes Uxbridge, Hayes, Ruislip, Northwood, Ickenham, West Drayton, Yiewsley, Heathrow Villages, Harefield, Northolt, Yeading and Hillingdon. Bumps and Babies group (all Mondays except bank holidays, from 1pm-3:30pm and Monthly coffee morning on First Thursday of the Month at 10.00am Debenhams Restaurant (Ground Floor - Intu shopping mall).</p>

	<b>Junior Church &amp; Creche</b> <b>01895 258956</b> Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Sunday 11.00am to 12noon (Weekly)
<b>Parkinsons Care &amp; Support</b>				
	<b>Tai Chi - Parkinson's UK</b> <b>01895 420409 or 07771 872592</b> Track Room, Hillingdon Leisure Centre, Uxbridge UB8 1ES	<b>60+</b>	<b>Hillingdon Borough</b>	Mondays from: 11:00 to: 12:00
	<b>Parkinson's UK</b> <b>0808 800 0303</b> (helpline) Text relay: <b>18001 0808 800 0303</b> <a href="mailto:hello@parkinsons.org.uk">hello@parkinsons.org.uk</a>	<b>All Ages</b>	<b>National</b>	The Parkinson's UK helpline is a free and confidential service providing support to anyone affected by Parkinson's.

	<p><b>Parkinson's UK Support Group</b>  <b>01895 258956</b> (Christ Church)  Christ Church, Redford Way, Belmont Road, Uxbridge, UB8 1SZ  <a href="mailto:Office@christchurchuxbridge.org.uk">Office@christchurchuxbridge.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Support group for people suffering from Parkinson's: TUESDAY – Last Monthly 2.00pm – 4.00pm, Room 9</p>
	<p><b>Parkinson's Disease Nurse Specialist</b>  <b>01895 486127</b>  (referrals) Monday to Friday <a href="mailto:hil-pct.pnshillingdon@nhs.net">hil-pct.pnshillingdon@nhs.net</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>For individuals registered with a General Practitioner located in the London Borough of Hillingdon under the care of a Consultant Neurologist, who have a confirmed diagnosis of Parkinson's or Parkinson's Plus syndromes. Offering: Support, advice and information including the medicines and treatments used, A holistic nursing assessment with individualised care plans, Education about the condition and how to self manage, Referrals or recommendations to other services and agencies that can, support people in managing their condition. Referrals can be made: by a GP, Consultant, or any multidisciplinary healthcare professional involved the patient's care.</p>



Police Services				
	<b>Metropolitan Police non-emergency number 101</b> <a href="mailto:hillington.enquiries@met.police.uk">hillington.enquiries@met.police.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Contact to discuss a crime, get information and advise on criminal activity or a potential crime you have witnessed. Call 999 if someone is in immediate danger.
	<b>Hillingdon Neighbourhood Watch 020 82461869</b> <a href="mailto:all@hillingtonnhw.co.uk">all@hillingtonnhw.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Neighbourhood Watch is you volunteering, in partnership with the Metropolitan Police (Hillingdon), supported by Hillingdon Council. Neighbourhood Watch is about looking out for your neighbours in your street and in your neighbourhood, especially the old, young or vulnerable.
	<b>AntiSocial Behaviour (LBH) 01895 556000</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Investigates and takes enforcement actions against people who commit offences against persons or property.

	<b>Online Watch Link (OWL)</b> <a href="https://www.owl.co.uk/">https://www.owl.co.uk/</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>OWL keeps communities safe, helps reduce crime and keeps people informed of what's going on locally. It's a shared, secure platform for the public and local authorities to maximise the potential of Neighbourhood Watch, Rural Watch, Business Watch and dozens of other schemes. OWL sends you the latest local crime alerts and provides management tools for maintaining and expanding watches. OWL was featured on BBC Crimewatch.</p>
<b>Respiratory/ Breathing/ COPD</b>				
	<b>Hillingdon Rapid Response Service</b> <b>01895 633546</b> Ickenham Clinic, Community Close, Ickenham,, Uxbridge, UB10 8RE	<b>18 +</b>	<b>Hillingdon Borough</b>	<p>Hillingdon Rapid Response Service provides a single point of contact for adult patients experiencing a health crisis who could be safely cared for in the community instead of being admitted to hospital. The multi-disciplinary team assesses and initiates services in order to support the patient, within two hours of referral. They work closely with the patient's general practitioner (GP), district nurses and other community health, social and voluntary services to identify the most appropriate and safe package of care.</p>

