

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES
1	Action on Disability	Greswell St, London	SW6 6PX	020 7471 8510, www.actionondisability.org.uk	Action on Disability is a local disability information and advice service run by and for disabled people in Hammersmith and Fulham. Action on Disability is an independent organisation promoting equality for disabled people. Services include: disability employment support, direct payments service, volunteer opportunities, youth service, benefits advice and advocacy service.
2	Action Trust for the Blind	177 Hammersmith Grove, London	W6 0NL	020 8563 2922, info@actiontrustfortheblind.org	Supports the visually impaired by helping them to become more independent. Also provides volunteers to befriend, read and shop for visually impaired clients
3	Age UK Hammersmith & Fulham	105 Greyhound Road, London	W6 8NJ	020 7386 9085, www.ageuk.org.uk/hammersmithandfulham, info@ageukhf.org.uk	Provides free information and advice
4	Bishop Creighton House	378 Lillie Road, London	SW6 7PH	020 7385 9689, www.creightonhouse.org, info@creightonhouse.org	Provides services for older people with daily phone calls, home safety checks, help after hospital discharge and neighbourhood safety initiatives. Also mentoring the young with mentoring programmes, employment and learning opportunities for youngsters with learning difficulties and installation of safety equipment at parents homes. And volunteering opportunities
5	Bowel Cancer UK	Willcox House, 140-148 Borough High Street, London	SE1 1LB	020 7940 1760, www.bowelcanceruk.org.uk, admin@bowelcanceruk.org.uk	Raising awareness of bowl cancer, provides practical support and advice
6	Centre for Filipinos	St Albans Church Community Centre, 2 Margravine Road, London	W6 8HJ	020 7381 2600, enquires@centreforfilipinos.org	Provide advice and information on housing and welfare benefits, immigration, health, youth and cultural activities. Community centre where people can come to rest, relax, cook food and meet people
7	CITAS (Community Interpreting Translation and Access Service)	Office F, Poynter House North, 1 Queensdale Crescent, London	W11 4TA	02086003830 / 08455210405, http://www.citas.org.uk/contact-us/contact-us/137.html	Advocacy, Interpreting, Translations, Proof reading, Consultancy & Community engagement, British sign language, Transcriptions, Telephone interpreting and web booking
8	Debt Doctors Foundation UK	210 Shepherd's Bush Rd, London Borough of Hammersmith and Fulham	W6 7NJ	020 3286 5062, info@ddoctors.org	Promoting debt education in primary and secondary schools via discussion sessions, seminars and workshops. For adults free online debt advice, online forums, helpline and counselling sessions, a resourceful and interactive website providing balanced information, forums for discussion and advice/counselling on debt and being in debt, offer support, information and signposting to other sources of help & publications (books, newsletters etc.). Volunteering opportunities also available
9	Do-it Volunteering made it easy			www.do-it.org.uk	Help people who want to volunteer quickly and easily

