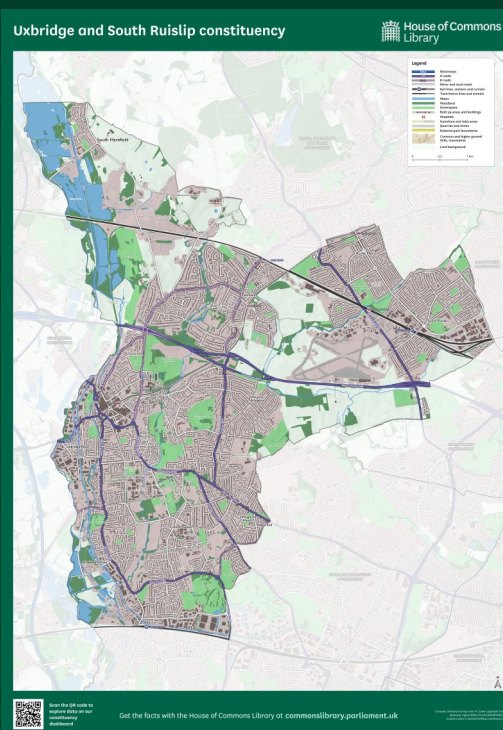


Services Directory

Support and advice services in the London Borough of Hillingdon, from the office of Danny Beales MP for Uxbridge and South Ruislip



Local Choice, National Voice

DANNY BEALES MP
for Uxbridge and South Ruislip

Get in touch

@ danny.beales.mp@parliament.uk

☎ 020 7219 7610

f Danny Beales for Uxbridge and South Ruislip

✉ House of Commons,
London, SW1A 0AA

Useful Contacts

Contact Danny Beales MP

Danny.beales.mp@parliament.uk

01895 913 563

Hillingdon Emergency Contacts

CNWL NHS Emergency out of hours helpline—0800 0234 650

NHS Helpline—111 for urgent health assistance

Emergency Helplines

Samaritans—116 123 (24/7 free helpline)

Text 'SHOUT' to 85258

Saneline, open 4pm-10pm every-day—0300 304 7000

Support Charities

Hillingdon Mind (Mental Health) - 01895 271559

Glossary



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Local Family Hubs

- **Colham Manor Children's Centre, Violet Avenue, UB8 3PT**
 - Open Monday-Friday, 8:45am-4pm
 - Buses: U1, U3, U5
- **Harefield Children's Centre, Harefield High Street, UB9 6BT**
 - Open Monday-Friday, 8:45am-4pm
 - Buses: U9, 331
- **Oak Farm Children's Centre, Windsor Avenue, UB10 9PD**
 - Open Monday-Friday, 8:45am-4pm
 - Buses: U2
- **South Ruislip Children's Centre, Queens Walk, HA4 0LR**
 - Open Monday-Friday, 8:45am-4pm
 - Buses: 114, 282
- **Uxbridge Children's Centre, Civic Centre, UB8 1UW**
 - Open Monday-Friday, 8:45am-4pm
 - Buses: U1, U3, U5, U4, U7, 222

Children and Family Support

Hillingdon Council Families' Information Service (FIS):

fis@hillingdon.gov.uk 01895 556489

What they offer:

- *Information on registered childcare providers e.g. childminders, nurseries, after-school clubs*

Home-Start Hillingdon:

www.homestart-hillingdon.gov.uk 01895 252 804

What they offer:

- *Home-based parenting support for families with children under 5*

NSPCC:

www.nspcc.gov.uk

0808 800 5000

What they offer:

- *Helpline for parents and professionals concerned for a child, offering support for at risk children*

Hillingdon Council SEND Team (Stronger Families Hub):

SENsupport@hillingdon.gov.uk 01895 556006

SEND Support

Hillingdon SENDIASS:

sendiass@hillingdon.gov.uk

01895 277001

What they offer:

- *Support for EHCP applications and school placements*

Hillingdon Parents Carers Forum PCF:

www.hillingdonpcf.com

What they offer:

- *Parent-led organisation for support for families of children with SEND*

Hillingdon Autistic Care and Support (HACS):

enquiries@hacs.org.uk

01895 678 088

What they offer:

- *Specialist services supporting children and families of those with autism*

Is my child SEN? - Next Steps

- Engage with **SENCO** (if child is of school age) and **GP**
- Request **EHCP** assessment from Hillingdon Council, or school can apply on your behalf
- For more information contact **Hillingdon SEND Team** at senadmin@hillingdon.gov.uk, or on 01895 277 088
- For extra support in applications or if appealing, **IPSEA** (Independent Provider of Special Education Advice) can support you, at ipsea.org.uk

Local Charities/ Charity Shops

- The Salvation Army Charity Shop, UB8 2LT
- Samaritans of Hillingdon, UB8 1AT
- British Heart Foundation, UB8 1JN
- Healthwatch Hillingdon, UB8 1JN
- RSPCA, UB10 0LG
- Oxfam Uxbridge, UB8 1JY

Foodbank Support

Contact London Borough of Hillingdon—0203 949 5786 or Help Through Hardship—08082 082 138 for foodbank

Hillingdon Foodbank

30 Oxford Road, Denham, UB9 4DQ

- Open Monday-Friday, 10am-1pm
- Buses: 222, U1, U4, U3, U5, U7

St Margaret's Church, Uxbridge, UB8 1AB

- Open Fridays, 11am-1pm
- Buses: 222, U5, U3, U2, U7, U4

St Gregory the Great Catholic Church, South Ruislip, HA4 0EG

- Open Saturdays, 12pm-2pm
- Buses: 114

Yiewsley & West Drayton Foodbank

St Matthew's Church Centre, High Street Yiewsley, UB7 7QH

- Open Mondays and Fridays
- Buses: 222, U3, U5

Bell Farm Christian Centre, South Road, West Drayton, UB7 9LW

- Open Tuesdays and Thursdays
- Buses: 350, 222

Crown Church, The Living Room, High Street Cowley, UB8 2DZ

- Open Wednesdays

Domestic Abuse

Hillingdon Domestic Abuse Advocacy Service (HDASS):

hdaas@hillingdon.gov.uk

07874 620954

What they offer

- *Confidential service for victims of domestic abuse*

Support Services	Helplines
Hillingdon DA MARAC	0208 246 1798
National Domestic Violence Helpline	0808 2000 247
Women and Girls Network	0808 801 0770
GALOP	0800 999 5428
Forced Marriage Unit	0207 008 0151
Victim Support	0845 450 3883
Rape Crisis	0808 802 9999

Refuge:

www.refuge.gov.uk

0808 2000 247

What they offer:

- *Emergency shelter and advocacy for families fleeing domestic abuse*

Homelessness Support:

Local Council Contacts:

homelessprevention@hillington.gov.uk 01895 556666

homelessnessadvice@ealing.gov.uk 0208 825 8888

What they offer:

- *Housing advice,*
- *homelessness prevention,*
- *emergency housing support*

I have nowhere to go - Next Steps

- Present yourself as **Homeless** at the **Civic Centre**, Uxbridge High Street (Hillingdon residents only)
- Request a **Housing Needs Assessment** to explore emergency housing options
- Once temporarily housed, seek financial support
 - **Citizens Advice Hillingdon** offer advice, contact at 0808 278 7894
 - **Shelter UK**, for evictions, landlord disputes, homelessness
contact at 0808 800 4444, shelter.org.uk

Homelessness Support

Homelessness Prevention Teams:

YMCA St. Paul's Group—Uxbridge:

www.ymcastpaulsgroup.org 0208 832 1580

What they offer:

- *Accommodation for 16-25 and support for life skills*

P3 Charity Hillingdon:

navplus@p3charity.org 01895 436 114

What they offer:

- *Support for homeless 16-24, incl accommodation, debt, mental health*

TRINITY Homeless Projects Uxbridge:

info@wearetrinity.org.uk 01895 256 655

What they offer:

- *Provides accommodation services, as well as work readiness programs and personal development workshops*

Rough Sleepers Support:

St Mungo's:

www.mungos.org 0203 856 6000

What they offer:

- *Helping rough sleepers transition to stable accommodation, providing recovery programs and support to homeless*

StreetLink:

www.streetlink.org.uk 0300 500 0914

What they offer:

- *If you see someone sleeping rough, notify StreetLink, who will work with services like St Mungo's to provide support*

Elderly Support:

Age UK Hillingdon, Harrow and Brent:

www.ageuk.org.uk 0208 8756 3040

What they offer:

- *Support with benefits, healthcare and house as well as social activities and home visits and information for carers*

ShopMobility Hillingdon:

Unit 301, The Chimes, Uxbridge 01895 271 510

What they offer:

- *Manual & electric wheelchairs, powered scooters for loan as well as delivery/collection services*

Elderly Care:

Right at Home Hillingdon & Uxbridge:

www.rightathome.co.uk 01895 549 800

What they offer:

- *Personal care, companionship, home/shopping help and specialist care for dementia and Alzheimer's*

Everycare Hillingdon:

www.everycare.co.uk 01895 530 083

What they offer:

- *Home & live-in care, assistance with housework, overnight care and post-hospital support*

Elderly Support:

Elderly Community Centre/Clubs:

Uxbridge Community Centre:

www.uxbridgecentre.org.uk 01895 257 163

What they offer:

- *Offers a variety of activities aimed at promoting health, fitness, education and social engagement for elderly residents*

Address:

- 32b The Greenway, Uxbridge, UB8 2PJ

Ruislip Northwood Old Folks Association:

www.rnofa.org.uk 0208 866 8603

What they offer:

- *Provides affordable meals, social activities to reduce loneliness and improve well-being*

Address:

- 461 Field End Road, Eastcote, HA4 9NZ, open Monday-Friday at 10am

Dovetail Dining Club:

www.hillypark.uk/dovetail-dining-centre 01895 814 424

What they offer:

- *Catered two course meals, cooked fresh everyday*

Address:

- Hillingdon Park Baptist Church, 25 Hercies Road, Hillingdon, UB10 9LS served Monday-Friday at 12 midday

Local Sports Clubs:

Abbots FC:

www.abbotsyouthfc.co.uk

Fixtures:

- *Under 6s - Under 18s boys and girls football teams*

Wealdstone FC:

www.wealdstone-fc.com

Fixtures:

- *Youth FC for boys and girls, aged 4–18 plus three academies for 16-23 year olds to study alongside practice football*

Address:

- Grosvenor Vale, Ruislip, HA4 6JQ

BM Youth:

www.bmyouth.co.uk

Fixtures:

- *Development centre for 6-15 year olds, school holiday sports camps and toddler football programs*

Uxbridge Cricket Club:

www.uxbridgecricketclub.hitscricket.com

Fixtures:

- *Facilities for bowls, cricket, rugby, squash and tennis*

Address:

- Gating Way, Park Road, Uxbridge, UB8 1NR

Refugee/Immigration Support

Hillingdon Refugee Support Group (HRSG):
enquiries@hrsg.org.uk 01895 434728

Hillingdon Refugees In Effective & Active Partnership (REAP):
enquiries@reap.org.uk 01895 441530

Address for both HRSG & REAP

Key House
106 High Street,
West Drayton
UB7 7BQ

Refugee Mental Health Support:

Freedom from Torture:

www.freedomfromtorture.org 0207 697 7777

What they offer:

- *Therapy & counselling for torture survivors seeking asylum*

The Refugee Therapy Centre

www.refugeetherapy.org.uk 0207 561 1587

What they offer:

- *Mental health support for refugees and asylum seekers*

- **SVP South Ruislip**—immigrant & detainees emotional support

- **British Red Cross**—emergency assistance, providing resources for food, clothing, housing & legal aid, also available in multiple languages

- **Migrant Help**—assistance with asylum applications and accommodation issues

- **Refugee Council**—Advice for avoiding destitution and navigating asylum support systems

- **Shelter UK**—Housing support, as well as referrals for migrants and refugees for housing and welfare needs

