



LONDON SIGNPOSTING RESOURCE



This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.



This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.



Hello,

Groundwork London have created a brochure for our IMPACT and Together South community who will be moving on from our services. This brochure includes information about services and organisations accessible across London.

This resource pack is organised by theme and you will be able to find all the support you need from a wide range of organisations.

The following themes are covered in this brochure:

- Employment & Training
- ESOL Classes
- Education
- Community & Befriending
- Legal & Welfare Services
- Housing Advice & Services
- Mental & Physical Health
- Food Banks
- General & Emergency Services
- Free Places to Visit
- Food Vouchers

We hope that you will find this a helpful resource.

You can find a digital copy on our website too.

We wish you well on your journey and hope that you continue to get the support you need across London.

We have made every effort to ensure all the information in this brochure is accurate and up to date, however please be aware that some services and organisations could change or stop running over time.

From all at Groundwork London

TABLE OF CONTENTS

1 – 2	EMPLOYMENT & TRAINING
2– 5	ESOL CLASSES
6 – 10	EDUCATION
10 – 11	COMMUNITY & BEFRIENDING
12 – 13	LEGAL AND WELFARE (BENEFITS) SERVICES
14 – 16	HOUSING ADVICE & SERVICES
17 – 19	MENTAL & PHYSICAL HEALTH
19	FOOD BANKS
20	GENERAL & EMERGENCY SERVICES
21 – 24	FREE PLACES TO VISIT
25	FOOD VOUCHERS

EMPLOYMENT AND TRAINING

Refugee Council - Crisis advice, mental health counselling and practical support to help people settle and integrate into their new community.

Service is open to refugees and asylum seekers

- Phone: [020 7346 6700](tel:02073466700)
- Email: info@refugeecouncil.org.uk
- Website: www.refugeecouncil.org.uk

Migrateful - Cookery classes led by refugee and migrant chefs.

Service is open to refugees and asylum seekers

- Email: hello@migrateful.org
- Website: www.migrateful.org

Luminary Bakery - Jobs and a safe community for women facing a social and economic disadvantage.

Service is open to disadvantaged women

- Email: charityteam@luminarybakery.com
- Website: <https://luminarybakery.com>

Springboard - Employability training programmes, education programmes, careers resources and advice.

Service is open to refugees, asylum seekers and migrants

- Email: info@springboarduk.org.uk
- Website: <https://springboard.uk.net>

Afghan Association Paiwand - Provides holistic support to Afghan refugees and asylum seekers

Service is open to Afghan nationals (refugees, asylum seekers and migrants)

- Phone: [0208 9058770](tel:02089058770)
- Website: www.paiwand.com

Renaissi - Provide integration support to refugees in the context of employment support.

Service is open to people facing social and economic exclusion

- Phone: [0208 9058770](tel:02089058770)
- Website: <https://renaisi.com>

Afghanistan and Central Asian Association - Provide Afghans and Central Asians with support, skills and knowledge to live and prosper in the UK. English classes, employment workshops, women's support group, youth and family support services, volunteer placements, and social events.

Service is open to Afghan and central Asian communities / Afghan and central Asian refugees, migrants and asylum seekers in London

- **Phone:** [0208 572 0300](tel:02085720300)
- **Email:** admin@afghanistan-central-asian.org.uk
- **Website:** <https://acaa.org.uk>

Beam - Career opportunities for homeless men and women.

Service is open to Homeless people and refugees

- **Phone:** [0203 819 3509](tel:02038193509)
- **Email:** hello@beam.org

Firmdale - Hospitality roles in hotels across London.

Service is open to refugees and migrants

- **Email:** design@firmdale.com

Refuaid - Employment, language and education opportunities online and throughout the UK.

Open to refugees

- **Email:** <https://refuaid.org/contact-us>

ESOL CLASSES

World Jewish Relief - Provides practical and emotional support to asylum seekers and refugees.

Service is open to Ukrainian refugees

- **Phone:** [0800 319 6089](tel:08003196089).
- **Email:** step@worldjewishrelief.org
- **Website:** www.worldjewishrelief.org

Get Set UK - Employability, skills, and health services provider.

Service is open to Ukrainian refugees

- **Phone:** [0203 905 6833](tel:02039056833)
- **Email:** <https://getsetuk.co.uk/contact-us/>
- **Website:** <https://getsetuk.co.uk>

Action West London - Employment and education support for people living in West London.

Service is open to refugees and migrants

- **Phone:** [020 8993 9605](tel:02089939605)
- **Email:** info@actionwestlondon.org.uk
- **Website:** <https://actionwestlondon.org.uk>

Talent Beyond Boundaries - Help skilled refugees by matching them with companies in need of their skills.

Service is open to refugees

- **Email:** info@talentbeyondboundaries.org
- **Website:** www.talentbeyondboundaries.org

Refugee Employment Network

- Provides employment assistance to refugees.

Service is open to refugees

- **Phone:** [07887 865404](tel:07887865404)
- **Email:** hello@refugeeemploymentnetwork.co.uk
- **Website:** <https://refugeeemploymentnetwork.co.uk>

The Cardinal Hume Centre - Supports families and young people facing poverty and homelessness.

Service is open to refugees and migrants living in Westminster

- **Phone:** [020 7227 1673](tel:02072271673)
- **Email:** info@cardinalhumecentre.org.uk
- **Website:** <https://www.cardinalhumecentre.org.uk>

Code your future - Training for refugees and disadvantaged people start careers in tech.

Service is open to refugees

- **Email:** london@codeyourfuture.io
- **Website:** <https://codeyourfuture.io>

Brent Start - Gain skills and knowledge at education college.