	<b>Singing for Breathing group</b> <b>02073528121</b> Bailey Hall, Christ Church, Redford Way, Belmont Road, Uxbridge, UB8 1SZ <a href="mailto:arts@rbht.nhs.uk">arts@rbht.nhs.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	A vocal coaching workshop teaching posture, relaxation techniques and breathing exercises with group singing - For people with COPD and other respiratory conditions. Every Monday 2pm to 3pm (Except Bank Holidays).
	<b>British Lung Foundation (Breathe Easy local group)</b> <b>01895 232 335</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Breathe Easy Local Group at Hillingdon Hospital – a support group for people affected by lung conditions including their friends, family and carers.
<b>Safeguarding</b>				
	<b>Safeguarding children's team</b> <b>01895 277930</b>	<b>0 - 18</b>	<b>Hillingdon Borough</b>	Supporting the operational aspects of child safeguarding within the borough and provides advice and guidance on complex cases.
	<b>Safeguarding adult's team</b> <b>01895 556633</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	If you are concerned about someone who is a victim of abuse or if you think someone maybe abusing another person.
<b>Sensory Impairment</b>				

	<p><b>Visual Impaired People VIP (Women's Group)</b>  <b>01895 258956</b>  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Tuesday 10.30am to 12.30pm (2nd monthly Oct-Mar)</p>
	<p><b>Uxbridge Blind Social Club</b>  <b>01895 258956</b>  Bailey Hall, Christ Church, Redford Way  Belmont Road  Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Thursday 2.30pm to 4.30pm (1st Monthly)</p>

	<p><b>Hayes Deaf Social Club</b>  <b>01895 434809</b>  The Pavilion, Kingston  Playing Fields Chestnut  Avenue, Yiewsley,  Middlesex  UB7 8BT  <a href="mailto:info@crowncentre.org.uk">info@crowncentre.org.uk</a>  <a href="http://www.connecttosupporthillingdon">http://www.connecttosupporthillingdon</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Every Saturday evening at 6pm for a programme of social activities. This is suitable for all ages. Cost £2.00.
	<p><b>AMIGOS – Visual Impaired Group</b>  <b>01895 258956</b>  Room 7, Christ Church,  Redford Way  Belmont Road  ,Uxbridge  UB8 1SZ  <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a>  <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a></p>	<b>All Ages</b>	<b>Hillingdon Borough</b>	<p>Activities: Speakers and outings  For: All  Where: Christchurch, Redford Way, Uxbridge  When: First Tuesday of every month, 10.30am-12.30pm  Transport: Not provided  Cost: £3.00 per year  Contact: Christina on 01895 677697</p>
	<p><b>Middlesex Association for the Blind</b>  <b>02084235141</b></p>	<b>18 +</b>	<b>Hillingdon Borough</b>	Offer befriending, information and advise, help with paperwork

	<b>RNIB</b> <b>03031239999</b>	<b>All Ages</b>	<b>National</b>	Visual impairment support, information and advice
	<b>Complete Care Opticians</b> <b>0203 418 8488</b> <a href="mailto:seeme@ccchealth.co.uk">seeme@ccchealth.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Providing FREE NHS Eye Tests at home for clients who have trouble getting to the High Street on their own.
	<b>Ear 4 U - Help &amp; Advice</b> <b>01895 672 706 /</b> <b>07890315156</b> 86 Victoria Road, Ruislip HA4 0AL <a href="mailto:annesargent@live.co.uk">annesargent@live.co.uk</a> <a href="http://www.ear4u.co.uk">www.ear4u.co.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	EAR4U is based in Ruislip, where we run informal coffee meetings which are held on Monday mornings, between 10am and 1pm, for anyone wishing to drop in. Maybe just to have a chat or find out information on how to improve your life with deafness.
	<b>Hillingdon Sensory Team (Social Care Direct)</b> <b>01895 556633</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Through Social services, they can assist with home assessments and organise support in and out fo the home for people with any sensory impairment
<b>Sexual Health Services</b>				