- 07563 775 777

- 0844 871 1111

- 0808 8010 503

- 0207 346 6700

- 0208 747 3714

Citizens' Advice

Citizen's Advice offer support for:

- Debt & Money
- Work
- Housing
- Benefits
- Immigration

Bell Farm offer support for:

- Benefits & Council Tax
- Housing & Rent Arrears
- Debt/Bailiffs
- Consumer Issues
- Crime reporting centre also available

Citizens' Advice Bureau Hillingdon:

www.hillingdoncab.org.uk 0808 278 7893

Bell Farm Christian Centre:

www.bfcc.org.uk 01895 444406

Volunteering Opportunities:

1. Ickenham's Compass Theatre:

Become a theatre volunteer in roles such as ushers, café bartenders and costume hire assistants to gain experience, meet new people and support your local theatre!

2. NHS Hillingdon Volunteering:

Supporting the local hospital through a range of roles, matching individuals to roles best suited to their skillset. For more, visit thh.nhs.uk/volunteering

3. Hillingdon Foodbank:

Support includes working in their warehouse, as a driver or within a main foodbank centre. For more, visit Hillingdon.foodbank.org.uk/give-help/volunteer

Legal Aid Services

Hillingdon Law Centre:

www.hillingdonlawcentre.co.uk

0208 561 9400

National Legal Services Solicitors:

www.nationallegalservice.co.uk

0203 601 5051

For Pro Bono Support:

- **GOV.UK Legal Aid Checker:**

Visit www.gov.uk/legal-aid to check eligibility for legal aid and find nearby providers

- **Advocate (Bar Pro Bono Unit):**

Visit www.weareadvocate.org.uk for free representation in court and for those unable to afford legal help

- **LawWorks:**

Visit www.lawworks.org.uk to find free legal advice clinics and pro bono solicitors

Hillingdon Law Centre provide services for:

- Employment Law
- Immigration Law
- Housing Law

NLL provide services for:

- Family Law
- Domestic Abuse
- Child welfare

Financial Support

For Benefits Advice:

P3 Hillingdon Family Advice Service

[www.p3charity.org/services/hillingdon-family-advice service](http://www.p3charity.org/services/hillingdon-family-advice-service)
01895 436 114

What they offer (**APPOINTMENT ONLY**)

- Provides advice and support to families, including assistance with benefits, housing and related issues

DOORWAY Advice Information and Care Service:

0777 2762 128

DROP IN SERVICES AT:

- 1) Bell Farm Church
- 2) St Matthew's Church, Mondays 2-4pm or Fridays 12-2pm

What they offer:

- Comprehensive advice on benefits, council tax, rent arrears, housing and debt problems.

Online Resources:

- **Advicelocal:**

Enter your postcode and advice topic at **www.advicelocal.uk** for help and details on independent advice organisations locally

- **Turn2us:**

Find online support for benefits, grants, PIP at **www.turn2us.org.uk**

Council Tax

Residents of Uxbridge and South Ruislip can seek assistance through access to multiple services and relief options provided by the London Borough of Hillingdon, including:

Council Tax Reduction Scheme, offering eligible residents a discount dependent on their circumstances. To see eligibility and to apply, please visit the Hillingdon Council website.

In addition to the reduction scheme, **other discounts and exemptions include:**

- **Single Person Discount:** 25% discount for households with only one adult resident
- **Student Exemption:** Full time students may be exempt from Council Tax
- **Disability Reduction:** Households with a disabled resident may qualify for a reduction if the property has been adapted to meet their needs.

Detailed information and the application forms can be found at www.hillingdon.gov.uk/counciltax

For assistance with the application process, residents can contact the Housing Benefits team via email at housingbenefits@hillingdon.gov.uk

Household Support Fund

Residents of Uxbridge and South Ruislip can access financial assistance through the **Household Support Fund**, designed to help low-income and vulnerable households.

The scheme has now been extended from 1 October 2024 to 31 March 2025,.

