

Signposting directory

information on local
services, facilities
and resources



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1. Shortcuts to key Council services
2. Your nearest Jobcentre Plus
3. Independent welfare benefits advice and help with money or debt
4. Legal help including dealing with immigration issues
5. Dealing with the effects of crime or anti-social behaviour
6. Facilities for children and young adults
7. Advice and services for the over 55s
8. Help to get into employment
9. Education and training resources
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11. Coping with substance misuse
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SELECTED SERVICES

Main contact

London Borough of Lewisham
Town Hall, Catford, London SE6 4RU
Main switchboard: 020 8314 6000 (24 hours)

One-stop shops

The Council has two 'AccessPoints'

AccessPoint Catford: Ground Floor, Laurence House,
1 Catford Road, London SE6 4RU
Open: Mon 8.30am – 5pm, Tue & Wed 9am – 5pm
Thur 9am – 7pm, Fri 9am – 4pm, Sat 9am – 1pm

AccessPoint Deptford: 5 Giffin Street, Deptford,
London SE8 4RJ
Open: Mon 8:30am – 5pm, Tues, Wed, Thur 9am –
5pm Fri 9am - 4pm, Sat 9am – 1pm

AccessPoint offers access to a variety of services
including:

Housing/Council Tax Benefit, Council Tax, education,
pupil benefits & awards, issue of blue badges
disabled persons Freedom Passes, skip and scaffold
licences, general information and advice,
residential parking permits

CallPoint

Lewisham Council's call centre. Assistance over the
phone about a wide range of services.

Contact CallPoint to discuss:
Blue badge applications on 020 8314 9844
Council tax enquiries on 020 8690 9666
Environmental services on 020 8314 7171
Housing and council tax benefit on 020 8690 8444

Housing repairs on 020 8314 8314
Skips and scaffolding licences on 020 8314 6565

For other council services, contact the switchboard on
020 8314 6000

ALTERNATIVE SERVICE CONTACTS

Housing Benefit Enquiries

tel: 020 8690 8444 or E-mail:
housingbenefit@lewisham.gov.uk

Council Tax Enquiries

Laurence House, PO Box 1221, London SE6 4RU
Email: counciltax@lewisham.gov.uk
tel: 020 8690 9666 minicom 020 8314 3308

Parking Permits

Visit the Parking Shop, 2 Rennell Street, Lewisham
London SE13 7HD tel: 08452 185 248
Open: 8am-7pm Mon to Fri, 10am-4.30pm Sat.

Blue Badge applications

Contact via CallPoint or in person at an AccessPoint
Download a Blue Badge application form [here >>](#)

Bulk refuse collection

The Council offers a special collection for large items
service at a small charge. tel: 020 8314 7171

Pest control

Lewisham Council provides a comprehensive pest control
service, providing treatment and advice for a wide range
of pests. Tel: 020 8314 7171
E-mail: envirocall@lewisham.gov.uk

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LOCAL OFFICES

Deptford Jobcentre Plus
 124 Deptford High Street, London SE8 4NP
 Telephone: 020 8700 8400

Lewisham Jobcentre Plus
 19 Rushey Green, Catford, London SE6 4AW
 Telephone: 0845 377 1000

Catford Jobcentre Plus
 62-66 Rushey Green, Catford, London SE6 4JD
 Telephone 020 8918 5400

Jobcentre Plus is the government agency with responsibility for delivering the national employment service and the social security office in the United Kingdom administering a range of welfare benefits. They are often operated from a high street shop location.

Jobcentre Plus typically provides resources to enable the unemployed find work, including posting vacant job listings using a computer system called LMS (Labour Market System) which can be accessed by customers through Jobpoints (touch-screen computer terminals) as well as providing job-search help and information about training opportunities for those who have been registered as unemployed for some time. Part of the agency is engaged in administering claims for unemployment benefits such as Jobseeker's Allowance.

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Click here >> for on-line information about Jobcentre Plus services.



ADVICE AGENCIES

Catford Citizens Advice Bureau (CAB)

120 Rushey Green, London SE64HQ tel: 0870 126 4037
email: catfordcab@btinternet.com

Advice and information on a range of subjects, including welfare rights, housing rights, money and debt, consumer, immigration and nationality, employment. Borough-wide phone service daily 1pm-3.30pm. Drop-in for people who are employed or in full time education Thurs 5.30pm-7.30pm. Reception service for signposting and information. (Area Served: Lewisham.)

Sydenham Citizens Advice Bureau (CAB)

299 Kirkdale, Sydenham, London SE264QD
tel: 08701 264037 email: admin@sydenhamcab.org.uk

Advice and information on a range of issues, including housing, benefits, debt, immigration and employment rights. Also offer telephone advice Tuesday and Friday 1pm-3.30pm. Fortnightly legal advice sessions. Appointments for employed people Wednesday evenings. (Area Served: Lewisham.)

Lewisham Money Advice Service

Unit 8, Evelyn Court Deptford Business Park Grinstead Road, Deptford, Lewisham SE8 5AD tel: 020 8694 7648
email: lewisham.mas@btinternet.com

Telephone consultancy line for debt (money advice) clients. Representation at Bromley County Court we provide legal help contract to provide 2000 hours money advice cases only. General advice at GP's surgeries in South Lewisham. Referrals form other agencies.

LOW COST FINANCE

ACTS Credit Union

Savings schemes and low cost borrowing. For further information contact: The Administrator, ACTS Credit Union Limited, 262 Kirkdale, Sydenham, London SE26 4RS
tel: 020 8778 4738 or email admin@actscu.co.uk
www.actscu.co.uk or drop in.