Service is open to refugees and migrants living in Brent

- **Phone:** [0208 937 3950](tel:02089373950)
- **Email:** brent.start@brent.gov.uk
- **Address:** [Brent Start Adult Education Services 1 Morland Gardens NW10 8DT](#)
- **Website:** www.brent.gov.uk/jobs-training-and-skills/employment-and-enterprise-directory/brent-start-skills-for-employment

College of North West London ESOL Classes - Help to find a job, study another College course, or go to University.

Service is open to refugees and migrants living in Brent

Area: Wembley Park and Willesden

- **Phone:** [0208 208 5000](tel:02082085000)
- **Email:** www.cnwl.ac.uk or enquiries@cnwl.ac.uk
- **Website:** www.cnwl.ac.uk/courses/section/english-and-esol

ELLAT- free ESOL Classes - Improve your English by developing your speaking and listening, reading and writing.

Service is open to refugees and migrants living in Brent

- **Phone:** [0800 0420 184](tel:08000420184)

- **Email:** hello@elatt.org.uk
- **Address:** [Online- Friendship Centre, 44 Wembley Park Drive HA9 8HN](#)
- **Website:** www.elatt.org.uk/courses/english-skills

Care for Calsais / Young Roots-ESOL - English-language mentoring and ESOL provision.

Service is open to refugees and migrants living in Brent

- **Address:** [1st Floor, Ujima House 388 High Road Wembley HA9 6AR](#)
- **Website:** www.youngroots.org.uk

Brent Libraries - Borrow books, search the e-library, book a computer and study space.

Service is open to refugees and migrants living in Brent

Area: Willesden and Ealing Road

- **Phone:** [020 8937 3950](tel:020_8937_3950)
- **Email:** brent.start@brent.gov.uk
- **Website:** www.brent.gov.uk/libraries

Salusbury World - Provides practical support to refugees.

Service is open to refugees and migrants living in Brent

- **Phone:** [0207 3722244](tel:0207_3722244) or [07415957976](tel:07415957976)
- **Email:** mail@salusburyworld.org.uk
- **Website:** www.salusburyworld.org.uk

Global Skills Centre - Skills and career support in South Kilburn.

Service is open to refugees and migrants living in Brent

- **Phone:** [020 3609 0606](tel:020_3609_0606)
- **Email:** info@globalskillscentre.org
- **Website:** www.globalskillscentre.org

Latin America House - Community centre, offering legal and social advice on benefits, housing, and employment. A place to meet people, and enjoy the rich culture of Latin America.

Service is open to Latin American's living in Kilburn

- **Phone:** [0207 372 8653](tel:0207_372_8653)
- **Email:** info@casalatina.org.uk
- **Website:** www.casalatina.org.uk

Asian Women's Resource Centre - Safe space and support for Asian women and those affected by abuse.

Service is open to Asian migrants and refugees in Brent

- **Phone:** [020 8961 6549-Ext. 001](tel:020_8961_6549-Ext._001)
- **Email:** sahar@awrc.org.uk
- **Contact:** Sahar
- **Website:** www.asianwomencentre.org.uk

New Citizens' Gateway - Provides practical and psychological support to asylum seekers and refugees.

Service is open to refugees and their adult families

- **Phone:** [07983 437 425](tel:07983437425)
- **Email:** theodore@ncgateway.org
- **Website:** www.ncgateway.org.uk
- **Contact:** Theodore

Iraqi Welfare Association - Provides welfare support to asylum seekers and refugees from Iraq.

Service is open to Iraqi refugees and migrants living in Brent

- **Phone:** [02077233338](tel:02077233338) or [07577119155](tel:07577119155)
- **Email:** mail@iraqiwelfare.org
- **Website:** www.iraqiwelfare.org

Brent Indian Association - Support with legal advice, education, housing, and youth activities.

Service is open to Indian migrants and refugees living in Brent

- **Phone:** [0208 9033019](tel:02089033019)
- **Email:** info@biauk
- **Website:** www.biauk.com

Wembley Friendship Centre - Help with integration and self-reliance of people who are new to the country. ESOL courses, an IELTS prep course, Employability support, Women's group and Homework club.

Service is open to Indian migrants and refugees living in Wembley

- **Email:** wembley@latterdaysaintcharities.org
- **Website:** <https://brent.cityofsanctuary.org/partners-of-sanctuary/wembley-friendship-centre-5>

Preston Community Library

- Community library for people in Preston and Wembley, currently open four days per week. Also offers ESOL and English classes, plus computer classes, yoga and other activities.

Service is open to migrants and refugees living in Brent

- **Phone:** [020 8908 5700](tel:02089085700)
- **Email:** libraryhub68@gmail.com
- **Website:** www.brent.gov.uk/neighbourhoods-and-communities/community-directory/preston-community-library

Community Systems - ESOL and Functional skills for Job Centre Plus

Service is open to refugees and migrants living in Brent

- **Phone:** [08456006060](tel:08456006060)
- **Email:** enquiries@communitysystems.co.uk
- **Website:** www.communitysystems.co.uk/

EDUCATION

(PRIMARY, SECONDARY, ADULT CLASSES, VOCATIONAL TRAINING, ESOL)

Lighthouse Educational Society

- Empowering young people through education.

Service is open to people of any background or local community

- Phone: [020 83060206](tel:02083060206)
- Email: info@lhedu.org.uk
- Website: www.lhedu.org.uk

Catch 22 - Community support: employment, education, social care, health and wellbeing.

Service is open to refugees of any background or local community across London

- Phone: [020 7336 4800](tel:02073364800)
- Email: info@catch-22.org.uk
- Website: www.catch-22.org.uk

Refugee education UK - Education opportunities and support for refugees and young people.

