

Barnet Services

Please find below a list of local and national services which may be of interest. For further information about local services contact your local council.

Contents Page

Alcohol and Drugs.....	Page 3
Benefits.....	Page 4
Carers	Page 5
Counselling	Page 5
Debt.....	Page 6
Disabilities	Page 7,8
Disease Specific Support.....	Page 9
Domestic Violence	Page 10
Education, Training and Employment	Page 11
Families	Page 12,13,14
Care Support.....	Page 15,16
Health	Page 17
Housing	Page 18
Information and advice	Page 19,20
Mental Health	Page 21
Palliative Care	Page 22
Physical Health and Fitness	Page 23
Social	Page 24
Young People.....	Page 25,26
Other community group services.....	Page 27,28, 29

Colindale & Burnt Oak HealthCare LTD

The Colindale & Burnt Oak Healthcare LTD is comprised of 6 local GPs, working together to provide better patient care. These GPs are inclusive of:

*Watling Medical Centre
Oak Lodge Medical Centre
Everglades Medical Centre
Parkview
Dr Sirisena
Dr Mikanji*

Barnet Council

Your local council provides information and services including around housing, environment, health and social care, transport, public safety, education and leisure.

Tel: 020 8359 2000
North London Business Park, Oakleigh Road South, London, N11 1NP
Email: first.contact@barnet.gov.uk
www.barnet.gov.uk

You can also visit the council at the following locations:

Hendon Town Hall

The Burroughs, London, NW4 4AX

Barnet House

1255 High Road, Whetstone, N20 0EJ

Mill Hill Depot

Bittacy Hill, London, NW7 1BL

For emergencies out of hours, please use the number above.

Alcohol and drugs

If you or someone you care about has a problem with drugs or alcohol, you can get support and advice from the following:

Help lines:

Alcoholics Anonymous (AA)

Tel: 0845 769 7555

www.alcoholics-anonymous.org.uk

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the fellowship for help.

FRANK

Tel: 0300 123 6600 (*24 hour helpline*)

www.talktofrank.com

National charity, offering advice and information about drugs. Website has a search function for finding local services.

Narcotics Anonymous

Tel: 0300 999 1212 (*10am -12am helpline*)

Barnet Drug and Alcohol Service

Tel: 020 8702 4300

Ground Floor, Dennis Scott Unit,
Edgware Community Hospital
Burnt Oak Broadway, HA8 0AD

www.beh-mht.nhs.uk

Treatment service providing access to a range of treatment options to individuals for whom drugs and alcohol have become a problem.

Westminster Drug Project (WDP)

Tel: 0208 371 8110

The recovery Centre

WDP Barnet

42a Hendon Lane

London N3 1TT

This service offers a range of support to individuals who wish to receive advice, assessment and treatment for their drug and alcohol problems.

Benefits

For further information about benefit claims and how to make a claim please visit the website www.gov.uk.

Attendance Allowance

Telephone: 0345 605 6055

Textphone: 0345 604 5312

Monday to Friday, 8am to 6pm

You could get £54.45 or £81.30 a week to help with personal care because you're physically or mentally disabled and you're aged 65 or over.

It's paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

The other benefits you get can increase if you get Attendance Allowance.

To apply for this you can fill out the online form.

Employment and Support Living Allowance (ESA)

Tel: 0800 055 6688

Textphone: 0800 023 4888

Monday to Friday, 8am – 6pm.

This is for people who are ill or disabled. They will offer you financial support if you are unable to work or offer personalised help so that you can work if you are able to. You can apply for ESA if you are employed, self employed or unemployed. In order to receive this benefit, individuals need to be assessed by the work capability assessment team.

Carer's Allowance

Telephone: 0345 608 4321

Textphone: 0345 604 5312

Monday to Thursday, 8:30am to 5pm

Friday, 8:30am to 4:30pm

You do not have to be related to, or live with the person you care for. You must be 16 or over and spend at least 35 hours a week caring for them. Carers allowance is taxable and may affect other benefits.

To apply for this you have to fill out the online application.

Disability Living Allowance (DLA)

Telephone: 0345 712 3456

Textphone: 0345 722 4433

Monday to Friday, 8am to 6pm

You can only make a new claim for DLA if you are claiming for a child under 16- this is known as DLA for children.

Anyone over 16 must apply for Personal Independence Payment.

Personal Independence Payment (PIP)

Tel: 0800 917 2222

Textphone: 0800 917 7777

Monday to Friday 8am to 6pm

PIP helps with some of the long term ill health or a disability if you are aged 16 – 64. You will need an assessment to receive this.

You can get PIP quicker if you are not expected to live more than 6 months, Phone DWP to start your PIP claim and then send them form DS1500 (you can only get this form from a doctor or other healthcare professional).

You will not need to complete the 'How your condition affects you' form or go to a face-to-face consultation.

Carers

Barnet Care and Support Services (Part of Barnet Carers Centre).

Tel: 020 8346 0055

N12 8NP

Barnet Care and support services offer a service to carers and users by providing trained care attendants to look after the user at home. This enables the carer to have some free time with the knowledge that the person they care for is being looked after

Barnet Carers Trust

Tel: 020 8343 9698

www.barnetcarers.org

Offers advice, information, emotional and practical support for all informal carers.

Caring4Carers

They provide training to carers who are looking after someone with a mental health condition.

Tel: 020 8906 1666

11 Littleberry Court

5 St Vincents Lane

Mill Hill

NW7 1EN

www.caring4carers.org.uk

Friend in Need

Tel: 020 8449 8225

www.fin-eastbarnet.org.uk

East Barnet Baptist Church

Crescent Road

East Barnet

EN4 8PS

This organisation provides for people over the age of 55, offering various activities such as exercise classes, IT training etc. Also offering a hot lunch Mon-Thurs & Sat.