Deptford and New Cross Credit Union

tel: 020 8692 7777 for more info.

Change

Coming soon to this borough...

A low cost alternative to doorstep loan sharks and financial literacy/skills development courses.

[Click here >>](#) for details

BASIC BANK ACCOUNTS

Basic bank accounts are offered by many high street banks and can be opened by most people.

[Click here >>](#) for the Financial Services Authority's advice on choosing a bank

[or here >>](#) for the CAB version

see also
National Debtline, telephone
helpline: 0808 808 4000
or email
advice@nationaldebtline.co.uk
web: www.nationaldebtline.co.uk

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LEGAL HELP

North Lewisham Law Centre

28 Deptford High Street, London SE8
 tel: 020 8692 4355 fax: 020 8694 2516
 Email: info@lewishamlawcentre.org.uk

Services: Help in the following areas of law:
 Employment, Housing, Immigration & Asylum,
 Welfare Rights, Family Law, Personal Injury

Drop-in Times: Drop-in sessions allow you to talk
 1-to-1 with our case workers about your problems.
 Each session deals with one type of legal issue (E.g.
 housing, welfare, immigration, etc). Use the
 timetable below to find the next session for you.

Sessions are held at Lewisham Law Centre
 (Deptford) and in Lewisham Library.

Drop-in sessions at Lewisham Law Centre office
 begin at 10.00am (although doors are open from
 9.30am). Lewisham Library sessions begin at
 2.15pm and end at 5.00pm. Access is on a first
 come first served basis and they can only see the
 first nine people.

New Cross Legal Advice Centre

170 New Cross Road London SE14
 tel: 020 7732 9716.

For: People from Borough of Lewisham are prioritised
 Phone or call into office to arrange an appointment
 Open Thurs: Evening by appointment only

[Click here >> for help yourself legal info on the
 web from Community Legal Service Direct.](#)

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See Also

The Law Society of England and Wales
www.lawsociety.org.uk
 who provide advice on choosing a solicitor
 and promote access to justice for all.



METROPOLITAN POLICE

Community Safety Unit (CSU)

The Community Safety Unit is responsible for the investigation of hate crimes within the Borough of Lewisham. Hate crimes all fall into the following categories: Racist crime, Domestic violence, Homophobic crime, Hate mail

The CSU is staffed with male and female officers specially trained to deal with hate crime and is based at Lewisham Police Station. Contact the CSU on 020 8284 8334 but in cases of emergency always dial 999.

Lewisham Police Stations

[Click here >>](#) for a list of Police Stations in Lewisham.

COMMUNITY SERVICES

Noise control

Between 9am and 4pm, Mondays to Fridays, call Environmental Enforcement on tel: 020 8314 2170

At all other times, call the main switchboard number, 020 8314 6000 and they will take a message.

During office hours and between 7pm and 3am any day of the week, the Council has an immediate response service who should call back within 30 minutes and visit if necessary within a further 45 minutes.

Graffiti removal

The Council aims to remove graffiti as quickly as possible. In most cases, graffiti is cleaned on the same day that it is reported. Contact Street cleaning

services on tel: 020 8314 7171, or visit www.lewisham.gov.uk/TransportAndStreets/StreetCareAndCleaning/Graffiti for other ways of reporting.

Abandoned vehicles

To report an abandoned (or dumped) vehicle, contact Envirocall on tel: 020 8314 7171.

SUPPORT SERVICES

Victim Support

Victim Support Lewisham helps Lewisham residents cope with the effects of crime. They provide confidential support and information to victims of crime and to witnesses attending local courts. Services are free, independent of the police and courts, and available to everyone, whether or not the crime has been reported and regardless of when it happened.

contact: Victim Support Lewisham,
300 Sangley Road, Catford, London SE6 2JT
tel: 020 8698 4583 fax: 020 8695 6679
Email: enquiries@victimsupport-lewisham.org.uk

Domestic Violence

Women Against Domestic Violence Project
(Advice, counselling and advocacy) 020 7252 8518 -
Tuesday to Friday 020 7732 9716 - Mon to Fri
170 Community Project, 170 New Cross Road,
Lewisham SE14 5AA

Community Safety Team

tel: 020 8314 7531
email: communitysafety@lewisham.gov.uk
Domestic Violence Co-ordinator tel: 020 8314 8390
Youth Offending Team tel: 020 8314 7474

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SERVICE DIRECTORY

Children and young people's directory
 Find out about organisations offering services covering advice, activities, health, education and more for children, young people and their parents and carers by [clicking here >>](#).

CHILD CARE

Childcare link
 Directory for all local childcare services [click here >>](#) for Lewisham pages

PLAY FACILITIES

Adventure playgrounds
[Click here >>](#) for a list of playgrounds in Lewisham and opening times, contact details, etc.

Playschemes
[Click here >>](#) to check for latest info'

TEENAGERS

The Youth one stop service (YOSS)
 Advice/information service for young people and part of the Lewisham Youth Service.

It delivers advice, information and guidance to young people 13-19yrs through a number of access sites located throughout the borough of Lewisham.

tel: 020 8297 3330 or [click here >>](#) for detailed contact info'

Lewisham Connexions
 Connexions is a countrywide information and advisory service for 13-19 year olds and people with special learning needs or disabilities under 25. They offer advice on issues related to young people including careers, work, housing, drugs, money, health and leisure.

Lewisham Connexions Centre, 209-211 Lewisham High Street, London SE13 6LY
 email: info@londoneastconnexions.co.uk
 tel: 020 8297 3330 fax: 020 8297 3331Y
[See Connexions Direct for advice outside office hours >>](#)

Youth centres
 A wide range of youth clubs and drop-in activities are available for young people in the Lewisham area.