Service is open to refugees of any background

- Email: hello@reuk.org
- Website: www.reuk.org

Reed in Partnership - Education opportunities and Support for refugees and young people.

Service is open to refugees of any background or local community across London

- Email: <https://reedinpartnership.co.uk/contact/>
- Website: <https://reedinpartnership.co.uk>

Salisbury World Refugee Centre

- Integrated educational, social and practical support. Young refugees and asylum seekers.

Service is open to refugees of any background or local community across London

- Phone: [020 7372 2244](tel:02073722244)
- Email: mail@salisburyworld.org.uk
- Website: <https://salisburyworld.org.uk>

CARAS - Supports Refugees, asylum seekers and Young People who live in South-West London.

Service is open to refugees of any background or local community across London

- Phone: [020 8767 5378](tel:02087675378)
- Email: info@caras.org.uk
- Website: <https://caras.org.uk>

New Citizens' Gateway - Provide practical and psychological support to asylum seekers and refugees in Barnet.

Service is open to refugees of any background or local community across London

- **Phone:** [07983 437 425](tel:07983437425)
- **Email:** INFO@NCGATEWAY.ORG.UK
- **Website:** <http://www.ncgateway.org.uk>

Jesuit Refugee Service - International Catholic organisation supporting refugees and asylum seekers.

Service is open to refugees of any background or local community across London

- **Phone:** [020 7488 7310](tel:02074887310)
- **Email:** info.islingtoncentre@gmail.com
- **Website:** www.jrsuk.net

Tamil Welfare Association (Newham) - Legal advice, counselling and family advice.

Service is open to the Tamil community

- **Phone:** [0208 478 0577](tel:02084780577)
- **Email:** TWAN@TWAN.ORG.UK
- **Website:** <https://twan.org.uk>

Afghan Association of London (Harrow) - Wide range of support, services and events for the Afghan community in Harrow.

Service is open to asylum seekers and refugees in the Afghan community

- **Phone:** [0208 8616990](tel:02088616990)
- **Email:** aalharrow@aol.com
- **Website:** <https://afghanassociationlondon.org.uk>

South London Refugee Association - Working with refugees, asylum seekers and other migrants in crisis.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [0203 490 3443](tel:02034903443)
- **Email:** admin@slr-a.org.uk
- **Website:** www.slr-a.org.uk

PRAXIS - Provides holistic support to asylum seekers and refugees.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [020 7729 7985](tel:02077297985)
- **Email:** admin@praxis.org.uk
- **Website:** www.praxis.org.uk

Notre Dame Refugee Centre - Drop in sessions, immigration advice, free donated clothes and toiletries.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [020 7440 2668](tel:02074402668)
- **Email:** info@notredamerc.org.uk
- **Website:** www.notredamerc.org.uk

Lewisham Refugee & Migrant Network - Advice on immigration cases, preventing homelessness, improving wellbeing and meeting basic needs.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [020 8694 0323](tel:02086940323)
- **Email:** info@lrnmn.org.uk
- **Website:** www.lrmn.org.uk

Hackney Migrant Centre - Free, weekly advice and support service for vulnerable migrants on immigration, housing, welfare and access to health.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [07856632796](tel:07856632796)
- **Email:** hackneymigrantcentre.org.uk
- **Website:** <https://hackneymigrantcentre.org.uk>

Iranian Association - Provides support to Iranian asylum seekers and refugees

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [0208 748 6682](tel:02087486682)
- **Email:** info@iranianassociation.org.uk
- **Website:** <https://iranianassociation.org.uk>

Refugee and migrant Network Sutton - Provides practical and educational support to migrants and refugees living in Sutton

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [07725 549411](tel:07725549411)
- **Email:** office@rmns.org.uk
- **Website:** www.rmns.org.uk

Babels Blessing Language School (ESOL for asylum seekers) - Language teaching and community building.

Service is open to people seeking asylum in the UK

- **Email:** <https://www.babelsblessing.org/contact>
- **Website:** www.babelsblessing.org

ACAA - Provide Afghans and Central Asians with support, skills and knowledge to live and prosper in the UK.

Services include: English classes, employment workshops, women's support group, youth and family support services, volunteer placements, and social events.

Service is open to Afghan and central Asian communities / Afghan and central Asian refugees, migrants and asylum seekers in London

- **Phone:** [020 73588200](tel:02073588200)
- **Email:** nasimi@afghancommunity.co.uk
- **Website:** <https://aca.org.uk>

Workers Educational Association
free ESOL for refugees - Education for adults from any background.

Service is open to ...

- **Contact:** [Contact the WEA learner services team | WEA](#)
- **Website:** <https://www.wea.org.uk/courses/esol>

Gov.uk searchlist of college ESOL courses - Search for online and classroom courses near you, to help you get a job or develop your skills.

Service is open to anyone

- **Website:** <https://nationalcareers.service.gov.uk/find-a-course/>

English for Action - English language classes for migrants in London.

Service is open to refugees and migrants

- **Website:** <https://efalondon.org/join-a-class/>
- **Email:** contact@efalondon.org

CAS Community Solutions CIC

- Support, training and skills for local people.

Service is open to refugees and asylum seekers in the local community

- **Email:** susan.hart@cas-community.co.uk

Barnet Refugee Services - Education and training opportunities, and mental health support in Barnet.

Service is open to refugees and asylum seekers

- **Phone:** [07912 158 624](tel:07912158624)
- **Email:** admin@b-r-s.org.uk
- **Website:** <http://www.b-r-s.org.uk>

Young Roots - One-to-one support, youth and sporting activities, English language mentoring, youth leadership and access to legal advice.