Counselling

Cruse Bereavement Care

Tel: 0844 477 9400

www.cruse.org.uk

Email: helpline@cruse.org.uk

Cruse Bereavement Care is here to support you after the death of someone close. If someone you know has died and you need to talk please contact Cruse

Rephael House Counselling Centre

Tel: 0208 440 9144

www.rephaelhouse.org.uk

40a Station Road

New Barnet

EN5 1QH

Is an independent charity who offers low cost counselling. They offer support for people who have experienced the loss of a pregnancy, baby or child no matter what the circumstances. Play therapy to children aged 4-12 yrs on any issues. One to one counselling to young people aged 13-25 years on any issue. And those affected by domestic abuse.

Debt

Barnet South Christians Against Poverty (CAP)

Tel: 0800 328 0006 (Freephone)
www.capdebthelp.org
Trinity Church
112 Brent Terrace
Brent Cross
NW2 1LT
CAP is national debt counselling charity, which helps people dealing with debt. They do house visits. Speak to creditors and also finds organisations that may possibly help with the fees.

Debt Advice at Barnet CAB

Tel: 0208 201 7727
Email: mkrzynowek@barnet.org.uk
Debt advice at Barnet CAB is part of a London wide project to provide debt advice to those living, working or studying in the borough of Barnet

Debt Advisory Centre

Tel: 0800 970 7724/0161 605 4810
www.debtadvisorycentre.co.uk/debt
This service provides expert debt advice, help to freeze interest payments, deal with your lenders and provides you with a personal finance manager. They also can do house visits.

Debt Advice Foundation.

Tel: 0800 043 40 50
www.debtadvicefoundation.org
A National debt advice and education charity offering free confidential support and advice to anyone worried about loans, credit and debt. Debt advice Foundation can help you understand which options are available to you and will recommend the debt solution that is right for you situation.

***Margaret's Fund**

www.margaretsfund.co.uk
Is a registered charity providing financial assistance to women in the UK who are in need, and who are in ill health. They are a charity and non-profit organisation helping poor and unwell women in the UK.

Money Advice Service

Tel: 0300 500 5000
www.moneyadviceservice.org.uk
Free, independent money advice. Also work in partnership with other organisations to help people make the most of their money.

National Debtline

Tel: 0808 808 4000
www.nationaldebtline.co.uk
Free, independent advice on how to deal with debt problems.

Step Change (formerly CCCS)

Tel: 0800 138 1111
www.stepchange.org
Free, independent advice on problem debt

Turn2us

Tel: 0808 802 2000
www.turn2us.org.uk
Helps people in financial need, gain access to welfare benefits, charitable grants and other financial help. This organisation puts people in touch with services that may help source funds. This service does not deal with personal debts.
-Calls are free for all landlines

Disabilities

If you or your children have a disability and you need additional support the health and social care team at your local council may be able to help.

Anne Wall Centre

Tel: 020 8449 0964

www.sense.org.uk

Anne Wall Centre works with deafblind adults of all ages who have sensory impairments with additional learning disabilities and other associated disabilities. The centre offers specialist facilities for those with dual sensory impairment and profound and multiple needs. The Centre and also supports some individuals in the evenings and at weekends with leisure activities.

Barnet Association for the Blind

Tel: 020 8423 5141

HA7 1EP

www.aftb.org.uk

Is mainly a befriending service. Provides support to blind, partially sighted and deaf blind people. They provide information, advice and training all aimed at assisting visually impaired people to lead independent lives. Can also provide home visits and employment advice.

Barnet Borough Sight Impaired

Tel: 020 8200 5462

N3 1TS

This is a support and pressure group for people with complete or partial loss of sight

Barnet Blind and Partially Sighted Bowls Club

Tel: 020 8906 8654/020 8958 7362

www.millhillbowlingclub.net/index_files/Pag e631.htm

NW7 1AT

Bowls for the blind and partially sighted people of all ages. Coaching is available for new members.

Barnet Centre for Independent Living (BCIL)

Tel: 020 8359 2444

www.barnetcil.org.uk

BCIL is a peer-led organisation that promotes accessibility for disabled people by breaking down barriers to employment and social inclusion.

Barnet Independent Living Service (BILS)

Tel: 0208 359 2444

www.barnetcil.org.uk

NW9 5UX

BILS, offers specialist support to adults with a range of physical and sensory impairment. The support covers 3 main areas, rehabilitees and enablement, employment and training and then promoting independence. The BCIL aims to provide a peer led, multi service one stop shop for people with any form of disability to help remove social barriers and inequality.

Barnet Mencap

Tel: 020 8349 3842

www.barnetmencap.org.uk

Range of services for people with learning disabilities and their families.

Barnet Special Educational Needs and Disability (SEND). Information, Advice and Support Service.

Tel: 020 8359 7637

Barnet SEND

North London Business Park

Oakleigh Road South

London

N11 1NP

Parents and carers of children and young people up to 25 years with SEN or a disability can get free, confidential and impartial information, advice and support.

Barnet Torch Fellowship

Tel: 020 8441 3440

EN5 2UJ

www.torchtrust.org

A local Christian support group for and run by people with visual impairment.

CSV's Active Volunteering by Disabled People in Barnet.

Tel: 020 8370 0296
EN5 5FP

www.csv.org.uk/facility/active-volunteering-disabled-people

This service is in partnership with Disability Action in Barnet. They look for voluntary opportunities for disabled people that live in the borough.

DeafBlind UK

Tel: 08701 671 677 (Helpline)

www.deafblind.org.uk

Deafblind UK is an organisation offering services, support and information to Deaf blind people and their carers.

Dimensions

Tel: 0300 303 9001

www.dimensions-uk.org

Dimensions are a specialist provider of a wide range of services for people with autism and learning disabilities.

Disability Action

Tel: 020 8446 6935

www.dabb.org.uk

Information and advice on all aspects of disability.