[Click here >>](#) for a full list.

Youth AID (Advice, Information, Development) - Lewisham Service: Advice, information and support for young people (13-25) on a range of issues, including homelessness, housing, finding accommodation, benefits, careers and employment. Advice on personal and relationship problems. Groupwork programmes. Young leadership programme Tuesday and Wednesday 6pm - 9pm. Counselling by appointment (places limited). Free condoms. Outreach services. Target Group Young people (13-25).

Contact: tel: 020 8697 7435, 020 8697 2152
 fax: 020 8697 2153 Email youthaid@aol.com
 17 Brownhill Road, London, SE6 2HG



Sure Start is the Government's programme to deliver the best start in life for every child by bringing together: early education, childcare, health and family support.

Services: advice on education and accessing education, access to childcare, information for parents, employment advice to information on childcare, and children's centres. [Click here for the list of local programmes >>](#)

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ADVICE SERVICES

Age Concern Lewisham

10 Catford Broadway, Catford, LONDON SE6 4SP
 tel: 020 8690 9060 fax: 020 8690 9061
 Email: info@ageconcernlewisham.org.uk

Services include: Befriending Scheme, Handy Person scheme, Information and Advice, Insurance Services, Hospital Discharge Befriending Service

PRACTICAL SERVICES

Activities for older people

Lewisham provides a wide range of activities that are popular with older people.

Apart from the numerous parks, open spaces and access to Leisure Centres, the Sport and leisure service offers specific areas of activities targeted at older people such as swimming, bowling, aquafit, badminton and squash clubs, golf and many others.

See Also

Counsel & Care Helpline - Free, confidential information & advice for the over 60's, their carers, friends and family - Call: 0845 300 7585

SeniorLine, Help the Aged, 207-221 Pentonville Road, London, N1 9UZ tel: 020 7278 1114 email: info@helptheaged.org.uk , Web: www.helptheaged.org.uk
 A free telephone advice and information service for older people, their relatives, carers and friends.

Contact: Sport and leisure service
 1st Floor Town Hall Chambers, Rushey Green, Catford, London SE6 4RU tel: 020 8314 8499
 E-mail: sportandleisure@lewisham.gov.uk

Social Services

The Council helps vulnerable adults from all backgrounds live as independently and safely as possible. Anyone who is a resident of Lewisham can get free information and advice from the Council.

Services include:
 help in the home – this can be personal care or practical help to maintain or promote independence
 occupational therapy – help with equipment or adaptations to your home
 specialist social work service for deaf people or people with substantial hearing loss
 specialist service for blind people or people with a visual impairment
 day services in day centres
 sheltered housing or residential care
 help when coming out of hospital

Contact: Older adults service tel: 020 8314 8866
 E-mail: info.olderadults@lewisham.gov.uk

Lewisham Handyperson

Free service which provides small repairs and adaptations to the homes of older, disabled and vulnerable residents living within Lewisham. Housing Association tenants, Council tenants, private tenants and owner occupiers are all eligible to apply.

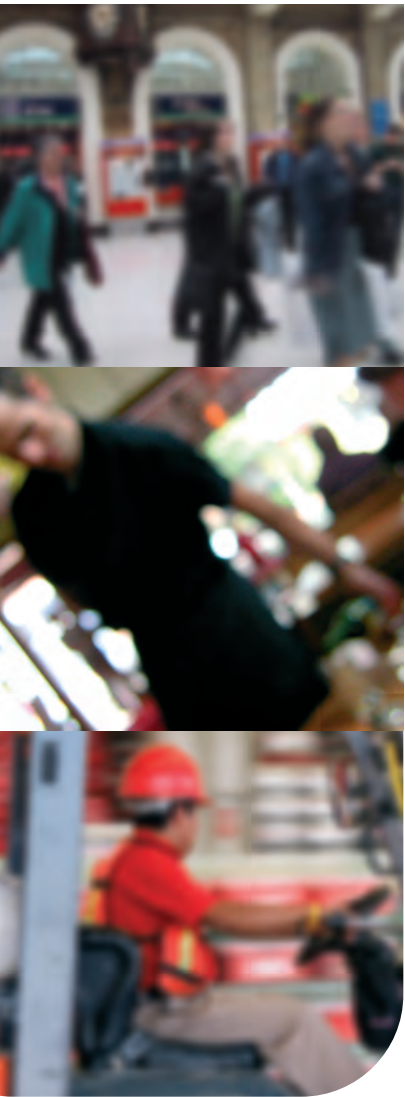
Contact: Handyperson service
 1st Floor Capital House, 47 Rushey Green, Catford, London tel: 020 8314 6309
 E-mail: handyperson@lewisham.gov.uk

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EMPLOYMENT ADVICE

Opening Doors

A service for Lewisham residents aged 16 and over. Their aim is to improve the skills and increase the employability of Lewisham residents by equipping them with job search skills and the confidence to secure employment.

Service: Time-limited programmes to suit varying needs. All programmes offer the following:
 confidential, impartial careers information, advice and guidance
 advice on writing CVs
 support with making applications and preparing for interview
 access to job search resources, including the Internet
 links to Jobnet, the job brokerage team.
 Some also offer free accredited training and assistance with travel and childcare costs.

Information and Advice Service:
 Information and advice on learning and work from one of our Information and Advice Workers. They can help find out what training courses are available, give information on a range of careers, advice on writing a CV and help with completing application forms or preparing for interview.

Contact: Opening Doors, tel: 020 8297 1171
 E-mail: openingdoors@lewisham.gov.uk

pathways2work

The pathways2work team can help Family Mosaic residents and their families to find employment, training or set up their own businesses.