Service is open to young refugees and asylum seekers aged 11-25, most of whom are alone in the UK without their families

- **Phone:** [020 8684 9140](tel:02086849140)
- **Email:** london@youngroots.org.uk
- **Website:** www.youngroots.org.uk

Breaking Barriers - Employment support with one-to-one advice and guidance, education, and training.

Service is open to refugees of any background or local community across London

- **Phone:** [020 4541 0155](tel:02045410155)
- **Email:** enquiries@breaking-barriers.co.uk
- **Website:** <https://breaking-barriers.co.uk>

COMMUNITY AND BEFRIENDING

Akwaaba - Sunday social school for migrants. Food, support, community.

Service is open to asylum seekers, migrants and refugees of any background

- **Email:** hello@akwaaba.org.uk
- **Website:** <https://akwaaba.org.uk>

Community of refugees from Vietnam - Cultural activities, events, advice and information on welfare, health, education and training.

Service is open to asylum seekers, migrants and refugees from the Vietnamese Community

- **Phone:** [0207 5384986](tel:02075384986)
- **Email:** creastlondon@aol.com
- **Website:** www.localoffertowerhamlets.co.uk/organisations/27733-community-of-refugees-from-vietnam

Barnet Somali Community Group - Support for Somali people living in Barnet.

Service is open to asylum seekers, migrants and refugees from the Somali Community

- **Phone:** [0208 2029311](tel:02082029311)
- **Website:** barnetsomalicommunity.org.uk

African Refugee Community -

Provides wellbeing and psychosocial support to asylum seekers and refugees living in Barnet.

Service is open to African asylum seekers, migrants and refugees

- **Phone:** [0208 368 9070](tel:02083689070)
- **Email:** africanrefugeecommunity@acrc.org.uk
- **Website:** www.africanrefugeecommunity.co.uk

Ealing Somali Welfare and

Cultural Association - Advice and information on housing, immigration, health, benefits, domestic violence, racial harassment, asylum.

Service is open to asylum seekers, migrants and refugees from the Somali Community

- **Phone:** [07476337736](tel:07476337736)
- **Email:** eswca@hotmail.com
- **Website:** www.eswca.org

Islington Somali Community -

Advice and information on welfare rights, education, employment, healthcare and essential services.

Service is open to asylum seekers, migrants and refugees from the Somali Community

- **Phone:** [0207 2720550](tel:02072720550)
- **Email:** info@islingtonsomalicommunity.org.uk

- **Website:** www.islingtonsomalicommunity.org.uk

Kurdish Advice Centre -

Advice, free education services, cultural activities such as dance and music.

Service is open to Kurdish asylum seekers, migrants and refugees

- **Phone:** [0208 347 9657](tel:02083479657)
- **Email:** info@kurdishadvicecentre.org.uk
- **Website:** www.kurdishadvicecentre.org.uk

Ethiopian Community in Britain

- Advice, advocacy and referral services on housing, benefits, health, education, training and employment.

Service is open to asylum seekers, migrants and refugees from Ethiopia

- **Phone:** [0207 7944265](tel:02077944265)
- **Email:** postmaster@ethiopiancommunity.co.uk

Islington centre for refugees

and migrants - Emotional support, practical tools and community.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [020 7354 9946](tel:02073549946)
- **Email:** www.islingtoncentre.co.uk

LEGAL AND WELFARE (BENEFITS) SERVICES

Paiwand Community Advocacy Services for Refugees in North

West London - Support with housing, welfare, health, and legal matters.

Service is open to Afghan Nationals (asylum seekers, migrants and refugees)

- **Phone:** [0208 9058770](tel:02089058770)
- **Email:** advocacy@paiwand.com
- **Website:** www.paiwand.com

Hackney Migrant Centre - Free advice on immigration, welfare and health.

Service is open to asylum seekers, migrants and refugees of any background

- **Phone:** [07856 632796](tel:07856632796)
- **Email:** <https://hackneymigrantcentre.org.uk/contact-us/>
- **Website:** www.hackneymigrantcentre.org.uk

Freedom from Torture - Provides therapy and support to survivors of torture.

Service is open to asylum seekers, migrants and refugees

- **Phone:** [020 7697 7777](tel:02076977777)
- **Email:** www.freedomfromtorture.org/contact-us
- **Website:** www.freedomfromtorture.org

Helen Bamber Foundation -

Support for survivors of trafficking and torture. Therapy, medical advice, legal protection, housing, welfare.

Service is open to survivors of trafficking and torture, asylum seekers, migrants and refugees of any background

- **Phone:** [020 3058 2020](tel:02030582020)
- **Website:** www.helenbamber.org

Bail for Immigration Detainees - Information & free legal advice.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [020 7456 9750](tel:02074569750)
- **Website:** www.biduk.org

New Citizens' Gateway - Provide information, advice and support to asylum seekers and refugees

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [07983 437 425](tel:07983437425)
- **Email:** info@ncgateway.org.uk
- **Contact:** Farida

CARIS Haringey - Provide a holistic range of services for homeless families.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [020 8801 3004](tel:02088013004)
- **Email:** info@carisharingey.org.uk
- **Website:** www.carisharingey.org.uk

Praxis Community Projects - Provide advice, support, legal advice and holistic welfare support.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [020 7729 7985](tel:02077297985)
- **Website:** www.praxis.org.uk

Croydon Refugee Day Centre

- Practical assistance to all asylum seekers and refugees. Information & access to language classes, socialising, activities etc.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [020 8689 4527](tel:02086894527)
- **Email:** Peter@croydonrefugeedaycentre.co.uk
- **Contact:** Peter
- **Website:** <https://croydonrefugeedaycentre.co.uk>

Refugee Legal Support - Provides free legal support including asylum claims, family reunion, safe routes to the UK etc.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Email:** casework.uk@refugeelegalsupport.org
- **Website:** www.refugeelegalsupport.org

South London Refugee Association - Working with refugees, asylum seekers and other migrants in crisis.