	<p><b>Fountains Mill Young People's Service</b>  <b>020 8453 2751</b>  Fountains Mill Young People's Centre, 81 High Street, Uxbridge UB8 1JR</p>	<p><b>16 - 24</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Contraception services for young people - 20s and under: -Male condoms, Emergency contraception, Oral contraception (combined and progestogen-only pills), Injectable contraception, Contraceptive patches, Pregnancy testing, Sexual Health, Sexual health information and advice  Free condoms &amp; lubricant, Self-testing for chlamydia and gonorrhoea (age 24 &amp; under only), Advice on abortion and support around unwanted pregnancy.</p>
	<p><b>Oaklands Clinic</b>  <b>020 8453 2751</b>  Oaklands Clinic, 32 Parkway, Uxbridge, UB10 9JX</p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Services provided  Male condoms, Emergency contraception, Oral contraception (combined and progestogen-only pills)  Injectable contraception, Implants, Contraceptive patches, IUDs and IUSs (intra-uterine contraception)  Diaphragm, Vaginal ring (NuvaRing), Pregnancy testing, Advice for abortion and support around unwanted pregnancy, Self-testing for chlamydia and gonorrhoea (aged 24 and under only).</p>

	<p><b>Brunel University Medical Centre 020 8453 2751</b> The Medical Centre, Brunel University London, Kingston Lane, Uxbridge UB8 3PH</p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Sexual health information and advice, Testing and treatment for STIs, Hepatitis B vaccination, HPV vaccine for MSM (men who have sex with men), Post exposure prophylaxis after sexual exposure (PEPSE) to prevent HIV, Male and female condoms, Emergency contraception, Oral contraception (combined and progestogen-only pills), Injectable contraception, Contraceptive patches and rings Pregnancy testing, Pre-pregnancy (conceptual) advice.</p>
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	<p><b>The Hesa Centre Hesa Primary Care Centre</b>  <b>020 8453 2751</b>  52 Station Road,  Hayes, UB3 4DD</p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Contraception, Male condoms, Emergency contraception, Oral contraception (combined and progestogen-only pills), Injectable contraception Implants, Contraceptive patches, IUDs and IUSs (intra-uterine contraception), Diaphragm, Pregnancy testing, Advice for abortion and support around unwanted pregnancy, Implants, IUDs and IUSs. There are dedicated clinics, by appointment, for contraceptive implant removals/exchanges, IUD and IUS insertions and problems, natural family planning and contraceptive advice for women with medical problems. Contraception Services for under 20's, There are walk in sessions for under 20's on Monday afternoons and</p>
	<p><b>KISS (Keep It Safe &amp; Sorted)</b>  <b>01895257285</b>  Fountains Mill, 81 High Street, Uxbridge, UB8 1UW  <a href="mailto:KISS@hillingdongrid.org">KISS@hillingdongrid.org</a></p>	<p><b>0 - 18</b></p>	<p><b>Hillingdon Borough</b></p>	<p>A confidential drop-in service for young people who are under 21. They provide advice and information on sexual health, pregnancy, drugs and more.</p>
<p><b>Social Clubs / Community Groups</b></p>				

	<p><b>Uxbridge Folk Club</b>  <b>07985 018317</b>  388a Long Lane,  Hillingdon  UB10 9PG  <a href="mailto:uxbridgefolk@blueyonder.co.uk">uxbridgefolk@blueyonder.co.uk</a>  <a href="http://www.tinyurl.com/uxfolk">http://www.tinyurl.com/uxfolk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Twice monthly folk music concerts with the opportunity for local artists to perform. Suitable for everyone. Thursday evenings (8pm - 11pm)  Cost - Normally £8 on the door, Students £3, Under -18s free</p>
	<p><b>Tea Dance - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>(For adults in Hillingdon) Friday 1.15pm - 4.30pm and 3rd Saturday in month 7.45pm - 11.45pm  Nominal cost</p>