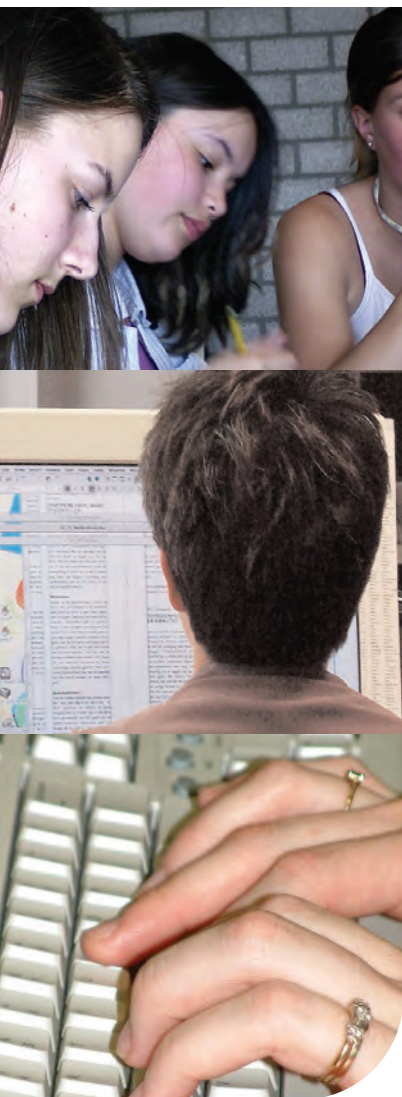
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RESOURCES

Community Education Lewisham

5 Giffin Street, Deptford, London SE8 4RJ
 email: community.education@lewisham.gov.uk
 tel: 020 8314 3300 fax: 020 8314 3254
 020 8314 3268

Service: Community Education Lewisham (CEL) has a wide range of courses available all over the borough contact them for information about adult education across Lewisham.

Lewisham Construction Related Skills Training Centre

Service: offers building opportunities and construction trade skills for all in: carpentry and joinery, electrical installation, painting and decorating, plumbing.

Free training courses are available for six months over three to three and a half days per week. Minimum age 18.

To apply phone 020 8692 1999 or fax 020 8694 6648. CRS is located in London SE8 and SE14.

Creekside Learning Centre
 14b Stowage, London SE8 3EG
 tel: 020 8469 3366

Help for homeless people, foyer residents and people in supported housing with all aspects of finding work, education or training, provided in an informal setting. Help with job applications and preparing a CV. Vocational guidance and recruitment advice. Advice on training. Use of internet and access to newspapers. NACRO project.
 (Area Served: London Boroughs of Greenwich and Lewisham.)

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SEARCH FACILITIES

Doctors (GPs)

Find a GP by using this search facility provided by Lewisham Primary Care Trust, you can search by service required, language spoken or by area - [click >> here](#).

Pharmacies

Find a pharmacy (including late-night and emergency services) by visiting this search facility, [click here >>](#)

Dentists

[Click here >>](#) to search for a dentist including those who accept NHS patients.

HEALTH AUTHORITY

Lewisham Primary Care NHS Trust

Cantilever House, Eltham Road, Lee, London SE12 8RN
tel: 0845 226 8547

Patient Advice and Liaison Service - PALS

tel: 0800 587 7027
Call for advice and guidance on any aspect of healthcare in Lewisham.

HOSPITALS

The Lewisham Hospital NHS Trust
Lewisham High Street, London, SE13 6LH
tel: 020 8333 3000 fax: 020 8333 3333

The Lewisham Hospital NHS Trust is a teaching hospital for the University of London which obtained University status in 1997 because of the role it plays in undergraduate education and research. In addition to most of the services of a traditional general hospital, e.g. accident and emergency, it also offers specialist services in Paediatric and Neonatal Surgery, Neonatal intensive care, Cystic Fibrosis and Ear, Nose and Throat services.

See Also
NHS Direct: Gateway to health information on the web or by phone
0845 4647
www.nhsdirect.nhs.uk

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SERVICES

Community Drug Education Project (CDEP)

CDEP aims to provide reliable and accurate information on drugs and drug use in a balanced way, by providing drug education sessions and drop-in resource centres, as well as displays and resource stalls at local events. This is available to young people, parents/carers and community members.

Community Education Workers provide advice, information and education on drugs to young people and their parents and carers through drop-in services, attending community events and outreach in youth clubs.

CDEP also offer comprehensive training to community members and professionals around substances and harm minimisation.

Community Drug Education Project (CDEP)

Mornington Centre, Stanley Street, Lewisham
London SE8 4BL
tel: 020 8691 0550 web: www.drugsinfo.org.uk

Turning Point ACAPS (Lewisham)

Turning Point ACAPS Lifestyle Options Project (LOPS) provides support and a range of opportunities for young people aged 10 - 25 who may be experiencing problems with drugs and/or alcohol.