Service is open to asylum seekers, destitute, migrants and refugees of any background

- **Phone:** [020 3490 3443](tel:02034903443)
- **Email:** info@asylumwelcome.org.uk
- **Website:** www.slr-a.org.uk

Refugee Law Clinic - Free legal support and advice for refugees and asylum seekers.

Service is open to refugees of any background

- **Email:** susan.reardon-smith@london.ac.uk
- **Contact:** Susan
- **Website:** <https://rli.sas.ac.uk/projects-0/refugee-law-clinic>

HOUSING ADVICE AND SERVICES

Advice4renters - Free housing advice, financial inclusion support and mentoring.

Service is open to anyone, including migrants, asylum seekers and refugees

- **Phone:** [0207 624 4327](tel:02076244327)
- **Email:** info@advice4renters.org.uk
- **Website:** <https://adviceforrenters.org>

North Kensington Law Centre

- Legal advice and support with housing.

Service is open to anyone, including migrants, asylum seekers and refugees

- **Phone:** [0208 969 74 73](tel:02089697473)
- **Email:** info@nklc.co.uk
- **Website:** <https://nklc.org.uk>

Nucleus Legal Advice - Free expert legal advice for all things related to social welfare.

Service is open to local residents, migrants and refugees

- **Phone:** [0207 373 4005](tel:02073734005)
- **Email:** advice@nucleus.org.uk
- **Website:** www.nucleus.org.uk

St. Mungo's - Support for people who were homeless, or at risk of homelessness. Accommodation, training and support for migrants.

Service is open to anyone, including migrants, asylum seekers and refugees

- **Phone:** [020 3856 6000](tel:02038566000)
- **Email:** info@mungos.org
- **Website:** www.mungos.org

Thames Reach - Works directly with homeless people on the streets and in hostels and works.

Service is open to anyone, including migrants, asylum seekers and refugees

- **Phone:** [020 3617 6070](tel:02036176070)
- **Email:** enquiries@thamesreach.org.uk
- **Website:** <https://thamesreach.org.uk>

The Outside Project - LGBTIQ+ Community Shelter, Centre and Domestic Abuse Refuge for those who feel endangered, who are homeless, 'hidden' homeless.

Service is open to the LGBTQ community, migrants, asylum seekers and refugees.

- **Phone:** [0206 359 5767](tel:02063595767)
- **Email:** <https://lgbtiqoutside.org/help/>
- **Website:** <https://lgbtiqoutside.org>

The No Accommodation

Network - Resources and support for asylum seekers, refugees and migrants who can't access public funds.

Service is open to anyone, including migrants, asylum seekers and refugees.

- Phone: [0161 706 0185](tel:01617060185)
- Email: office@nacom.org.uk
- Website: <https://nacom.org.uk>

Praxis - Support for migrants and refugees through immigration advice, housing and peer support groups.

Service is open to refugees and migrants

- Phone: [020 7749 7605](tel:02077497605)
- Email: emma.gardiner@praxis.org.uk
- Website: www.praxis.org.uk

Elatt - Helps refugees facing social isolation and economic hardship. Helps women make changes in their lives and achieve their goals.

Service is open to refugees and migrants

- Phone: [0800 0420 184](tel:08000420184)
- Email: hello@elatt.org.uk
- Website: www.elatt.org.uk

Eritrean Community in the UK - Supports refugees and asylum seekers, women, children and families, and young people.

Service is open to refugees, asylum seekers and migrants

- Phone: [0207 700 79 95](tel:02077007995) or [07947 373 266](tel:07947373266)
- Email: office@ericomuk.org.uk
- Website: <http://www.ericomuk.org.uk>

Crisis - Supports people facing homelessness.

- Phone: [08000 384838](tel:08000384838)
- Email: supporter.helpline@crisis.org.uk
- Website: www.crisis.org.uk

Praxis Community Projects - Provides advice and support through immigration advice, housing and peer support groups

Service is open to refugees and migrants

- Phone: [020 7729 7985](tel:02077297985)
- Email: admin@praxis.org.uk
- Website: www.praxis.org.uk

RAMFEL - Supports vulnerable migrants to access justice and provides support.

Service is open to refugees and migrants

- Phone: [02070525212](tel:02070525212)
- Email: info@ramfel.org.uk
- Website: www.ramfel.org.uk

Safe Passage - Helping child refugees who need support getting to safety.

Service is open to youth refugees and asylum seekers

- Phone: [0208 017 2939](tel:02080172939)
- Email: INFO@SAFEPASSAGE.ORG.UK
- Website: www.safepassage.org.uk

Zacchaeus 2000 Trust - Supports anyone struggling with poverty and homelessness.

Service is open to refugees and migrants

- Phone: [0207 259 0801](tel:02072590801)
- Email: admin@z2k.org
- Website: <https://z2k.org>

The Welcome Project - Support for socially isolated people, particularly the homeless and refugees.

Service is open to migrants, asylum seekers and refugees

- Phone: [020 8220 4111](tel:02082204111)
- Opening Times:
Tuesday- Thursday: 12:30-3pm
Friday: 10:30-3pm
- Website: www.healthylivingprojects.org.uk

Refugees At Home - Connects those with a spare room in their home to asylum seekers and refugees in need of accommodation.