The Disability Foundation

Tel: 0208 954 7373

www.tdf.org.uk

Brockley Hill (*Based at the Royal National Orthopaedic Hospital*)

Stanmore

HA7 4LP

This service offers a relief from pain, offering complementary therapies to disabled people, carers and NHS staff. Such as massages, acupuncture, reiki (relief from pain without touching), hypnotherapy, osteopathy (tissue flexibility) and Indian head massage. The service can offer support for people with temporary or permanent disabling issues e.g sore pain, depression, cancer patients, addiction, pulled/sore ligaments,

physical issues arising from sedentary jobs.

Friend in Need Community Centre

Tel: 020 8449 8225

www.ebarnetbaptist.org.uk/fincentre

Community care service for older people and people with disabilities.

Scope

www.scope.org.uk

This is an advice and support line for individuals dealing with cerebral palsy.

Venturers' Drama Group

Tel: 020 8200 7306

NW9 5FN

The Venturers Drama Group is a group of non-professional blind, partially sighted and fully sighted actors and actresses, and we are always eager to take on new members. As well as play performances, we put on entertainment evenings and run semi-formal workshops lead by a professional actress.

Your Choice

Tel: 020 8359 3456

www.yourchoicebarnet.org

A specialist social care organisation offering support for people with physical and learning disabilities. These range from visual and hearing to autistic spectrum conditions and behaviours that may challenge services. These include a variety of day services, support for people to live independently in their own homes and a highly regarded short breaks service.

-Loads of various number for the different types of services in Barnet
www.macmillan.org.uk

Disease Specific Support

Barnet CAB Macmillian Welfare Benefits Project

Tel: 020 8440 4227

infomacmillan@barnetcab.org.uk (email)

A welfare benefits service for people living with cancer, their families and carers.

Chai Cancer Care

Tel: 0808 808 4567 (Free national helpline) /0208 202 2211(Local office
www.chaicancercare.org

Range of services for Jewish cancer patients and their families.

Diabetes UK

Charity that provides practical, emotional and financial support for people affected by diabetes.

0345 123 2399

www.diabetes.org.uk

Flower Lane Autism Service

Tel: 020 8359 6434

www.yourchoicebarnet.org

NW7 2JN

This service is a person centred approach, providing specialist support to people on the autism spectrum. It offers a diverse range of activities. Referrals can be made by anyone.

Jewish Deaf Association

Tel: 020 8446 0502 (voice) /020 8446

0214 (Technology & Information centre – voice, text phone, answerphone)

www.hearingconnect.org.uk

Information, guidance and support to people who have a hearing loss or Tinnitus to enable their home, work or social life to be as independent as possible.

Macmillan Cancer Support

This service provides practical, medical and financial support and push for better cancer care

Domestic Violence

If you are at immediate risk of harm, contact emergency services by calling 999.

Barnet Sanctuary Project

Tel: 020 8359 6072

This is a victim-centred initiative which provides additional security measures to the homes of domestic violence survivors. The scheme aims to make it possible for victims to remain in their homes and feel safe, thereby preventing homelessness. Open referral.

Community Safety Unit

Tel: 020 8733 5808 (Colindale)/ 020 8733 5182 (Barnet)

This service deals with the investigation of serious sexual offences, indecency offences, DV, racial incidents and homophobic incidents. They assist advise and support vulnerable people.

Jewish Women's Aid

Tel: 0808 801 0500

www.jwa.org.uk

N12 9ZE

Jewish Women's Aid is a national charity run by Jewish women and their children who have experiences or are experiencing domestic abuse. They provide outreach support to women in the community, also offer a national confidential free-phone helpline and run a refuge in London where Kashrut, Shabbat and festivals are strictly observed.

The Domestic Violence Intervention Project (DVIP)

Tel: 020 7593 0027

They run service for men who have been violent to their partner and for women who have suffered domestic violence. Supporting parents and children affected by domestic violence

Men's Advice Line

Tel: 0808 801 0327

Open: 9am-5pm Mon-Fri

Advice and support for men experiencing domestic violence and abuse.

National Domestic Violence Helpline

Tel: 0808 2000 247

24 hour helpline.

North London Rape Crisis

Tel: 020 7619 1369 (10am – 4pm)

www.rapecrisisonfon.org

This service provides therapeutic and advocacy services to women and girls aged 14 years and over who have experience any form of sexual violence at any time in their lives. They provide one to one counselling, group work, advocacy and body therapies and other support.

Raphael House counselling centre

Tel: 020 8440 9144

www.rephaelhouse.org.uk/domestic-abuse
provide counselling for women who have experienced domestic violence, including physical, emotional and sexual abuse and harassment.

Respect

Tel: 0808 802 4040 (This service is a confidential information and advice to help perpetrators stop their violent and abusive behaviours)

Tel: 0808 801 0327 (This confidential helpline offers support, information and practical advice to male victims of domestic violence).

Support for perpetrators and victims of domestic violence.

Solace Women's Aid

Tel: 0808 802 5565

www.solacewomensaid.org

Service offering advice on all issues, relating to domestic and sexual violence. Website contains a search function to look for local services.

Education, Training and Employment

If you are currently unemployed and need help accessing education, training, volunteering or employment please contact the following services:

Barnet Education, Employment and Training Support (BEETS)

Tel: 020 8359 6215

Email: Ciaran.Macalister@barnet.gov.uk

Barnet Education, Employment and Training Support (BEETS) provide information about post 16 options for young people in Barnet after leaving Year 11. We are run by the Participation and Placement team, who can offer one to one guidance, as well as running several schemes, such as Work Club, The App Society and Platforms.

Barnet Southgate College

Tel: 0208 266 4284

Barnet and Southgate College are offering learning opportunities for adult. These informal and welcoming sessions aim to develop learning potential, build confidence and assist with learning progression or employment. They offer both introductory courses and course that lead to formal qualifications. Call to discuss the FREE women return to work courses.