Contact: Drug and alcohol strategy team
23 Mercia Grove, London SE13 6BJ
Tel: 020 8314 8226

Lewisham Community Care - Substance Misuse Team

Address: Nursery Building, University Hospital of Lewisham, Lewisham High Street, London SE13 6LH
tel: 020 8333 3055

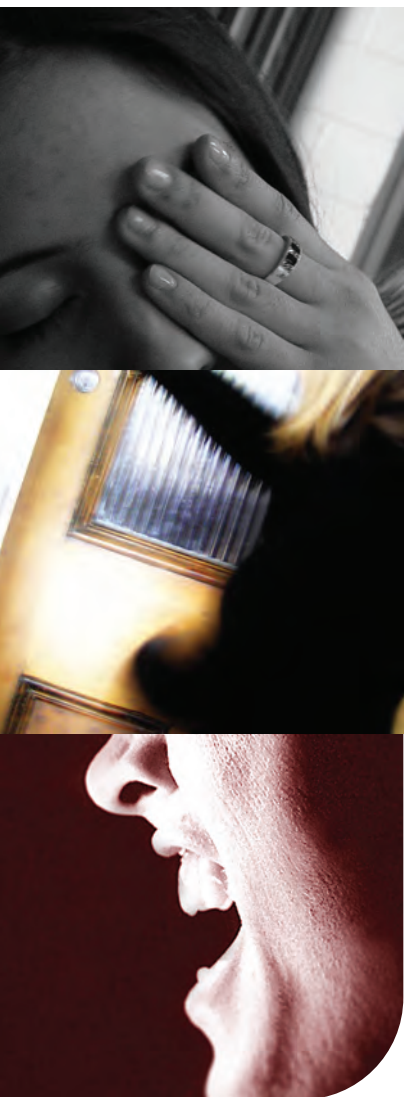
Service: Primarily drugs or Alcohol services or Both Advice and Information; Assessment/Care management; Structured Community-based Services: Structured aftercare programme

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ACCESS TO STATUTORY & VOLUNTARY SERVICES

Community Mental Health Services

3rd Floor, Ladywell Unit, Lewisham Hospital,
Lewisham High Street, SE13 6LH
tel: 020 8333 3000 ext 8212
Fax 20 8333 3405

Community Mental Health Teams (CMHTs)

Access to Community Mental Health services in Lewisham is via one of three Community Mental Health teams.

Northover CMHT, covering south and south west Lewisham. 102 Northover Downham, London BR1 4PW
tel: 020 8461 5577

Southbrook CMHT, covering central and east Lewisham. 1 Southbrook Road, London, SE12 8LH tel: 020 8318 1339

Speedwell CMHT covering north Lewisham. 62 Speedwell Street, London SE8 4AT Telephone 0203 228 1200

Community Opportunities

The purpose of services is to support individuals with severe and enduring mental health problems to lead meaningful, satisfying and contributing lives as part of their local community. The teams endeavour to maximise an individual's involvement in mainstream community resources.

The service is for Lewisham residents (16-65 years) with severe and enduring mental health problems. Priority is given to service users registered on the Enhanced Level of the CPA (Care Programme Approach). Open: Mainly office hours (9am - 5pm Mon - Fri). Some sessions provided during evenings and weekends.

Community Opportunities Service (Central Lewisham)
The Lee Centre, 1 Aislbie Road, Lee, London SE12 8QH tel: 020 8297 9242

Community Opportunities Service (South Lewisham)
200 Kirkdale, Sydenham, London SE26 4NL

tel: 020 8676 0441
Community Opportunities Service (North Lewisham)
32-34 Watson Street, Deptford, London SE8 4AU
tel: 020 8694 6519

Deptford Primary Care Mental Health Team

The Lind Clinic, Grove Street, London SE8 3RA
tel: 020 8691 1335. Service is for patients referred by GP practices in North Lewisham

Samaritans (Lewisham)

362 New Cross Road, London SE14 6AG tel: 020 8692 5228

Lewisham CAMHS (Child and Adolescent Mental Health Services)

Comprehensive specialist service for children and young people in Lewisham.

Referrals to the service can be made through: GP's, Teachers, Health Visitors, Connexions, Youth Service, Social Workers and other local professionals.

Alzheimers Society

The Lewisham and Greenwich Branch of the Alzheimers Society supports people with dementia and their carers by providing information, advice and a listening ear. As well as operating a Helpline, the Society organises monthly carers support group meetings and bimonthly social meetings and produces a monthly newsletter. It has information on all types of dementia and has a national support network for people with CJD and young onset dementia.

52 Deptford Broadway, Deptford, London SE8 4PH
tel: 020 8320 2757

ISIS

ISIS offers support for people of African and African-Caribbean descent who live in Lewisham and are experiencing or have experienced mental health difficulties. Services include individual and group support, advocacy, counselling, recreational activities, training, awareness and advice on issues that affect the mental well-being of African and African-Caribbean people. tel: 020 8695 1955

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STATUTORY CARE SERVICES

Social Services

LB Lewisham Social Care and Health - Learning Disabilities Team
 19-21 Brownhill Road, Catford, London SE6 2HG
 tel: 020 8698 8133

email: info@awld.lewisham.gov.uk
 Services for adults (18+) with learning disabilities, their families and carers.

LB Lewisham Social Care and Health - Disabilities Teams

3rd Floor, Town Hall Chambers Rushey Green
 London SE6 4RY tel: 020 8314 7777

Email: info.ots@lewisham.gov.uk
 Services for adults and children with physical or sensory disabilities.

LB Lewisham Social Care and Health - Children and Families

Ground Floor, Laurence House 1 Catford Road
 London SE6 4RU tel: 020 8314 6294

Range of services children, young people and their families. Information, advice, practical support and counselling. Support for children with disabilities. Protection work with children at risk of abuse or neglect. Foster care and adoption services. Support for young people leaving care. Work with young people in trouble with the law.

Younger adults service

Assessment and services for carers of adults aged

18-64 with physical disabilities or complex health problems requiring respite care.

John Henry Neighbourhood Office
 299 Verdant Lane, London, SE6 1TP
 email: info.youngeradults@lewisham.gov.uk
 tel: 020 8314 7766 fax: 020 8314 3013

Out of hours service

Lewisham's adult and children social care out of hours team can help with urgent problems outside normal office hours.