Service is open to refugees and migrants

- Phone: [0300 3654724](tel:03003654724)
- Email: info@refugeesathome.org
- Website: <https://refugeesathome.org>

Housing Justice - Support for homeless and destituted migrants.

Service is open to refugees and migrants

- Phone: [0808 800 4444](tel:08088004444)
- Email: info@housingjustice.org.uk
- Website: <https://housingjustice.org.uk>

Ashiana - Supports black and minority ethnic, particularly South Asian, Turkish and Middle Eastern, women and girls aged 16-30 who are experiencing Violence.

Service is open to refugees, migrants and asylum seekers

- Phone: [02085390427](tel:02085390427)
- Email: info@ashiana.org.uk
- Website: www.ashiana.org.uk

Metropolitan Thames Valley Care and Support - Support for unaccompanied asylum seekers and refugees aged 15-24.

Service is open to refugees, migrants and asylum seekers

- Phone: [0207370 6340](tel:02073706340)
- Email: lamsom@lamsom.org.uk

MENTAL AND PHYSICAL HEALTH

Baobab Centre for Young

Survivors in exile - Supports young adults of any background.

Service is open to unaccompanied asylum seekers and refugees

- Phone: [020 7263 1301](tel:02072631301)
- Email: info@baobabsurvivors.org
- Contact: Hannah
- Website: <https://baobabsurvivors.org>

Freedom from Torture - Supports victims of torture of any background.

Service is open to asylum seekers and refugees

- Phone: [020 7697 7777](tel:02076977777)
- Website: www.freedomfromtorture.org

Helen Bamber Foundation

- Supports victims of torture and trafficking of any background.

Service is open to asylum seekers and refugees

- Phone: [020 3058 2020](tel:02030582020)
- Email: reception@helenbamber.org
- Website: www.helenbamber.org

(New Citizen'Gateway) -

Information, advice and support services.

Service is open to migrants, asylum seekers and refugees

- Phone: [0208 9059002](tel:02089059002)
- Email: info@ncgateway.org.uk
- Website: www.ncgateway.org.uk

British Red Cross - Support for people in crisis, including emergencies, refugee services, mobility support.

Service is open to migrants, asylum seekers and refugees of any background

- Phone: [03448711111](tel:03448711111)
- Email: contactus@redcross.org.uk
- Website: www.redcross.org.uk

Each Counselling and Support -

Supports people with drug, alcohol and emotional issues.

Service is open to migrants, asylum seekers and refugees of any background

- Phone: [020 8577 6059](tel:02085776059)
- Website: <https://eachcounselling.org.uk>

Jesuit Refugee Centre - Catholic organisation, supporting refugees and other forcibly displaced persons.

Service is open to refugees, migrants and asylum seekers

- Phone: [0207 488 7310](tel:02074887310)
- Email: uk@jrs.net
- Website: www.jrsuk.net

Nafsiyat Intercultural Therapy Centre - Therapy centre providing psychotherapy and counselling services.

Service is open to refugees, migrants and asylum seekers of any background

- Phone: [0207 263 6947](tel:02072636947)
- Email: admin@nafsiyat.org.uk
- Website: www.nafsiyat.org.uk

Refugee and Migrant Network Sutton - Advice and information on: Immigration, Advocacy, Housing, Benefits and Support, School enrolment, GP registration.

Service is open to refugees, migrants and asylum seekers of any background

- Phone: [07725 549411](tel:07725549411)
- Email: office@rmns.org.uk
- Website: www.rmns.org.uk

Refugee Council - Support for Refugees and Those Seeking Asylum.

Service is open to all refugees, migrants and asylum seekers

- Phone: [0207 3466700](tel:02073466700)
- Email: info@refugeecouncil.org
- Website: www.refugeecouncil.org.uk

Room to Heal - Support for people who have experienced torture and organised violence.

Service is open to refugees, migrants and asylum seekers of any background

- Phone: [07863442929](tel:07863442929)
- Email: info@roomtoheal.org.uk
- Website: www.roomtoheal.org

Refugee Therapy Centre - Therapeutic support to help refugees and asylum seekers feel empowered.

Service is open to refugees, migrants and asylum seekers of any background

- Phone: [07828049099](tel:07828049099)
- Email: info@refugeetherapycentre.org.uk
- Website: <https://refugeetherapy.org.uk>

South London Counselling & Support Services - Free therapeutic counselling services for children, young people and adults.

Service is open to refugees, migrants and asylum seekers of any background

- Phone: [0208 8523400](tel:02088523400)
- Email: info@slcservice.org
- Website: www.slcservices.org

Southwark Refugee and Migrants Project

Service is open to refugees, migrants and asylum seekers of any background

- **Phone:** [0207 703 3857](tel:02077033857)
- **Website:** www.southwarksrp.org

Streatham Drop in Centre -

Provides a safe, welcoming and supportive environment for refugee and asylum seeker individuals and families living in the London Borough of Lambeth and surrounding areas.

Service is open to refugees, migrants and asylum seekers of any background

- **Phone:** [0208 664 7432](tel:02086647432)
- **Email:** dropin@emchurch.plus.com
- **Website:** <http://streathamdropin.org.uk>

Waterloo Community

Counselling - Talking therapy, counselling and mental health support to migrants, refugees and asylum seekers who have survived exile, torture, human trafficking and modern slavery in 34 languages.

Service is open to refugees, migrants and asylum seekers of any background

- **Phone:** [0207 928 3462](tel:02079283462)
- **Email:** info@waterloocc.co.uk

FOOD BANKS

Action for Refugees in

Lewisham - A range of support groups and services for asylum seekers, vulnerable migrants and refugees in south London including a foodbank.