CSV's Active Volunteering by Disabled People in Barnet.

This service is in partnership with Disability Action in Barnet. They look for voluntary opportunities for disabled people that live in the borough.

Tel: 020 8370 0296

EN5 5FP

www.csv.org.uk/facility/active-volunteering-disabled-people

Job Centre Plus

To find your local Job Centre contact

Tel: 0845 6060 234

www.gov.uk/contact-jobcentre-plus

They have expertise in Autism and Asperger's syndrome. It is a very much individual approach and they aim to engage individuals into the community.

Families

Children's Centres

Children's centres are open to all parents, carers and children and many of the services are free. You can get help and advice on child and family health, parenting, money, training and employment.

To find a local Children's Centre go to:
www.gov.uk/find-sure-start-childrens-centre
If you do not have access to a computer your local Families and Young People's Information Service may be able to help:
Tel: 0800 389 8312

Barnfield children's centre

Tel: 020 8905 7605/ 020 8905 6346
HA8 0DA
www.barnfieldschool.co.uk/Children-s-Centre.aspx
This service works in partnership with local childminders and offers a childminder group once a week, where parents can come and meet their local childminders. They also allow for adult learning and parent support, these courses are inclusive of ESOL (English for speakers of other languages), first aid, and first aid for babies, language and play and mural painting, crèche is also provided. The wide range of services is also inclusive of health service such as breastfeeding and how/what to feed your baby. Other services such as father groups, baby message are also available.

BEAM

Tel: 020 8349 8024
www.beamclinic.com
N3 1LQ
Is a home based service for families of children and adults behavioural issues.

***Children and Adolescent mental health services (CAMHS).**

CAMHS, provides a service to children, adolescents and their families who are experiencing a range of emotional and mental problems, including depression, self-harming and behaviour problems. (will have to contact FYi, for referral info)

Child Death Helpline

Tel: 0800 2829 86/ 0808 800 6019
www.childdeathhelpline.org.uk
Helpline is for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recent or long ago.

Contact a Family

Tel: 0808 808 3555 (Freephone)
www.cafamily.org.uk
Supporting families to resolve education issues for children with additional needs. If you would like to talk to someone, our Special Educational Needs (SEN) advice team is here to help. They offer advice and information on a wide range of education issues, including: Early years/pre-school, getting help in school, statements, exclusion, bullying, and support for medical needs, transport and education after 16.

Ezer N W

Tel: 020 8458 9288
This service aims to provide Orthodox Jewish clients with an advocacy and parenting support service based on good practice that values their unique religious and cultural requirements.

FYi (Families and Young People's information service)

Tel: 0800 389 8312

North London Business Park, Oakleigh Road South, London N11 1NP.
Families and young people's information service.

Gingerbread

Tel: 0808 802 0925
www.gingerbread.org.uk
This service provides free advice, training, and practical support for single parents.

Japanese Friendship Group-Maternity and New Mums Meeting

www.nakayoshikai.co.uk/whatisnakayoshikai_e.html
Friendship networks Mums-to-be, Mums and babies. Japanese support group for mothers.
(Website is mainly in Japanese)

Jewish Autism Trust

Supports families of children with Autism or Aspergers across the whole Jewish community
Tel: 0845 385 0300
www.jewishautism.org

Joy Bringers R Us

Tel: 020 8358 4672/ 074 1522 3963
www.joybringersrus.com
NW9 5XB
This organisation provides a Family Relationship Service to couples and families facing relationship challenges to in order to strengthen and keep families together.

The Bridge Centre

Tel: 020 8352 0515
The organisation started by few parents who were finding it difficult to pay for their children's activities. They organise activities and workshops for children. They also assist in teaching newly arrived immigrants who want to learn English.

*Buttle UK

Tel: 020 7828 7311
www.buttletrust.org

The trust provides grants to individual children and young people and their families in need in the UK. The provision of this aid is normally divided into three kinds: Child Support Grants (including provision of clothing, bedding and equipment for children in need who lack necessary parental care), school fee grants (for children whose educational requirements are unable to be fulfilled by the state and those who require boarding education due to family circumstances) and student and trainee grants for young people experiencing difficulty in obtaining education or employment training due to a lack of family support.

The Miscarriage Association

Tel: 01924 200 799/ 01924 200 795
www.miscarriageassociation.org.uk
Provides a helpline service which offers support and information for people affected by the loss of a baby in pregnancy.

OOPS

Tel: 020 8368 5336
Out of school hours playscheme of primary school age with severe/profound and multiple learning difficulties.

Open Heavens Christian Centre

Tel: 020 8958 4040
www.openheavens.org.uk
Religious worship education, adult skills for life counselling and family support services youth club activities and nursing elderly support services.

SoundSkool

Tel: 020 8440 8227
www.thesoundskool.co.uk
Soundskool is an educational organisation providing free courses recognised qualifications in music and essential skills to disengaged young people.

*Kennedy Leigh Family Centre and Pears Wing for Children

Tel: 020 8457 4745
www.norwood.org.uk
NW4 4HJ

Supports families to tackle issues such as family breakdown, bereavement, social disadvantage and disability. Services available at the Centre include: a twins and triplets group; a toy library; a parenting group to encourage parents to think about how they talk and listen to their children; Rainbow which offers mothers the opportunity to receive support and share their experiences of bringing up a child with special needs; and for children aged 7 – 11. This service helps them to can explore and express their feelings in a positive way.

Kings Kid Day Nursery

Tel: 020 8343 2465/ 078 5421 3042
NW7 1BF

This is a full daycare service targeted towards those with mental issues such as ADHD, autism. It also caters for those with Asthma, challenging behaviour, additional needs, SEN statements, epilepsy, hearing impairments, language difficulties, serious allergies, special diets, wheelchair access and soft play room. They offer an early education with affordable good quality childcare. Kosher and vegetarian food included in the menu. Christian values with a true love of learning.