	<b>West of London Astronomical Society (WOLAS)</b> <b>01895 258956</b> Chapel, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Monday 8.00pm-10.00pm (As advised 2nd Bi-monthly)
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	<p><b>Hillingdon Family History Society</b>  <b>01753 885602</b>  20 Moreland Drive,  Gerrards Cross, Bucks  SL9 8BB  <a href="mailto:hillingdonfhs@onetel.com">hillingdonfhs@onetel.com</a>  <a href="http://www.hfhs.co.uk">http://www.hfhs.co.uk</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Promotes and encourages the public study of family history and related subjects with particular reference to the London Borough of Hillingdon. Specifically provides a regular programme of educational talks, provide facilities for personal research with assistance as required and issues a quarterly journal. Monthly talks and weekly research facilities are held at Hillingdon Park Baptist Church, 25 Hercies Road, Uxbridge UB10 9LS with additional research sessions at Uxbridge Central Library on the first Saturday of each month.  Cost - Membership is £12 per annum which includes access to the talks and the journal. Research at Hillingdon costs an additional £2 per session. There is no</p>
	<p><b>Yiewsley Cornerstone Centre</b>  <b>01895 458310</b>  Colham Avenue,  Yiewsley, Middlesex  UB7 8HF  <a href="mailto:info@yiewsleycornerstone.co.uk">info@yiewsleycornerstone.co.uk</a>  <a href="http://www.yiewsleycornerstone.co.uk">http://www.yiewsleycornerstone.co.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Weekly Social Group for over 65's</p>

	<p><b>Irish Club (Fáilte) - Age UK Hillingdon</b>  <b>020 8589 0075</b>  Immaculate Heart of Mary Church, The Parish Hall, Botwell Lane, Hayes UB3 2AB  <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a>  <a href="http://www.ageuk.org.uk/hillingdon">http://www.ageuk.org.uk/hillingdon</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Monday afternoons between 12.30pm and 3.30pm. This is a free service.</p>
	<p><b>Southbourne Womens Institute - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens, Eastcote HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>1st Tuesday in month 7.15pm - 10.30pm, other Tuesdays 7.30pm - 9.30pm  Nominal Cost</p>

	<p><b>Oak Community Group - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org. uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>3rd Sunday in month 9.30am - 1.00pm  for Adults &amp; children in Hillingdon (free  breakfast social for local people  including kids corner).Nominal cost</p>
	<p><b>Age UK Hillingdon - lunch club</b>  <b>01895 544250 / 020 8589 0064</b>  Central Office, 2 Chapel  Court, 126 Church  Road, Hayes  UB3 2LW  <a href="mailto:enquiries@ageukhillington.org.uk">enquiries@ageukhillington.org.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>12 noon on Thursday or Friday  .Reasonable price.</p>

	<p><b>Bell Farm Christian Centre- lunch club</b>  <b>01895 444406</b>          South Road, West Drayton, Middlesex          UB7 9LW  <a href="mailto:info@bfcc.org.uk">info@bfcc.org.uk</a>  <a href="http://www.bfcc.org.uk">http://www.bfcc.org.uk</a></p>	<p><b>65 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Older Persons Lunch and Social Club for Persons over the age of 65          Tuesday 11:00am-3:00 pm. £4:50 for the meal and £2:50 for transport.</p>
	<p><b>Yiewsley Methodist Lunch Club</b>  <b>01895 445060</b>          Yiewsley Methodist Church, Fairfield Road, Yiewsley, Middlesex          UB7 8EY  <a href="mailto:rebarker@tinyworld.co.uk">rebarker@tinyworld.co.uk</a></p>	<p><b>65 +</b></p>	<p><b>Uxbridge and West Drayton</b></p>	<p>For the elderly and lonely people in the local community Alternate Wednesdays from 11am. Charge : £2.50</p>