Approximately £2 million has been allocated by the Department of Work and Pensions to support eligible households during this period

Eligibility:

Households with **children aged 0 to 19** and in receipt of **benefits-related free school meals**.

For specific eligibility requirements outlined by Hillingdon council, please visit www.hillingdon.gov.uk/household-support-fund.

To apply, please visit www.hillingdon.gov.uk/household-support-application

Pensioners Support:

If you are entitled to **pensions credit** and are looking to submit an application, please contact **enquiries@ageukhbb.org.uk** or call **020 8756 3040** (choose option 1)

Job Support

- **Uxbridge Job Centre**—For Universal Credit advice, access to job listings and training programs
- **Hillingdon Works**—Free employment advice including career advice and interview preparation

Adult Training/Education Opportunities

- **Uxbridge College**— Offers vocational courses and apprenticeships
- **West London Institute of Technology**— Specialises in STEM qualifications
- **Adult Learning Hillingdon**—Provides free or low-cost courses in English, IT skills and business developments

Constituents can explore apprenticeships through the **National Apprenticeship Service**, offering hands-on work experience while earning a qualification.

Constituents struggling with long-term unemployment can access support through **Universal Credit**, **Jobseeker's Allowance** and **Employment and Support Allowance (ESA)**

Mental Health Support

MIND in Hillingdon

mind@hillingsdonmind.gov.uk

01895 271 559

What they offer:

- *Counselling, therapy, mental health recovery programs, support for young adults, carers and more*

Hillingdon Community Mental Health Hub (CNWL NHS):

www.cnwl.nhs.uk

01895 485 6000

What they offer:

- *Community mental health support, referrals through GPs and emergency out of hours services*

Hestia—Hillingdon Mental Health Services:

hillingsdon.cove@hestia.org

078 275 35271

What they offer:

- *Drop in service at Hillingdon Cove , offering mental health support, crisis support, safe spaces and modern slavery response services*
 - **Where:** Apple Blossom Cottage, 64 Ickenham Road, Ruislip, HA4 7DQ
 - **When:** 2pm–10pm, 7 days a week, 365 days a year

LINK Counselling for Young People:

link@hillingsdon.gov.uk

01895 277222

What they offer:

- *Support for homeless 16-24, incl accommodation, debt, mental health*

Mental Health Support

Hillingdon Eating Disorder Support:

cnw-tr.CEDS-CYP@nhs.net 0203 315 3369

What they offer:

- *Support for homeless 16-24, incl accommodation, debt, mental health*

Hillingdon Addiction, Recovery, Community Service (ARCH):

arch.hillingdon@nhs.net 01895 207777

What they offer:

- *Support for homeless 16-24, incl accommodation, debt, mental health*

Advice for Those Seeking Mental Health Support:

- Visit your **GP** for referrals to **Hillingdon Talking Therapies** and other mental health referral-only services
- Alternatively, visit **Hillingdon.limbic.ai** to complete a self referral form
- For advice and advocacy services provided to those experiencing mental illness, visit **rethink.org**

FAQs:

Q: What issues can I contact my MP about?

A: Your MP can assist in issues regarding housing, immigration, benefits and welfare, NHS and can make enquiries to the local council or other governmental agencies on your behalf.

Q: Is there anything my MP can not help with?

A: MPs can not intervene in ongoing legal cases, personal disputes and anything unrelated to government policy

Q: How can I contact my MP?

A: If you have access, please contact your MP via emails. When sending an initial enquiry, please make sure you have included your **address** within the constituency

Q: What information should I provide in my email?

A: Please send your full name and address, to ensure you are in Danny's constituency, as well as a brief summary of your issue.

Q: Can I contact my MP on behalf of someone else?

A: Anyone over the age of 18 should ideally be making their own enquiries. However, if they are unable, please include proof of consent for both the MP's office and the relevant teams to liaise with the third party.

To give Danny's office feedback or new organisation links, please get in touch at danny.beales.mp@parliament.uk



Danny Beales MP for Uxbridge and South Ruislip

Danny Beales MP for Uxbridge and South Ruislip

15 Bentinck Road
West Drayton, UB7 7RQ
01895 913563