***Safer Families Project**

Tel: 020 8359 7218

If you are worried about the level of arguments in your home and about the impact on the children then safer families may be able to help and support.

This project is based at various children's centres within Barnet

School Support for Autism Spectrum Conditions (ASC).

Email: specialist.team@barnet.gov.uk

This service supports the inclusion of children and young people between ages of 5- 19years with confirmed diagnosis. They offer guidance, advice and support to schools and families in order to maximise opportunities for learning.

SNAAP (Special Needs Advisory and Activities Project)

Tel: 0122 7367 555

www.snaap.org.uk

N12 8PA

This service provides an extensive range of service to children with every kind of disability, aged from 0-19 years. The focus of the services is upon all of the child's needs including educational, social, developmental and emotional. Focusing on the whole family and not just the child.

The Kid's Kitchen.

Tel: 079 7626 8520

www.thekidskitchen.net

Fun, hands-on cooking classes for kids.

YASS (Young Autistic Spectrum Socialising)

Tel: 020 8449 5251

Is a self help-voluntary group run by parents to support each other and share information and experience. It is aimed at children and young people with ASD aged 0-25. The group arranges outings and events, usually in public places to combat can cope with these difficulties.

Care Support

Amelia Home Care

Tel: 020 3669 1137

www.ameliahomecare.co.uk

Provides personal and bespoke care to any individual who requires assistance.

AK Care Limited- 110 Trafalgar House

Tel: 020 8906 7734

www.akcare.co.uk

Provides a domiciliary care service to people in their own homes. Focusing mainly on caring for people of all ages including those with physical or learning disabilities.

ANA Nursing

Tel: 020 8905 7701

www.ana-nursing.co.uk

Agency providing care to people living in their own homes. This service also deals with palliative care.

Barnet Carers Centre

Tel: 020 8343 9698

N12 8NP

The service provides social and personal care in the home and community 24 hrs a day, 7 days a week with professional, fully qualified experienced care staff.

They specialize in non-medical care of older people in their homes, Barnet Carers Centre assists people to remain at home where they're most happy and comfortable.

Best Care 4 U Stanmore

Tel: 020 3302 2909

www.bestcare4u.co.uk

Domiciliary care agency providing live-in and visiting personal care to support the elderly.

Caring with a difference

Tel: 077 423 831 22

Is a domiciliary care agency, this service includes personal care, housework and assistance with medication.

Caring Sharing and Company Ltd

Tel: 020 8922 6537

www.caringandsharing.info

This service provides live-in and live-out home care for the elderly and the physically or mentally frail. They also support those with dementia and their families by providing education, training and consultancy.

Concept Care Solutions

Tel: 020 873 15972

Provides personal care for people who live in their own homes.

Eagle Care Limited

Tel: 020 8952 6535

www.eaglecare.co.uk

This service provides personal care to people in their own homes. Inclusive of learning disabilities.

Housing 21- Barnet

Tel: 030 3123 1801

www.housing21.co.uk

This service provides a domiciliary care agency providing personal care to people in their own homes, or provides housing. Is a not for profit organisation managing retirement and extra care apartments.

Ison Nursing Agency and Care Services Ltd

Tel: 0208 952 0351

www.isonna.co.uk

This service provides personal care, nursing care, housework and assistance with medication.

Independent Living Alternatives

Tel: 020 8906 9265

www.ilanet.co.uk

Promotes the right of disabled people to live independently.

Prospects Home Care Services

Tel: 020 8952 5592

www.prospects-staff.co.uk/homecare

This service provides a domiciliary care service to people in their own homes.

Springwood Healthcare Services

Tel: 020 8958 3234

www.springwoodhealthcare.com

This service is a domiciliary service, which includes personal care, housework and assistance with medication.

Sylwia Care Limited t/a Home Instead Senior Care

Tel: 0208 952 3355

Provides a domiciliary care service to people in their own homes. Inclusive of people with dementia or physical disabilities.

Unicare (London) Limited

Tel: 020 8959 99195

www.unicarelondon.com

Provides a domiciliary care service to people in their own homes. Mainly focuses on caring for people who have dementia, physical disabilities and mental health issues, service focuses on individuals of all ages.

Health

NHS Service Search

www.nhs.uk/service-search

Information about local health services, including GP surgeries.

NHS 111

Tel: 111

Open: 24 hours

A new service aiming to make it easier to access local NHS healthcare services in England. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. For less urgent health needs contact your GP or pharmacist. If it is an emergency, dial 999.

Positively UK

Tel: 020 7713 0444

www.positivelyuk.org

Supports individuals who are affected by HIV, enabling people to make informed choices and challenging stigma and discrimination. Positively UK often provides the first point of contact for a diagnosed person with other HIV positive people.

Housing

Alone in London

Tel: 020 7 278 4224

www.aloneinlondon.org

This service works to support young people who are homeless or at risk of homelessness, providing a range of services to support young people, aged 16-25.

***Broadway**

Tel: 020 7710 0550

www.broadwaylondon.org

Supports people who are facing homelessness. They provide a full range of services to help people get accommodation, improve their physical and mental health, gain training and employment and to live successful, independent lives.

Homeless Action in Barnet

Tel: 020 8446 8400

www.habcentre.org

Drop in centre for homeless people to have a meal, use shower facilities and meet other people. They also provide access to primary health care.

New Horizon Youth Centre

Tel: 020 7388 55 70 or 80

68 Chalton Street

NW1 1JR

www.nhyouthcentre.org.uk

Provides housing advice for anyone under the age of 16- 21 years. Drop in service which assess young people and refers onto temporary or long term accommodation. The assessment is done by queuing up no appt necessary. Open 7 days a week. *Individuals are advised to arrive before 10:15 am Monday to Friday in order to increase their chances of being seen by an adviser. .*

Outreach Barnet

Tel: 020 3115 1185

N12 0RG

This service works with individuals referred by Barnet Council to help maintain their accommodation by offering a range of housing-related support and advice which promotes independence and empowerment.