To contact the team out of hours phone 020 8314 6000.

OTHER SERVICES

Linkline – Telecare service Linkline

Linkline provides a responsive Telecare service 24 hours a day, 365 days a year to anyone who feels vulnerable or at risk in their own home.

Who is the service for: The service is available to anyone who feels at risk in their own home because of age, disability, isolation, illness or vulnerability.

Contact

Linkline Telecare Service
 c/o Roseview, 122 Marsala Road, Lewisham
 SE13 7AF
 tel: 020 8690 0440
 email: linkline@lewisham.gov.uk

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ADVICE/SUPPORT AGENCIES

Lewisham Association of People With Disabilities
 McEwan Centre Portacabin, Leybridge Court Estate
 Leyland Rd, Lee, Lewisham, London SE12 8TH
 tel: 020 8852 1727 email: cbatley@hotmail.com

Advice and information for people with all types of disability on welfare rights including Housing/CT benefits. Runs in conjunction with "Daash" (Diabetes awareness action and self-help) - a funded diabetes service offering support, advice and mentoring to people with diabetes and their family/carers. Free to eligible people within the borough of Lewisham.

Open Mon, Tues and Fri 9.30am - 2.00pm.
 Appointments for home visits and outside office hours appointments can be made by email, fax or telephone, but please wait for a reply. **DO NOT TURN UP AT OFFICE WITHOUT FIRST MAKING CONTACT.**

Lewisham Mencap
 72 Lee High Road, Lewisham, London SE13 5PT
 tel: 020 8852 4100
 email: lewisham.mencap@btconnect.com

Help, advice, information and advocacy for parents, carers and families of people with learning disabilities, who are living at home or in residential care. Family support worker can visit families and carers - some evening and weekend visits. Social clubs for adults with learning disabilities.

Horizontes Horizontes

Funded by the London Borough of Lewisham in the UK and provides quality services for people with disabilities aged from 7 to 18 and 18 upwards.

It provides:

- individualised educational programmes and skills training activities
- pathways for users to access mainstream activities
- pre-vocational assistance and support
- employment opportunities through referral to other agencies.

Hughesfield Centre, New King Street, Deptford
 London SE8 3HS
 tel: 020 8694 8174 Fax: 020 8691 6909

ALAS (All Lewisham Autism Support)

A group of parents of autistic children in Lewisham and surrounding boroughs in South East London. Affiliated to the National Autistic Society.

Service: Emotional support by listening and sharing our experiences of living with autism. Practical help by exchanging ideas about problems. Information and advice about appropriate education and specialist services. Outings for our members and their families during school holidays.

Group meets at 8.00 pm on the 3rd Thursday of every month at the Ravensbourne Project, 38 Clarendon Rise, Lewisham SE13

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SELECTED SERVICES

Lewisham Community Transport

Lewisham Community Transport Scheme exists to provide affordable, safe, accessible transport to any voluntary/charitable organisation in Lewisham and to any individual person with some form of mobility problem on a not for profit basis. Independent charitable organisation established to provide affordable and accessible transport for the benefit of the community.

Contact:
Beneficiary and concessionary services
1st Floor, 1a Eros House, Brownhill Road, Catford,
London SE6 2EF tel: 020 8314 8300

Dial-a-ride

Unit 2, Lagoon Road, St Mary Cray, Orpington
BR53QX tel: 01689 896333

Specialist transport service operating door to door for people who cannot use, or have extreme difficulty using, mainstream public transport. Service available 8.30am - 11.30pm seven days a week. (Area Served: Bromley, Bexley, Greenwich, Lewisham, Southwark.)

Blue Badge Scheme

The Blue Badge Scheme gives parking concessions for people with severe walking difficulties, who travel

either as drivers or passengers. The scheme also applies to people who are registered blind and people with very severe upper limb disabilities who regularly drive a vehicle but cannot turn a steering wheel by hand.

It allows badge holders to park close to their destination, but the national concessions apply only to onstreet parking.

See page 1 for contact details, [click here >>](#)

Taxicard

The London Taxicard Scheme allows people with disabilities who cannot use buses or trains to travel in licensed black cabs at reduced fares tel: 020 7484 2929

Bus and Tube Passes

People aged 60+ can get a 'Freedom Pass' from most local post offices. Scheme is managed by ALG tel: 020 7484 2929.

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COMMUNITY CENTRES

Quaggy Community Centre & Nursery
Orchard Hill, Lewisham, London, SE13 7QZ
tel: 020 8465 9785

Ackroyd Community Centre
Ackroyd Road, London SE23 1DL
tel: 020 8291 3479

Charlton Community Centre
Charlton Rd, London SE7 8RE tel: 020 8856 3951

St. Michaels Community Centre
Desmond Street, London SE14 6JF
tel: 020 8691 9484

Honor Oak Community Centre
Turnham Rd, London SE4 2HH tel: 020 7639 2301

Horn Park Community Centre
96 Sibthorpe Road, London SE12 9DP
tel: 020 8851 6131

Bellingham North Community Association
15 Bellingham Green, London SE6 3HQ
tel: 020 8698 4891

Pepys Community Forum
Windlass Place, London SE8 3QH
tel: 020 8694 3503

Ferrier Community Hall
Telemann Sq, London SE3 9YR tel: 020 8856 6550

Armada Community Project
McMillan St, London SE8 3EZ tel: 020 8691 3332

The Saville Centre
436 Lewisham High St, London SE13 6LJ
020 8690 5213

St. Andrew's Centre
St. Andrews Church, Brockley Rd, London, SE4 2SA
tel: 020 8694 2459