	<p><b>The Tudor Club</b>  <b>0208 866 8603</b>  461 Field End Road,  Ruislip  HA4 9NZ</p>	<p><b>60+</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>It is a members only (£4 annual membership) luncheon club for the over 60's. We are a charity, open every week day, providing a healthy 3 course, home cooked lunch. This is all freshly prepared and baked by our experienced cooks, on our premises. We have after lunch activities 3 days a week - including the ever popular game of Bingo. If you care to join us, we also enjoy days out, occasional holidays, weekend activities and entertainment at the club on a regular monthly basis. Monday to Friday  Cost - Lunch will cost you £3.20 for dinner and dessert. We also serve drinks (30p) and soups (20p).</p>
	<p><b>Irish Club (Fáilte) - Age UK</b>  <b>020 8589 0075</b>  RC Parish Hall, Botwell Lane ,Hayes UB3 2AB</p>	<p><b>65 +</b></p>	<p><b>Hayes and Harlington</b></p>	<p>Mon 1pm – 3.30pm</p>



	<b>Lunch Club - Age UK Hillingdon</b> <b>020 8589 0064</b> Townfield Centre, Townfield Road, Hayes UB3 2EL	<b>60+</b>	<b>Hillingdon Borough</b>	Thurs & Fri 12.00 pm
	<b>Church Coffee Morning</b> <b>01895 258956</b> Meeting Area, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ	<b>60+</b>	<b>Hillingdon Borough</b>	Saturday 10.00am - 12noon (Weekly)
	<b>Sunday Lunches</b> <b>01895 258956</b> Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ	<b>All Ages</b>	<b>Hillingdon Borough</b>	Sunday 1.00pm – 2.00pm (2nd Monthly)

	<b>Friend's Coffee Mornings - Dementia</b> <b>01895277137</b> Botwell Library & Leisure Centre, East Avenue, Hayes UB3 2HW / Northwood Hills Library, Potter St, Northwood HA6 1QQ <a href="mailto:sdurner@hillington.gov.uk">sdurner@hillington.gov.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	For people living with Dementia and for their carers. Every Thursday 11.00am - 12.30pm
	<b>Elm Park Luncheon Club</b> <b>01895634962</b>	<b>60+</b>	<b>Hillingdon Borough</b>	Can provide transport to and from lunch group for £1.20.
<b>Sports Clubs</b>				
	<b>Uxbridge Lawn Tennis Club</b> <b>07951826135</b> Gatting Way, Uxbridge, UB8 1NR <a href="http://www.uxbridgetennisclub.org.uk">www.uxbridgetennisclub.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	We offer a wide range of social and competitive tennis for all standards, ages and abilities. We enter men's, ladies, mixed and junior teams into many of the local competitions.

	<p><b>Indoor Bowls - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>18 +</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Monday, Tuesday, Wednesday, Thursday and Sunday 1.30 p.m. - 3.15 p.m. (October - April) (For all Adults)  Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>
	<p><b>Table Tennis - Eastcote Community Association</b>  <b>020 8866 2050</b>  Southbourne Gardens,  Eastcote  HA4 9SQ  <a href="mailto:office@eastcoteca.org.uk">office@eastcoteca.org.uk</a>  <a href="http://connecttosupporthillington.org">http://connecttosupporthillington.org</a></p>	<p><b>18 +</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>(For all adults) Monday &amp; Wednesday 7.45pm - 11.00pm  Nominal cost. There is an annual membership fee to join the Community Centre for access to listed activities; this is currently £2 for senior citizens and £5 for adults.</p>