Shelter

Tel:0808 800 4444 (national housing advice line)/ 0344 515 2222 (Shelter Outreach advice session Barnet-call for appt)

www.england.shelter.org.uk

Provides free, confidential advice to people with all kinds of housing problems, through helpline, online services and face to face local services.

Threshold Barnet Centre

Tel: 020 8446 2504

N12 0RG

The Threshold Housing Advice Barnet Centre gives advice on housing law, helping the single homeless, helping council tenants, Housing Benefit and homelessness appeals
- The centre is open on Monday, Wednesday and Friday and will only see clients who have an appointment.

Information and Advice

Action for Social Integration

Tel: 020 8803 6161

www.afsi.org.uk

This service provides information, advice and guidance about welfare rights, debt, health, benefits, housing employment, consumer issues, education, discrimination, immigration and legal issues.

Advocacy in Barnet

Tel: 020 8201 3415

www.advocacyinbarnet.org.uk

Offers a free, independent and confidential advocacy service to all adults. This service ensures that residents are supported appropriately to enable them to participate in decisions which affect their life.

Afghan Association Paiwand

Tel: 020 8905 8770

www.paiwand.com

Advice, information and support for refugee and migrant communities, particularly the Afghan community.

African Cultural Association

Tel: 020 8203 4078

www.africanculturalassociation.net

Advice, information and support for African and African Caribbean communities.

Asian Women's Resource Centre

Tel: 020 8961 6549

www.asianwomenscentre.org.uk

NW10 8QE

Free, confidential and professional services to women and children through provisions of advice and information, counselling, advocacy, outreach and support groups and services.

Barnet Law Centre

Tel: 020 8203 4141

www.barnetlaw.org.uk

NW4 2BP

Legal advice and casework for people on a low income.

Barnet Refugee Service

Tel: 020 8905 9002

www.b-r-s.org.uk

NW9 6LH

Advice, information and advocacy for refugees and asylum seekers also offering ESOL classes.

Barnfield children's centre

Tel: 020 8905 7605/ 020 8905 6346

HA8 0DA

www.barnfieldschool.co.uk/Children-s-Centre.aspx

This centre allows for services such as information surgeries, refugee and asylum advice and support and also citizens advice bureau.

Citizen's Advice Bureau

For more information about outreach surgeries and local CAB offices:

Tel: 0844 826 9336

www.citizensadvice.org.uk

Free, independent, confidential and impartial advice, to everyone on their rights and responsibilities.

Farsophone Association

Tel: 020 8905 5522

www.farsophone.org.uk

Advice, information and support for the Farsi speaking community.

Safe Start

Tel: 020 8900 0001

www.safestart.org.uk

HA0 1EP

Safe Start Foundation is an Irish led employment, training and accommodation charity. Safe Start manages a 24 bed foyer for 16 - 25 year old young people, providing temporary accommodation alongside employment, training and education advice and a life skills training programme

Sangam Advice Centre

Tel: 020 8952 7062

www.sangamcentre.org.uk

Provides FREE legal advice in all areas of Social Welfare Law including Benefits, Housing, Immigration, Asylum,

Education, Employment, Debt, Marital and Family Issues, Legal Matters and Counselling Services to all sections of the community who live, work or study in the Boroughs of Barnet, Brent and Harrow.

Somali Bravanese Welfare Association in Barnet

Tel: 020 8444 2975

www.somali-bravanese.btck.co.uk

Advice, information and support for the Somali Bravanese community.

Ascent Advice Line

Tel: 020 7608 1137

Women and support workers can access free confidential legal advice from women barristers or solicitors on family law and on sexual violence and criminal law such as rape, divorce, parental responsibility, lesbian parenting, sexual assault, DV and criminal law. *Service for women only, but men can call if they are supporting a woman.*

London Lesbian and Gay Switchboard

Tel: 0300 330 0630 (helpline)/ 020 7837 6768 (Office).

www.llgs.org.uk

Is a voluntary telephone helpline which offers advice, information and counselling to lesbians, gay men and bisexuals and anyone who may wish to discuss consider lesbian, gay and bisexual issues.

Mental Health

If you are concerned about your mental health, you should first visit your GP.

Alzheimer's Society - Barnet

Tel: 020 8937 7171

www.alzheimers.org.uk/BranchWebsites/barnet

Information, advice and support for people with dementia and their families and carers.

Barnet Depression Alliance

Tel: 075 4118 7907

www.communigate.co.uk/london/barnetdepressionalliance

This service provides support, information and friendship in a confidential environment to adults suffering from clinical depression and its related conditions.

BEAM

Tel: 020 8349 8024

www.beamclinic.com

Is a home based service for families of children and adults with confirmed mental issues. They have expertise in Autism and Asperger's syndrome. It is a very much individual approach and they aim to engage individuals into the community.

Dimensions

Tel: 0300 303 9001

www.dimensions-uk.org

Supports individuals with learning difficulties in a way that promotes their value and enables them to make choices that will enhance their lives.

Eclipse Barnet

Tel: 020 8359 4999

www.eclipsebarnet.org.uk

This organisation provides a mental health and wellbeing service. At the heart of the service is peer involvement where people use their own experiences and skills to support others.

Elysian House

Tel: 020 8205 1236

This service provides short-term, therapeutic support and accommodation for experiencing a mental health crisis. This service uses a recovery model of care and support.

Mind in Barnet

Tel: 020 8343 5700

www.mindinbarnet.org.uk

N12 0DG

Mental health charity offering information, advice and support to people experiencing mental health problems and their families.

The Samaritans

Tel: 08457 90 90 90

www.samaritans.org

Confidential listening service, 24 hours a day, 365 days a year.