DAY CENTRES

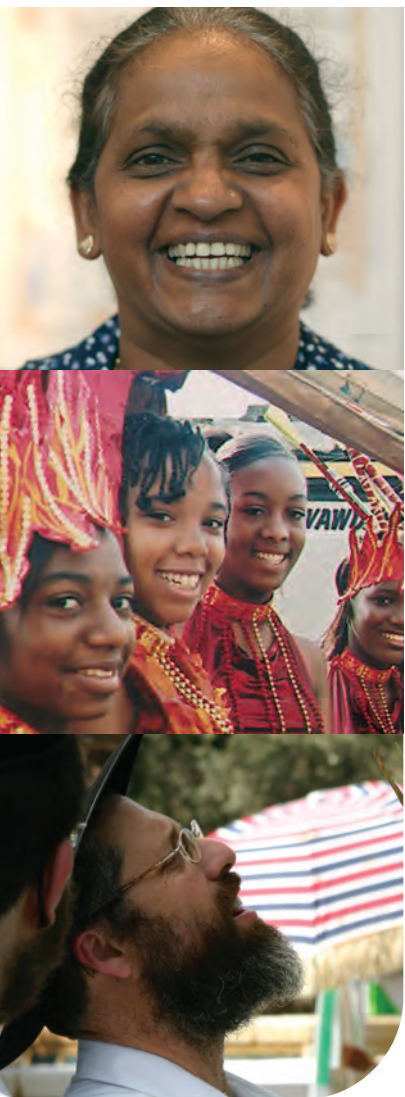
Click here >> for day centres in Lewisham

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COMMUNITY RESOURCES

Lewisham Indo Chinese Community & School
 33 Clyde Street, London SE8 5LW
 tel: 020 8692 2772

Somali Education Development Centre
 Deptford Strand, London SE8 3BA
 tel: 020 8692 4448

Lewisham Refugee Network
 Parker House, 144 Evelyn Street, London SE8 5DD
 tel: 0208 694 0323

Services: Frontline advice and information services; education support services; basic skills training; food and clothing provision; joint furniture and other household items; individual grants.

Lewisham Asian Elders and Carers Group
 Service: Day centre for older and disabled Asian and African-Caribbean people and their carers. Advice on welfare rights, signposting and help with accessing specialist services. Chiropody service. Craft, salsa and IT classes. Vegetarian lunch. Outings.

Target Group: Older and disabled Asian and African-Caribbean people and their carers.
 Languages: Gujarati, Hindi, Punjabi, Urdu and access to interpreters.
 tel: 020 8461 3420 fax 020 8461 3429
 Address: The Calabash Day Centre
 26 George Lane, Lewisham, London SE13 6HH
 Open Mon - Fri 9am - 5pm

Lewisham Multi Lingual Advice Service
 Social Welfare Information Desk Lewisham Library
 199-201 Lewisham High Street, London SE13 6LG
 tel: 020 8694 8195

Advice and information for minority ethnic communities in a range of community languages. Subjects covered include employment, education, consumer issues, housing, money and debt, community care and benefits.

Turkish Advisory and Welfare Centre (TAWAC)
 44a Sydenham Road, London SE26 6EZ
 tel: 020 8776 5872

TAWAC is a resource centre for the Turkish community, dealing with matters such as translation/interpretation, housing, Council Tax, Social Security and education.

SE London Tamil Elders and Family Welfare Association
 c/o 14a Torridon Road, Catford, London SE6 1AQ
 tel: 020 8697 8050

Lewisham Irish Community Centre
 2a Davenport Road, London SE6 2AZ
 tel: 020 8695 6264 advice Line: 020 8695 9608
 Services: advice and advocacy, casework, Irish elder's pop-in service and tea-dances, classes and cultural events, education in Irish culture, annual Irish festival.

Amman Elderly Asian Group
 76 Vancouver Road, London SE23 2AJ
 tel: 020 8291 7777
 A social and support organisation providing a forum for expression. It also arranges social gatherings, festivities, outings and other events.

CHURCHES

[Click here >>](#) to get a list of places of worship in Lewisham

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SELECTED SERVICES

Crossroads - Greenwich and Lewisham

Rushey House 2a Wildfell Road, Catford, London SE6 4HU tel: 020 8690 8854 or 7009

Respite care service for carers of people with disabilities, chronic illness, sensory impairment & HIV/AIDS. Respite care service for Asian elderly & Asian carers, black & ethnic minority carers. Caring service for children & families affected by HIV/AIDS. Support workers assist through befriending & helping with personal care & light housework. Service available 7.30am-10.30pm, 365 days a year.

Carers Lewisham

Waldram Place, London SE23 2LB tel: 020 8699 8686

Carers Lewisham provides advice, support and information to anyone in Lewisham who carers for a disabled, frail or ill partner, relative or friend of any age. It offers support groups, counselling, advocacy, a respite care scheme and information on anything to do with caring and training for carers and professionals.

Ladywell Mental Health Carers' Support Group

For carers of friends or relatives with a mental health problem. The meetings give carers an opportunity to share experiences and get support from other carers and learn from speakers in a friendly and informal atmosphere. tel: 020 8218 3502/3

Contact-a-family

Information, events and activities for families with a child with a disability. tel: 020 7635 6333

Vietnamese Carers Support Project

Information and support to carers. tel: 020 8694 0952

Ravensbourne Project

Support and breaks for parents. tel: 020 8698 2021; tel: 020 8695 2661

Young carers project

Young Carers Project, Carers Centre, Waldram Park, Forest Hill, London SE23 2LB Tel: 0800 0198 841

[Click here >> for www.parentscentre.gov.uk for general advice about parenting](http://www.parentscentre.gov.uk)

See Also

Lone Parent Helpline 0800 018 5026 www.oneparentfamilies.org.uk
Free confidential helpline service for single parents run by independent charity. Advice available on benefits, tax, child support, and employment

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LEISURE CENTRES

There are five leisure centres in Lewisham.

