

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES
1	Advice Westminster			<a href="http://www.advicewestminster.org.uk/contact-us/">www.advicewestminster.org.uk/contact-us/</a>	The Advice Westminster website aims to make finding welfare advice in Westminster easier. The site provides information about where to go for advice, free resources and useful links, as well a free email advice service offering help on welfare issues to local residents.
2	Advocate for Mental Health	73 St. Charles Square, London	W10 6EJ	020 8969 3000, <a href="http://www.afmh.org.uk">www.afmh.org.uk</a> , <a href="mailto:info@afmh.org.uk">info@afmh.org.uk</a>	They can provide you with information on mental health issues, for example about your rights under the Mental Health Act and other laws. They can draft letters for you and accompany you to meetings about your care and treatment, for example, at ward rounds, mental health assessments and Care Programme Approach meetings. You can also ask the advocate to actually speak for you after you have decided what you want said. Some people find this helpful if they feel intimidated by big meetings, or if they do not feel up to talking that day. They also keep information about other local services, so if you need help with other issues we should be able to refer you to the right place.
3	Age UK Westminster	25 Nutford Place, London	W1H 5YQ	020 3004 5610 - Reception, 020 3004 5617 - info & advice, <a href="http://www.acwestminster.org.uk">www.acwestminster.org.uk</a> , <a href="mailto:enquiries@acwestminster.org.uk">enquiries@acwestminster.org.uk</a>	Provides advice & advocacy on a range of issues affecting older people in Westminster. Open hours: 10am-2pm, Mon to Fri
4	Cardinal Hume Centre	3-7 Arneway Street, London	SW1P 2BG	020 7227 1673/1602, <a href="http://www.cardinalhumecentre.org.uk">www.cardinalhumecentre.org.uk</a> , <a href="mailto:gateway@cardinalhumecentre.org.uk">gateway@cardinalhumecentre.org.uk</a>	Provides on the spot advice, can assist you in registering for our other services and point you in the direction of other organisations who may be able to help. The Westminster
5	Central London Advice Service	Derry House, Penfold Street, London	NW8 8HJ	0207 402 6750, <a href="mailto:advice@clas.org.uk">advice@clas.org.uk</a>	Provides free & confidential Gernalist Advice in Welfare Benefits, Debts, Housing etc.
6	Central London Law Centre	14 Irving Street , London	WC2H 7AF	020 7839 2998	Free accessible client centred legal advice service to people who are resident or who work in Greater London, including telephone advice, he Law Centre works towards the relief of poverty, suffering and distress by providing legal advice and assistance to low paid and unemployed persons on legal matters in the following areas: Housing Law, Debt, Immigration Law
7	First Stop advice for older people			0800 377 70 70 (free from BT lines), <a href="http://www.firststopcareadvice.org.uk">www.firststopcareadvice.org.uk</a>	Free service providing advice and information for older people, their families and carers about care and housing options in later life. FirstStop also offers useful information for carers looking for support and advice