Service is open to people of any background or local community

- **Phone:** [0208 297 4111](tel:02082974111)
- **Email:** info@afril.org.uk
- **Website:** www.afril.org.uk

GENERAL: TRAVEL AND MISC, EMERGENCY CONTACTS

999

This is the emergency number for police, ambulance, fire brigade, coastguard, cliff rescue, mountain rescue, cave rescue, etc.

112

This operates exactly the same as 999 and directs you to exactly the same emergency call centre.

The important thing about 112 is that it will work on a mobile phone anywhere in the world.

101

Use 101 when you want to contact the police, but it's not an emergency – i.e. an immediate response is not necessary and/or will not be serve any purpose.

111

The Non-Emergency Medical Number, Use this for illnesses and minor injuries where life isn't threatened, but you would like some advice on what to do next.

0300 123 1100

ACAS (Advisory, Conciliation and Arbitration Services)

0800 634 9494

Bereavement Advice Centre (Funerals, Probate & Tax)

0300 123 2040

Action Fraud (for fraud or cybercrime)

0800 40 50 40

British Transport Police (for accidents on trains or tubes)

105

Power & Outage Services In The UK

159

Report Scams Hotline

123

Speaking Clock

FREE PLACES TO VISIT

Museum of the Home - The museum explores home and home life from 1600 to the present day.

- **Address:** 136 Kingsland Road, London E2 8EA
- **Opening Hours:** Tuesday- Sunday: 10 am-4pm
- **Further Information:** www.museumofthehome.org.uk/whatson/exhibitions-and-installations/

The V & A Museum (South Kensington) - Free art exhibitions, Free activities in the library such as ICT support, sewing and knitting sessions. If you register at the library you can have access to learning english books.

- **Address:** Cromwell Road, London SW7 2RL
- **Opening Hours:** Open Monday to Sunday 10am- 17:45pm
- **Further Information:** www.vam.ac.uk/south-kensington

The Barbican - Free art exhibitions, Free activities in the library such as ICT support, sewing and knitting sessions. If you register at the library you can have access to learning english books.

- **Address:** Barbican Centre, Silk Street, London, EC2Y 8DS
- **Opening Hours:** Open Monday - Sunday
- **Further Information:** www.barbican.org.uk

Brixton Windmill - Free open days and guided tours.

- **Address:** Windmill Gardens, Blenheim Gardens, Brixton, London, SW2 5DA
- **Opening Hours:** Different activities every day of the week
- **Further Information:** www.brixtonwindmill.org/

The Horniman Museum - Free Museum and Gardens, many things to see and vast amount of gardens to explore.

- **Address:** 100 London Road, Forest Hill, London, SE23 3PQ
- **Opening Hours:** Museum is open 10am- 17:15pm/ Gardens open from 7:15 am
- **Further Information:** www.horniman.ac.uk/

The Wallace Collection - Vast collections to explore. National museum housing unsurpassed masterpieces of painting, sculpture, furniture, arms and armour, and porcelain.

- **Address:** Hertford House, Manchester Square, London W1U 3BN
- **Opening Hours:** Museum is open daily 10 am- 17:00pm
- **Further Information:** www.wallacecollection.org/

The Wellcome Collection - Free Museum and Library exploring health and human experience.

- **Address:** 183 Euston Road, London NW1 2BE
- **Opening Hours:** Tuesday- Sunday 10 am- 18:00pm
- **Further Information:** <https://wellcomecollection.org/>

British Library - Free Galleries and Archives related to English History and Literature.

- **Address:** British Library, 96 Euston Road, London NW1 2DB
- **Opening Hours:** Monday- Saturday 9:30- 20:00pm/ Sunday 11- 17:00pm
- **Further Information:** www.bl.uk/

British Museum - 60 Galleries Showcasing History from all around the world.

- **Address:** Great Russell Street, London WC1B 3DGB
- **Opening Hours:** Monday- Sunday 10 am- 17:00pm
- **Further Information:** www.britishmuseum.org/collection/galleries

Natural History Museum - Free Museum, Family Friendly.

- **Address:** Cromwell Road, London SW7 5BD
- **Opening Hours:** Monday- Sunday 10 am- 17:00pm
- **Further Information:** www.nhm.ac.uk/

Science Museum - Free Museum, Family Friendly.

- **Address:** Exhibition Road, South Kensington, London, SW7 2DD
- **Opening Hours:** Monday- Sunday 10 am- 18:00pm
- **Further Information:** www.sciencemuseum.org.uk/home

The Postal Museum - Family Friendly museum with activities for children.

- **Address:** 15-20 Phoenix Place, London, WC1X 0DA
- **Opening Hours:** Monday- Sunday 10 am- 18:00pm
- **Further Information:** www.postalmuseum.org/

The Garden Museum - For free entry with community pass, email: info@gardenmuseum.org.uk, Lots of activities for children.

- **Address:** Garden Museum, 5 Lambeth Palace Road, London SE1 7LB
- **Further Information:** <https://gardenmuseum.org.uk/>

Bank of England Museum - Free entry.

- **Address:** Bank of England, Threadneedle Street, London, EC2R 8AH
- **Opening Hours:** Monday- Friday 10am-17:00pm
- **Further Information:** www.bankofengland.co.uk/museum

Imperial War Museum - Free entry.