	<p><b>Queensmead Sports Centre</b>  <b>01895 250453</b>  Queensmead Sports Centre, Victoria Road, South Ruislip  HA4 0JE  <a href="mailto:sportsdev@hillington.gov.uk">sportsdev@hillington.gov.uk</a>  <a href="http://young.hillingdon.gov.uk/sports">http://young.hillingdon.gov.uk/sports</a></p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>For Young people with special needs aged 8-19 years every Saturday, 1.45pm to 3.15pm. Cost : £3.00 per session</p>
	<p><b>Hayes Amateur Boxing Club</b>  <b>07891072454</b>  Judge Heath Lane, Hayes, UB3 2PF</p>	<p><b>All Ages</b></p>	<p><b>Hillingdon Borough</b></p>	<p>Hayes Amateur Boxing Club offers Training for three different ages groups, Nursery (8-11), Junior (11-16) and Senior (17+).</p>
	<p><b>Ruislip Rugby Football Club</b>  <b>01895633102</b>  The Clubhouse, West End Road, Ruislip, HA4 6DR  <a href="http://www.pitchero.com/clubs/ruislip/">www.pitchero.com/clubs/ruislip/</a></p>	<p><b>All Ages</b></p>	<p><b>Ruislip and Northwood</b></p>	<p>Subscriptions:, Players Membership £240.00, Student Membership £140.00, Veterans Per game played £5.00, Mini/Youth Under 12 Parent(s)+ 1 child £120.00 (£100 early bird payment if paid before 30th September), Mini/Youth Over 12 Parent(s) + 1 child £145.00 (£125 early bird payment if paid before 30th September), Family Parents + children in any age group £180.00 (£160 early bird payment if paid before 30th September).</p>

	<b>Hillingdon FC</b> <a href="http://www.hillingdonfc.com">www.hillingdonfc.com</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Youth Football club
	<b>Spirit Combat –  Martial Arts</b> <b>01895 258956</b> Watts Hall, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Tuesday 6.45pm to 8.45pm (Weekly)
	<b>Kamon Wing Chun –  Martial Arts</b> <b>01895 258956</b> Bailey Hall, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ	<b>All Ages</b>	<b>Hillingdon Borough</b>	Thursday Youth- 6.00pm to 6.45pm Adults- 7.00pm to 8.30pm (Weekly)

	<b>Northwood Bowling Club</b> <b>01923 779 827</b> Chestnut Avenue, Northwood, HA6 1HR	<b>All Ages</b>	<b>Ruislip and Northwood</b>	We welcome new members of any age, and coaching is available for newcomers to the game. Prospective members are welcome to drop in during the playing season - there is usually someone at the Green on weekday afternoons.
	<b>Taekwondo - Eastcote Community Association</b> <b>020 8866 2050</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	(For adult and children in Hillingdon) Monday's 4.30pm -5.45pm, Thursdays 7.30pm - 9.00pm, Saturdays 10.00am - 11.00am and 11.15am - 12.15pm Nominal cost
<b>Substance Misuse &amp; Addiction</b>				
	<b>Addiction, Recovery, Community, Hillingdon Service (Arch)</b> <b>01895 207 777</b> Old Bank House, 64 High Street, Uxbridge, UB8 1JP <a href="mailto:arch.hillingdon@nhs.net">arch.hillingdon@nhs.net</a>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Social activities, groups, recovery rehabilitation, counselling, support groups for people with substance misuse and addiction

	<b>Alcohols Anon (AA)</b> <b>01895 258956</b> Room 8, Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Support for families and friends of problem drinkers - Tuesday 10.30am to 12.00 noon (Weekly)
	<b>Drug &amp; Alcohol Service Hillingdon (HDAS)</b> <b>01895 207777</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Assessment Team, Day Service and Drop In.
	<b>Gamblers Anonymous</b> <b>01895 258956</b> Christ Church, Redford Way Belmont Road Uxbridge UB8 1SZ <a href="mailto:office@christchurchuxbridge.org.uk">office@christchurchuxbridge.org.uk</a> <a href="http://www.christchurchuxbridge.org.uk">www.christchurchuxbridge.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Monday 8.00pm to 10.00pm (Weekly)
<b>Traders/Home Maintenance</b>				