8	Hillman Legal Partnerships Ltd	Hillman Legal Partnerships, Freepost, RRRX-HUZY JBKB, 24 Priory Road, London	N8 7RD	0208 340 3102 or 0800 2988 661, info@hillmanlegal.co.uk., www.hillmanlegal.co.uk	Hillman Legal Partnerships specialise in Wills and estate planning and also provide all associated services. If you require any additional services, or your required service is not listed, please do contact Hillman Legal Partnerships. Services includes Wills and Secure Storage, Children's Trusts & Guardianship, Disabled Trusts, Business Discretionary Trusts, Civil Partnership Specialists, Inheritance Tax Planning, Conveyancing, Lasting Power of Attorney, Living Wills, Protective Property Trusts, Probate and Executor Help, Independent Financial Advice
9	Paddington Citizens Advice Bureau	Westminster CAB, 21a Conduit Place, Paddington, London	W2 1HS	08445 771 611, www.westminstercab.org.uk	Provides a generalist advice service for those living or working in the City of Westminster
10	Paddington Law Centre	439 Harrow Road, London	W10 4RE	020 8960 3155, paddingtonlaw@btconnect.com,	Free legal advice and representation to the people of Paddington.
11	PARKINSON'S UK	215 Vauxhall Bridge Road London	SW1V 1EJ	0844 225 3709, isw.centralwest@parkinsons.org.uk, free confidential national helpline: 0808 800 0303, 18001 0808 800 0303 (textphone users only), www.parkinsons.org.uk	Provides local Information & Support Worker offers information, advice and emotional support. It is a free, one-to-one service provided over the telephone, in your own home or at a venue to suit you. Also have local branches and support groups which offer friendship and support. These are run by volunteers and provide a range of events, social activities or just an opportunity for a chat.
12	POhWER Westminster Community Advocacy Service	POhWER, PO Box 14043, Birmingham	B6 9BL	Tel: 0300 456 2370, Minicom: 0300 456 2364, Text: text the word 'pohwer' with your name and number to 81025, pohwer@pohwer.net, www.pohwer.net	We offer a range of free, confidential and independent advocacy services to people who may find it difficult to put your views across or don't feel you are being listened to. This service is available to people who have been assessed as meeting Fair Access to Care criteria, or whom would like to challenge an assessment, and are living in Westminster, and are physically or sensory disabled and are aged between 18 and 65
13	Residential Environmental Health (Westminster City Council)			www.westminster.gov.uk/services/housing/private, res@westminster.gov.uk, 020 7641 6161/020 7641 8959	Advice and enforcement of housing standards, Provision of housing grants to help maintain and improve conditions, Provision of measures to prevent burglaries and help reduce the fear of crime, Promoting good management practices in the private rented sector, License houses in multiple occupation
14	Senior Passport Advice Service			020 7641 1444 , adultsocialcare@westminster.gov.uk, www.westminster.gov.uk/seniorpassport	Provides information on support and services available including help to live independently at home and help when considering moving to a residential care home and nursing care home.
15	Shelter Housing Advice Line			London Advice Line: 020 7014 1540 Helpline: 0808 800 4444 (National Freephone Helpline)	The advisers can explain your rights, tell you your options, tell you what (if anything) is available in your area
16	South Westminster Legal Advice Centre	246 Vauxhall Bridge Road	SW1V 1AU	020 7931 7744, swlac@live.com	Free advice clinics with the support of volunteer lawyers. Helps to explain the legal repercussions of your situation, give you our opinion of the best action to take in your situation, write letters on your behalf, advise on limited aspects of litigation strategy, draft simple documents for you
17	The Advocacy Project	73 St. Charles Square, London	W10 6EJ	020 8962 8695	Free service to all people aged 60 and over, help with problem with care, housing or health services

18	Wand Advocacy Service	Westminster Action Network on Disability, 96 Bourne Terrace, London	W2 5TH	0845 604 6442, SMS text messages 07812 387 308,	Housing issues, Making complaints, Independent living, Assessing social, community and health services, Support at hospital appointments / ward rounds, Attending meetings / writing letters, Immigration and Asylum advice, Benefits and money issues, Education and training, Employment, Equipment, Holidays/Leisure, Legal Advice, Transport. The Advocacy Service is free and confidential and is open to disabled and deaf people living in Westminster. Press the Get started button above to get advocacy.
19	Westminster Benefits Advice Team	Home Care Team, Westminster City Council, Floor 3, 77 Glenthorne Road, Hammersmith, London	W6 0LJ	020 7641 8977/020 3004 5617	Provides benefit advice and information, checks on current benefits and help with completion of forms
20	Westminster Citizens Advice Bureau	Westminster CAB, 21a Conduit Place, Paddington, London	W2 1HS	08444 771 611, www.westminstercab.org.uk	The CAB service provides free, independent, Confidential and impartial advice to everyone on their rights and responsibilities. Help you to find and understand the relevant information, pointing you to a specialist organisation and making an appointment for a further in-depth discussion
21	Westminster Family Information Service	4 Frampton St, London	NW8 8LF	020 7641 7929, fis@westminster.gov.uk	Provides a free impartial information service for parents and carers of children and young people aged 0-19 (up to 25 years for those with additional needs). It also provides reliable advice on childcare and a wide range of other services for children, families and young people in the City of Westminster.
22	Westminster Mencap	123 Golden Lane, London	EC1Y 0RT	020 7454 0454, Helpline: 0808 808 1111, information@mencap.org.uk	Provides support for children and adults with learning disabilities, alongside their families, carers and friends. Services include: A Learning Disability Helpline. Offers free, confidential and independent information and advice on virtually any subject to do with learning disability. Gives advice on: housing, education, money and benefits, leisure activities, support groups, advocacy and self-advocacy.
23	Westminster Mind	Radstock House, 5 Eccleston Street, London	W1W 9LZ	020 7259 8100, enquiries@westminstermind.org.uk, www.westminstermind.org.uk	Provides information, advice and support for people living with mental health problems through services including, counselling, a treatment programme for people with agoraphobia, a befriending scheme called Flexicare, support to get in to voluntary work
24	Woman's Trust	PO Box 70420, London	NW1Q 7QL	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.
25	Work Solutions (Jobs in Mind)	Caxton House, 129 St John's Way, London	N19 3RQ	020 7281 8097, www.jobsinmind.org.uk, info@jobsinmind.org.uk, Westminster.iapt@nhs.net	Supports and advice to people with a common mental health issue to sustain, return or find work.
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