Rethink

Tel: 0300 500 0927

www.rethink.org

Service providing advice and support to people who have mental health issues or are concerned about family and friends.

Palliative Care

Age UK – Later Life Planning

Tel: 020 8432 1417

Age UK Later Life Planners provide information and advice on many subjects including advice on welfare and benefits, housing or support services as well as how to keep healthy and active.

Gentle Dusk

Tel: 078 0154 3712/07961 915 656

www.gentledusk.org.uk

This service supports people to prepare for end of life care.

Physical Health and Fitness

If you are concerned about your physical health please contact the following services

Burnt Oak Leisure Centre

Tel: 020 8201 0982

HA8 0NP

www.better.org.uk/leisure/barnet-burnt-oak-leisure-centre

Burnt Oak Leisure centre works to increase sports participation, the centre runs a number of junior sports courses including Tennis, Football, Gymnastics, Trampolining and Judo. The centre has something for everyone, whether you're looking to train, get fit, socialise.

Health Walks

Tel: 020 8359 4600

www.barnet.gov.uk/downloads/download/1073/health_walks_leaflet

The London Borough of Barnet offers a program of instructor-led Health Walks in its Parks and Open Spaces, for people of all ages meeting at various meeting points around the borough.

Walks cost £2.80 which is payable on the day, or you can purchase 10 walks for £22.40 or £18.00 if you are over the age of 60 (proof of eligibility is required).

There is no need to book just pick a walk and turn up.

Move For Life

www.moveforlife.co.uk

This service acts as an umbrella organisation. Move For Life organisation will provide attractive opportunities for young people between 12-25years of age, who are at risk of offending or re-offending, allowing them to channel their energies elsewhere.

This organisation promotes fitness activities. Inclusive of free boxing and circuits' session, organised by Barnet youth and Community service

ParkRun

www.parkrun.org.uk/oakhill

A weekly 5km timed run, jog or walk, open to all abilities. Whether you are interested in taking part as an established runner, wannabe runner or simply to improve your health and fitness, then parkrun is for you.

When and where is it?

Every Saturday at 9am at Oak Hill Park
Parkrun is a FREE event and all you need to do is register in advance by visiting.

Zumba

Edgware united Synagogue

Parnell Close

Edgware

Middlesex

HA8 8YE

Tel: 020 8958 7508

Dance programme which focuses on fitness and providing a full body workout.

Social

Café Church Network

Tel: 079 3151 7143

NW9 5XB

www.cafechurch.net

Café church deals with issues from a faith perspective. At café church you'll tackle issues such as fair trade, the environment, stress, adoption, parenting, debt and divorce, together with quizzes, interviews, round table discussions, live music with great coffee and great chat.

Hendon Library Knit and natter (Thursdays)

NW4 4BQ

Bring your latest project or find inspiration to start one. Meet other knitters and make new friends.

The reader Organisation

Make friends with a book.

This group meets at various locations in Barnet. Inclusive of the Grahame Park library, Burnt Oak library and Cheshir hall community centre in Hendon. To find your local one please go to the www.thereader.org.uk website.

Open Age

Tel: 020 8962 4538

NW9 5XA

www.openage.org.uk

Open age holds fitness sessions at Community Centre from 9:30am every Monday followed by a wide range of social activities from 10:30am. This organisation is held in partnership with the living way ministries church.

For more social activities with in Barnet please visit the local Barnet webpage on www.barnet.gov.uk

Young People

Barnet PHAB

Tel: 020 8440 2405
www.phabengland.org.uk
Social club for able bodied and
handicapped people from the ages of 17
upwards.

Barnet Young Carers and Siblings (BYCAS).

Tel: 0208 432 2092
www.carers.org/local-
service/barnet/barnet-young-carers-and-
siblings-bycas
This organisation provides services to
support young carers aged 5-17years
living in Barnet

Burnt Oak Christian Fellowship

Tel: 020 8952 8292
HA8 5DT
Is a monthly drop in youth club for under
18's every 2nd Saturday of the month.
They have a wide range of activities and
games to cater for the young people.

Catch22 Barnet Action 4 Youth

Tel: 020 8205 8341
www.catch-22.org.uk
Barnet Action 4 Youth (BA4Y) is a project
that sets out to help young people to help
themselves.

First Rung limited

Tel: 020 8201 3111
www.firstrung.org.uk
NW9 5AB
Offers work-based training to young
people aged between 14 and 19 years of
age. It also provides support in basic
skills, motivation and preparation for
work. Service offers Apprenticeships in
Business Admin, Childcare and
Customer Service.

Friendship Works

Tel: 020 7485 0900
www.friendshipworks.org.uk
Friendship works is a charity offering
mentoring support to help children and
young people who are having problems

growing up in their home and social
environment.

Hendon Salvation Army- Children's Christian Workshop

Tel: 020 8203 0920/ 020 8202 9248
www.salvationarmy.org.uk/hendon
NW4 4AE
This is a Christian organisation which
runs activities for children and young
people.

Hope House

Tel: 020 8445 6655
www.hope-house.org.uk
Hope House provides facilities and groups
for children and young people in Barnet,
which includes a drop-in café

Living Way Ministries – Zone7 Gospel Joint

Tel: 0208 200 9130
NW9 5XB
www.livingwayministries.org/?q=ministries/
zone7-club
This organisation provides music sessions
and also arts and crafts. Everyone under the
age of 30 is welcome.

Move For Life

www.moveforlife.co.uk
This service acts as an umbrella
organisation. Move For Life organisation
will provide attractive opportunities for
young people between 12-25years of
age, who are at risk of offending or re-
offending, allowing them to channel their
energies elsewhere.
This organisation promotes fitness
activities. Inclusive of free boxing and
circuits' session, organised by Barnet
youth and Community service

The National Autistic Society – Short Break Scheme

Tel: 020 8992 6611
www.autism.org.uk
The service provides respite support to
children with Autism in the Barnet area.