Bridge Leisure Centre

Kangley Bridge Road, Lower Sydenham, London SE26 5AQ tel: 020 8778 7158

Forest Hills Pools

Dartmouth Road, Forest Hills, London SE23 3HZ tel: 020 8699 3096

Ladywell Arena

Silvermere Road, London SE6 4QX tel: 020 8314 1986

Ladywell Leisure Centre

261 Lewisham High Street, London SE13 6NJ tel: 020 8690 2123

Wavelengths Leisure Pool

Giffin Street, London SE8 4RJ tel: 020 8694 9400

(The Downham Health and Leisure Centre is nearing completion and will open on Monday 12 March 2007. This exciting new facility will be a model for community health, leisure and well-being provision. It is situated off Moorside Road on the site of the former Downham baths and library buildings)

PARKS

Click here >> for a list parks in the borough

OTHER FACILITIES

Click here >> for Libraries in Lewisham

All of the Council's 36 allotment sites have waiting lists. Click here >> for more info'

SPORTS CLUBS

Click here >> for a directory of local sports clubs

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POWER COMPANIES

Help on choosing a utility company - gas and electricity, visit www.energywatch.org.uk

GAS EMERGENCIES

Transco 0800 111 999

WATER

Thames Water Utilities Ltd
PO Box 436
Swindon SN38 1TU

tel: metered account enquiries	0845 9200 887
unmetered account enquiries	0845 9200 888
non-bill related enquiries	0845 9200 800
minicom	0845 7200 899
freephone leakline	0800 714 614

COMMUNITY CARE GRANTS

Community Care Grants help people who are getting Income Support or income based Jobseeker's Allowance or Pension Credit who are likely to get one of these benefits when moving out of institutional care or a care home. They help people live independently in the community and ease exceptional pressure on families. They cover a wide range of personal circumstances and variety of needs and expenses. They do not have to be paid back.

Contact your local Job Centre, Job Centre Plus or Social Security Office for an application form

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SELECTED SERVICES

Lewisham Friend

c/o Voluntary Action Lewisham, 120 Rushey Green
 London, SE64HQ tel: 020 8690 6195
 Email: helpline@lewishamfriend.org
 Helpline for lesbians, gay men, their families and friends.
 Information, advice and support on a range of issues
 relating to sexuality.

Local information and advice

Lewisham Lesbian and Gay Alliance [click here >>](#)
 Lewisham Lesbian & Gay Information Project [click here >>](#)
 Lewisham GLBT service leaflet [click here >>](#)

London Friend

Voluntary organisation that has been serving the lesbian,
 gay and bisexual community for over 30 years. They
 exist to promote, support and campaign for the social and
 emotional well-being, physical and sexual health of les-
 bian, gay and bisexual people and those who are unsure
 of their sexuality. All services are delivered by trained
 lesbian, gay and bisexual volunteers. Services provided
 include:

Telephone Helpline - 020 7837 3337
 (19:30 - 22:00 daily)
 One to One Counselling, Support Groups, Social Groups, A
 library on LGBT issues
 Free information on HIV/AIDS and other Sexually
 Transmitted Infections, Free condoms and lube
www.londonfriend.org.uk/index.php

London Lesbian and Gay Switchboard

Information, support and referral service for lesbians, gay
 men and bisexual people from all backgrounds throughout
 the United Kingdom.
 Switchboard aims to: maintain comprehensive information
 on support, social and specialist services of relevance to

lesbians, gay men and bisexuals. Raise awareness of sex-
 ual health issues including safer sex and to endorse posi-
 tive personal choice. Offer support and initial advice to all
 callers on any problems they are facing. Suggest sources
 of more specialist advice, counselling or other help if
 callers want it.

Lesbian and Gay Switchboard 020 7837 7324
www.lgls.org.uk

LAGER

Unit 1G, Leroy House, 436 Essex Road, London N1 3QP
 General Enquiries: 020 7704 2205

Independent advice agency affiliated to the Federation of
 Independent Advice Centres (FIAC). Free confidential legal
 advice, information and support to lesbians and gay men
 who are facing discrimination in the workplace or whilst
 looking for work.

Audre Lorde Clinic Ambrose King Centre, Royal London
 Hospital, Whitechapel, London E1 1BB Fri 10am-5pm -
 tel: 020 7377 7312 Services for lesbians.

Beaumont Society

The largest and longest established transgendered support
 group in the UK and has developed a support network,
 which has been at the forefront of the transgender, trans-
 vestite, transsexual and cross-dressing community since
 1966! website: www.beaumontsociety.org.uk

Stonewall Housing

Housing advice for lesbians and gay men.
 website: www.stonewallhousing.org

GMFA

Volunteer-led gay men's health organisation. website:
www.metromate.org.uk Call 020 7649 9311 (lines are
 open between 8.30am and 6pm Mon to Fri and 9am to
 1pm on Sat)

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LISTENING EAR

Samaritans

call 08457 90 90 90 anytime

ChildLine

free helpline for children and young people in the UK. Children and young people can call us on 0800 1111 to talk about any problem.

Families Anonymous

For Relatives and Friends Concerned About the Use of Drugs or Related Behavioural Problems
Helpline: 0845 1200 660

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