10	Fulham Good Neighbours	Rosaline Hall, 70 Rosaline Road, London	SW6 7QT	020 7385 8850, info@fulhamgoodneighbours.org, www.fulhamgoodneighbours.org	Befriending-offering friendship and company, basic gardening, practical help around the home, help with getting around the local area, information and advice
11	Hammersmith & Fulham Mind	309 Lillie Road, Fulham, London	SW6 7LL	0207 471 0580, enquiries@hfmind.org.uk	Provides advise and information on mental health support series, debt information, housing, benefits, legal rights and many more, advocacy, counselling, day and motivational services, mental health awareness training and consultancy and volunteer opportunities
12	Hammersmith and Fulham Citizens Advice Bureau	Avonmore Library & Neighbourhood Centre, 7 North End Crescent (Public Entrance in North End Road), London	W14 8TG	020 7385 1322, advice@hfcab.org.uk, www.hfcab.org.uk	Provides free, independent and confidential advice to people who live, work or study in Hammersmith and Fulham, regardless of race, gender, sexuality, age, nationality, disability or religion. Volunteering opportunities also available
13	Hammersmith United Charities	6 Glenthorne Mews, London	W6 0LJ	020 8741 4326, www.hamunitedcharities.org.uk	Provides housing for the elderly and grants for work to help people in need
14	HF Mencap	65 Aspenlea Road, Fulham, London	W6 8LH	020 8748 5168, info@hfmencap.org, www.hfmencap.org	Provides one-to-one advocacy for adults and parents of disabled children, self-advocacy for young people and adults, social and sports activities and early Support program and play inclusion for disabled children.
15	Hammersmith & Fulham Volunteer Centre	148 King Street, Hammersmith	W6 0QU	020 8741 9876, enquiries@hfvc.org.uk, www.hfvc.org.uk	Developing, supporting and promoting volunteering in West London. Also do a lot of work with unemployed people, helping with training, job searching and confidence-building
16	Health Vision UK	Appleton Business Centre, 139 King street, London	W6 9JG	020 8834 0757, info@healthvision.co.uk	Services includes companion care, practical domestic help, personal care, palliative and terminal care, complex and high needs care, dementia, mental health, learning disabilities
17	Kurdish Association for New Generation Abroad (KANGA)	Palingswick House, 241 King Street, London	W6 9LP	020 8563 7918, kurdishassociation@btconnect.com, kanga4cyp@hotmail.co.uk	Advice & guidance for Kurdish children and young people and their families on immigration, welfare benefits, health & job search. Also ESOL, training, advocacy, and supplementary school teaching English, Maths, Kurdish (Sorani)
18	London Irish Care	Avonmore Library and Neighbourhood Centre, North End Crescent, London	W14 8GT	020 8741 0466	Supports vulnerable people, solving problems, bringing people together, advice in Irish matters, general information, pensions groups, befriending, health, welfare, outreach and volunteers
19	Naz Project London	30 Blacks Road, Hammersmith, London	W6 9DT	020 8741 1879, naz@naz.org.uk, www.naz.org.uk	provides sexual health and HIV/AIDS prevention and support services to South Asians (including Bangladeshis, Indians, and Pakistanis), Muslims (including Middle Easterners and Africans), Horn of Africans (Eritreans, Ethiopians, and Somalis), Portuguese speakers (including Angolans, Brazilians, Mozambicans, and Portuguese), and Spanish speakers (mainly Latin American) and volunteering opportunities
20	Nubian Life Resource Centre	50 Ellerslie Road, London	W12 7BW	020 8749 8017, www.nubianlife.org.uk info@nubianlife.org.uk	Provides culturally sensitive services primarily to the over 50s African & African Caribbean community with the emphasis on empowering elders to obtain the optimum levels of self-independence
21	Open Age			020 8962 4537, www.openage.org.uk	Open Age is open to everyone over 50. Provides over 350+ weekly activities to over 3,500 members across Kensington & Chelsea, Westminster, and Hammersmith & Fulham. This pioneering charity provides vital resources and opportunities across a truly diverse range of interests and needs for older people who would like to lead an active life.

22	Parkinson's UK - Hammersmith and Fulham Support Group	St Etheldreda with St Clements Church, 286 Fulham Palace Road, London	SW6 6HP	0344 225 9851, www.parkinsons.org.uk/local-support-groups/regions/london/hammersmith-and-fulham-support-group	Last Wednesday of the month Time 1.30pm - 3.30pm
23	Royal London Society for the Blind	Victoria Charity Centre, 11 Belgrave Road, London	SW1V 1RB	020 7808 6170, enquiries@rlsb.org.uk, www.rlsb.org.uk	Provide support blind young people live life without limits. Volunteering opportunities are also available
24	Shanti Centre	89 Askew Road, London	W12 9AS	020 8811 1501, shanti@taha.org.uk	Provides range of services including day care for older people, people with disabilities and those with substantial health needs, respite care services, health education & health promotion activity, free transport and free internet access daily
25	Sobus	Dawes Road Hub, 20 Dawes Road, London	SW6 7EN	020 7952 1230, info@sobus.org.uk	Sobus provides a range of services which support voluntary and community sector organisations.
26	Stroke Association - Hammersmith & Fulham Family & Carer Support Service	17-25 Farm Lane, Fulham Broadway, London	SW6 1PX	07540513292, sonia.timlett@stroke.org.uk, www.stroke.org.uk/finding-support/hammersmith-and-fulham-family-and-carer-support-service	Provide high quality, up-to-date stroke information for stroke patients, their families and carers.
27	Woman's Trust	PO Box 70420, London	NW1W 7QLT	020 7034 0303/0304, admin@womanstrust.org.uk, www.womanstrust.org.uk	Provides free confidential, independent support to women affected by domestic violence - whether in the past or present - in London. Also provide expert training to those in the public voluntary sector working with women and children affected by domestic violence in areas including housing, social services, children's services and health and provide one-to-one counselling and groups to all women aged 18+. All the services are free.
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