	<b>Check a Trade Customer Service 0333 0146 190</b>	<b>All Ages</b>	<b>National</b>	Search through our 31,712 recommended, vetted and monitored trades and service providers for free.
	<b>Age UK Hillingdon 01895 544 250 (Information &amp; Advice Line)</b>	<b>60+</b>	<b>Hillingdon Borough</b>	Call Age UK Hillingdon's I&A line to ask for tradespeople information or other services and support locally.
	<b>Age UK London Business Directory 0800 334 5056</b>	<b>60+</b>	<b>London</b>	Search for trades people who cover Hillingdon and surrounding areas using the website or enquire through their London Business Directory telephone number.
<b>Transport Services</b>				
	<b>Dial-a-Ride 01895 556633</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Generally short trip transport for people with disabilities & over 85s
	<b>Driving Miss Daisy (private) 0782516250</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	Transport & companionship
	<b>A Perfect PA 01895 825 809 / 07925 603830 <a href="mailto:sarah@aperfectpa.co.uk">sarah@aperfectpa.co.uk</a></b>	<b>All Ages</b>	<b>Ruislip and Northwood</b>	A Personal assistant for many aspects of life - companionship assistance in the home or out and about.
	<b>Blue Badge 01895 56633</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Provides information and support for parking in restricted areas for drivers with visual impairment or disability.



	<b>Age UK Hillingdon Good Neighbour Scheme 0208 589 0071</b>	<b>65 +</b>	<b>Hillingdon Borough</b>	Occasional support to get to appointments, organising paperwork and accompanying to clubs or groups (up to 6 times)
	<b>Brown Badge 01895 277 277</b>	<b>65 +</b>	<b>Hillingdon Borough</b>	Provides information and support about Brown Badge that provides easy-access parking for Hillingdon Residents aged over 65 .
	<b>Taxicard 01895 556633</b>	<b>All Ages</b>	<b>Hillingdon Borough</b>	LBH Social Care Direct
<b>Volunteering</b>				
	<b>Volunteering - Age UK Hillingdon 020 8756 3040</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Providing volunteering opportunities to get involved in any part of Age UK work ex.helping in our retail shops , to helping in our Information & Advice Service, Hospital & Community Services, Home Services, and Social Wellbeing Services, Fundraising or helping in our Head Office.

	<b>Carers Trust Thames</b> <b>01895 258888</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Offering volunteering opportunities to make a difference to vulnerable or disabled people in your community. Volunteering with us can help you build your confidence, increase your skills, and ensure that you have up-to-date work experience on your CV. You can also earn time credits for each hour that you volunteer, if you live in Buckinghamshire.
	<b>Hillingdon Carers</b> <b>01895 811 206</b>	<b>18 +</b>	<b>Hillingdon Borough</b>	Provides information on all carer support services.
	<b>Northwood Live at Home</b> <b>01923 842 494</b>	<b>18 +</b>	<b>Ruislip and Northwood</b>	Offering opportunities to volunteers to understand how these can benefit the lives of the older people we serve as well as developing the talents of those who support Live at Home.

	<b>Groundwork Thames Valley</b> <b>01895832662</b> Colne Valley Park Centre, Denham Court Drive, Denham, Uxbridge, UB9 5PG <a href="mailto:tv@groundwork.org.uk">tv@groundwork.org.uk</a> <a href="http://www.groundwork.org.uk">www.groundwork.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Create and improve green spaces for community benefit and to reconnect people with nature, Provide training and support to help those furthest from the job market back into work especially young people, Promote greener living and working to help families and individuals save money, resources and reduce waste, Therapeutic gardening for people with disabilities.
	<b>H4All Volunteer Hub</b> <b>0773 8112491</b> <a href="mailto:naman@h4all.org.uk">naman@h4all.org.uk</a>	<b>18 +</b>	<b>Hillingdon Borough</b>	Provides exciting volunteering opportunities to learn new skills, enhance your CV and improve your employability and help make a difference to your local community.
<b>Victim Support</b>				

