

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES
1	Age UK Westminster	25 Nutford Place, London	W1H 5YQ	020 3004 5610, www.ageuk.org.uk/westminster	Provides advice & advocacy on a range of issues affecting older people in Westminster. And also they run a volunteer programme tailored for older people. Open hours: 10am-2pm, Mon to Fri
2	Do-it Volunteering made it easy			www.do-it.org.uk	Help people who want to volunteer quickly and easily.
3	Macmillan Centre	Medical Day Unit, Chelsea and Westminster Hospital, 369 Fulham Road, London	SW10 9NH	020 3315 2386, macmillan@chelwest.nhs.uk, www.macmillancentre.org.uk	Provides information, support, complementary therapies. Volunteering opportunities are also available
4	Open Age - South Westminster			020 7976 6354, www.openage.org.uk/south-westminster	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.
5	Wandsworth & Westminster Mind	3rd Floor, Radstock House , 5 Eccleston Street, London	SW1W 9LX	020 7259 8100, admin@westminstermind.org.uk, www.wmind.org.uk	They aim to help people in their local communities with mental health needs to live the best life possible. They help people to access counselling, housing, voluntary work, employment, peer support and a wide range of social, leisure and learning opportunities.
6	One Westminster	37 Chapel Street, London	NW1 5DP	020 7723 1216, info@onewestminster.org.uk, www.onewestminster.org.uk	One Westminster exists to serve the voluntary sector and volunteering in the City of Westminster.
7	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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