Time4us

Tel: 020 8343 9698

www.barnetcarers.org

Supports children and young people aged 5-17 years old who have a parent, sibling or another family member with problematic drug or alcohol use. Offers counselling, individual support, also fortnightly after school clubs and daytrips with other young carers

SoundSkool

Tel: 020 8906 9991

www.thesoundskool.co.uk

This service provides music and arts workshops and accredited training programmes for young people aged 12-24.

Watling Community Youth Group

Tel: 020 8906 2742

www.igconline.org.uk

Community run youth club with pool, table tennis, PS2 and Nintendo wii other activities.

Young People's Support Group

Tel: 020 8440 4364

Supporting young people to deal with their mental health issues

Ethiopian Community in Britain

Tel: 020 7794 4265

Other Community Groups/Services

African Cultural Association

Tel: 020 8203 4078

www.africanculturalassociation.net

Community-based organisation that provides training and recreational activities for youths aged 7-18 years.

Barnet Band

Tel: 020 8347 9208

www.barnetband.org

Barnet's Community Wind Band

Barnet Elderly Asian's Group

Tel: 020 8368 0892

www.bea-group.co.uk

Barnet Refugee Service

Tel: 020 8905 9002

www.b-r-s.org.uk

Barnet Refugee Service aims to preserve and protect the physical and mental health, advance the education and training and relieve the financial hardship of refugees and asylum seekers in Barnet. It also aims to educate the public and service providers about the issues relating to refugees and asylum seekers

Carila Latin American Welfare Group

Tel: 020 7561 1931

www.carila.org.uk

Eastern European Advice Centre

Tel: 020 8741 1288/0800 121 4226 (free advice line)

The East European Advice Centre (EEAC) is a charity that provides advice and support to people from Eastern Europe. We offer independent and impartial information and advice to help Central and East Europeans to live independently in the community.

Eritrean Community in the UK

Tel: 020 7700 7995

www.ericomuk.org.uk

Jewish Care – Shalom Mental Health Centre

Tel: 020 8922 2222

www.jewishcare.org

Advice and support group for those of the elderly Jewish community.

Royal Voluntary Service /Good Neighbours

Tel: 0845 608 0122

www.royalvoluntaryservice.org.uk/get-help/services-we-provide/practical-support-at-home/good-neighbours

This services provides a way of helping people stay independent whilst providing friendly, social contact and making sure they're safe and well.

Islamic Centre Edgware

Tel: 078 5328 3535

www.islamiccentreedgware.org

Registered charity serving the needs of the spiritual and welfare needs of the Muslim community.

Iranian Community Centre

Tel: 020 8446 1254

The centre aims to help Iranians or Farsi speaking clients in the process of their resettlement in this country. It provides advice on immigration, housing, health, education and business.

Livingway Ministry

Tel: 020 8200 1250

Befriending service, open to all demographics. Enabling individuals to reach their full potential by empowering them through basic life skills.

London Gypsy and Traveller Unit

Tel: 0208 533 2002

www.lgtu.org.uk

London Irish Centre

Tel: 020 7916 2222
www.londonirishcentre.org

Love Burnt Oak

Burnt Oak Community Resource Centre is the small building located next to International Gospel Church on Watling Avenue, and is used throughout the week by various groups and organisations. All of the groups that use the building share a common ethos, to provide the community with high quality, affordable services run by a mixture of dedicated professionals and volunteers from the local area.

Loveburntoak CReSH
102a Watling Avenue
Burnt Oak
Edgware
HA8 0LN

Nene Tereza

www.nenetereza.com

Tel: 0208 889 4304

This organisation was set up to meet the needs of the community of Albanian speakers, from Albania and from Kosovo living in the area of North London.

SOFT (Sharing Our Food Together)

Distributing food packages and clothing to the homeless in Barnet and in Central London.

Tel: 079 3505 7618

www.sharingourfoodtogether.co.uk

Society of Afghan Residents in the UK

Tel: 020 8993 8168

www.sarinuk.com

The Society provides advice and information for refugees on immigration, housing, welfare and benefits and employment and training. It also holds a women's group and offers a range of other services such as Pashto, Dari and English classes, a youth club, cultural

activities, social events and sporting activities.

(Located in west Acton, but available to all)

Somali Bravanese Welfare Association.

Tel: 020 8444 2975

www.somali-bravanese.btck.co.uk

This service offers practical support, essential information and guidance. They can offer advice such as IT training, help with CV writing and counselling. There is also a self help group for girls

Somali Community Development Project (SODEP)

Tel: 079 4765 2607/ 0750 8056 964

Community youth service running after school and at weekends, providing various activities including sports, football, games, counselling and advice

*ReStore Community Project

Tel: 020 8493 0900

www.restorecommunityprojects.org

Is a charity which collects donations of unwanted household furniture, cookers, fridges, freezers and washing machines. All items are recycled as low- cost household goods for disadvantaged groups. Languages other than English spoken at the project are Italian, Arabic, Spanish, Turkish and French.

Total Healing World Outreach

Tel: 020 8801 8294

www.totalhealingworldoutreach.org.uk

This service advocacy, liaison, counselling/advice, faith activities, emergency aid for disaster areas, hospital visits to terminally ill, create awareness of right to education, self-development and right to housing and accommodation and general welfare, advice on dangers of drug and violence.

Zimbabwe Community Association

**Key = the service does not do self referral*

[www.zimbabwecommunityassociation.or](http://www.zimbabwecommunityassociation.org)

[g](http://www.zimbabwecommunityassociation.org)

Tel: 020 7739 8226

Working with Zimbabweans in the UK, it has a growing network of groups around the UK providing practical and emotional support to Zimbabwean asylum seekers and refugees. The Zimbabwe Association works with others to improve the asylum system and enhance refugee integration in the UK.