	<p><b>Victim Support</b>  <b>0808 168 9291</b>  <b>0808 16 89 111 (out-of-hours)</b></p>	<p><b>All Ages</b></p>	<p><b>London</b></p>	<p>Lines are open 8am-8pm Monday to Friday and 9am-5pm on Saturdays. Providing emotional and practical help to people who have been affected by crime and live and work in London. As well as offering emotional and practical support to people affected by crime, we run a number of specialist services in West London, including: Domestic Abuse Project (Supporting victims and survivors of domestic and sexual violence.), Young People Support Project (We have specially trained caseworkers to help children and young people who have been affected by crime.), Antisocial Behaviour Support Project (Working with victims of antisocial behaviour to ensure you receive the support you need.),</p>
	<p><b>NSPCC</b>  <b>0808 800 5000</b>  <b>(Helpline)</b>  <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>  <a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>National</b></p>	<p>Charity helping the prevention of child abuse, supporting children with; Domestic abuse, Sexual abuse, Neglect, Online Abuse, Physical Abuse, Emotional Abuse, Child Sexual Exploitation, Female Genital Mutilation (FGM), Bullying and cyberbullying, Child trafficking, Grooming, Harmful Sexual Behaviour, Family issues.</p>

	<b>Childline</b> <b>0800 1111</b>	<b>0 - 18</b>	<b>National</b>	Childline offers free, confidential advice and support whatever your worry, whenever you need help.
	<b>Police</b> <b>999 (emergency)</b> <b>101 (non-emergency)</b>	<b>All Ages</b>	<b>National</b>	Report a crime or an emergency on 999. dial 101 for any non emergency quiries, information and advice on potential crimes and disturbances.
	<b>West London Rape</b> <b>Crisis Centre (Women</b> <b>&amp; Girls Network)</b> <b>0808 801 0770</b> (helpline) <b>020 8567 7347</b> (office line) <a href="mailto:rcc@wgn.org.uk">rcc@wgn.org.uk</a> <a href="http://www.wgn.org.uk">http://www.wgn.org.uk</a> /	<b>All Ages</b>	<b>London</b>	WLRCC Services include: <ul style="list-style-type: none"> <li>• A telephone helpline which offers survivors emotional support and practical advice.</li> <li>• Individual counselling from between 15 weeks up to one year.</li> <li>• Group work on specific themes, plus an 'ending group' for women ending individual therapy.</li> <li>• Body therapies offering survivors the opportunity to reconnect with their body in a positive way.</li> <li>• An Independent Sexual Violence Advisor (ISVA) service to provide advocacy and support to survivors of sexual violence, including specialist support through the criminal justice system. Email <a href="mailto:isva@wgn.org.uk">isva@wgn.org.uk</a>. The Women and Girls Network also offer a</li> </ul>

	<p><b>Safeline</b>  Male Helpline: <b>0808 800 5005</b>  General Helpline: <b>0808 800 5008</b>  Young people's Helpline: <b>0808 800 5007</b>  <b>07860 027573 (Text line - general help and advise)</b>  <a href="https://www.safeline.org.uk">https://www.safeline.org.uk</a>  <a href="mailto:office@safeline.org.uk">office@safeline.org.uk</a></p>	<p><b>All Ages</b></p>	<p><b>London</b></p>	<p>A Specialised charity working to prevent sexual abuse and to support those affected in their recovery. This includes working with people whose mental health issues (manifesting for example as self-harming) suggest that they may be vulnerable to abuse. We cover services ranging from: Counselling: face-to-face, by telephone and online, as well as creative therapies such as art therapy and dramatherapy, National helplines and online support (text, chat, email) providing immediate emotional support, information and advice to anyone affected by sexual abuse or rape, Independent Sexual Violence Advisors (ISVAs), providing emotional and practical support for those individuals who choose to report the</p>
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	<p><b>Solace (SARC) - Sexual Assault &amp; Referral Centre</b>  <b>0300 130 3036</b>  Thames Valley SARC  Slough, Upton Hospital,  Church Street, Slough,  SL1 2BJ</p>	<p><b>All Ages</b></p>	<p><b>London</b></p>	<p>Solace Sexual Assault Referral Centres (SARCs) provide local communities with a safe, discreet and caring environment to support victims of rape and sexual assault. Our integrated approach ensures that you are in control of the services you receive and are supported in the immediate aftermath of an attack. The Solace Centre is able to:  Perform a forensic examination by a specialist forensic doctor, Provide crisis support at your initial visit and arrange follow up appointments, Provide telephone advice, Provide independent advocacy and support with practical matters, Introduce other support services, for example Rape Crisis and Victim Support.</p>
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