- **Address:** Lambeth Road, London, SE1 6HZ
- **Opening Hours:** Monday- Sunday 10 am -18:00pm
- **Further Information:** www.iwm.org.uk/visits/iwm-london

Tower of London - Access Community Pass: www.hrp.org.uk/about-us/communities/#gs.u1d5w1

- **Address:** Tower of London, London, EC3N 4AB
- **Opening Hours:**
Sundays and Mondays: 10:00-17:30. Last admission: 15:30.
Tuesday to Saturday: 09:00-17:30. Last admission: 15:30
- **Further Information:** www.iwm.org.uk/visits/iwm-london

Hampton Court - Access Community Pass: <https://www.hrp.org.uk/about-us/communities/#gs.u1d5w1>

- **Address:** Hampton Court Palace, East Molesey, Surrey, KT8 9AU.
- **Opening Hours:** 04 September - 22 October 2023. Wednesday to Sunday: 10:00-17:30. Last Admission: 16:30. The Magic Garden will open at 11:00 on 08 October.
- **Further Information:** www.hrp.org.uk/hampton-court-palace/#gs.52b4cz

Kenwood House - Free entry-use website link to find out more about activities.

- **Address:** Hampstead Lane, Hampstead, Greater London, NW3 7JR
- **Opening Hours:** Monday- Sunday 10:00 - 17:00
- **Further Information:** www.english-heritage.org.uk/visit/places/kenwood/

Ham House - Free entry for refugees with pass- register through the website.

- **Address:** Ham Street, Ham, Richmond, Surrey, TW10 7RS
- **Opening Hours:** Monday- Sunday 12:00 - 16:00
- **Further Information:** www.nationaltrust.org.uk/visit/london/ham-house-and-garden#place-opening-times

The Dockland Museum - Free entry.

- **Address:** Museum of London Docklands, No.1 Warehouse, West India Quay, London E14 4AL
- **Opening Hours:** Monday- Sunday 10:00 - 17:00
- **Further Information:** www.museumoflondon.org.uk/museum-london-docklands/plan-your-visit

Greenwich Maritime Museum

- Free entry.

- **Address:** Romney Rd, London SE10 9NF
- **Opening Hours:** Monday- Sunday 10:00 - 17:00
- **Further Information:** www.rmg.co.uk/plan-your-visit/visit-greenwich?gad=1&gclid=Cj0KCQjwmlCoBhDxARIsABXkXlKhW3jXRog_23brCGk497O

The Queens House, Greenwich

- Free entry.

- **Address:** Romney Rd, London SE10 9NF
- **Opening Hours:** Monday- Sunday 10:00 - 17:00
- **Further Information:** www.rmg.co.uk/queens-house

Mithraeum - London Mithraeum Bloomberg SPACE is located in the heart of the City of London, with many transport options available to visitors Free entry- book using website.

- **Address:** 12 Walbrook,, London, EC4N 8AA
- **Opening Hours:** Tuesday – Saturday 10.00 – 18.00.
Sundays 12.00 – 17.00
Wednesday during term time 12.30 – 18.00
First Thursday of the month 10.00 – 20.00
Closed Mondays
- **Further Information:** www.rmg.co.uk/queens-house

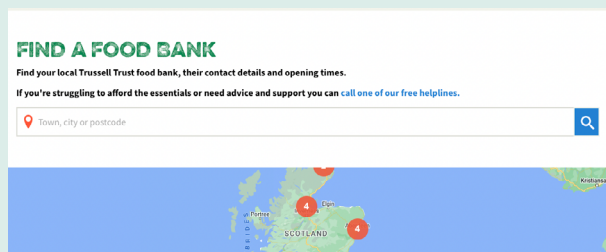
FOOD VOUCHERS

For Food Vouchers Please Follow These Steps:

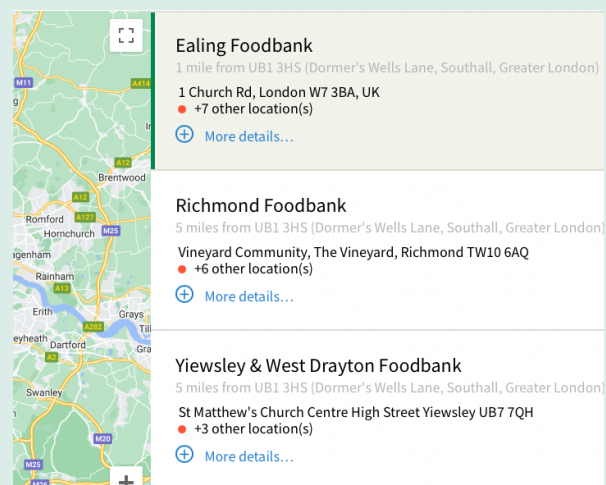
1. Go to Find a Food Bank - The Trussell Trust

www.trusselltrust.org/get-help/find-a-foodbank/

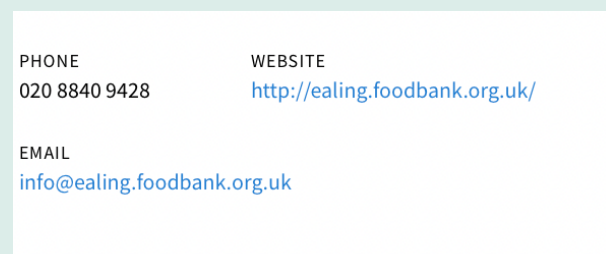
2. Type your postcode in the search bar



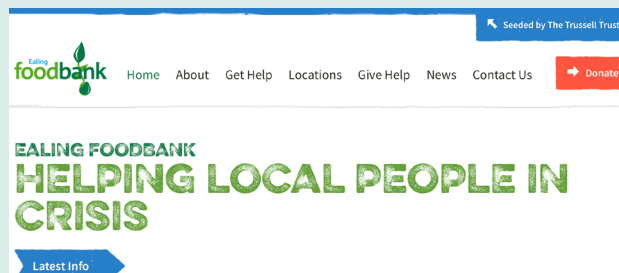
3. Choose the most suitable Foodbank for you



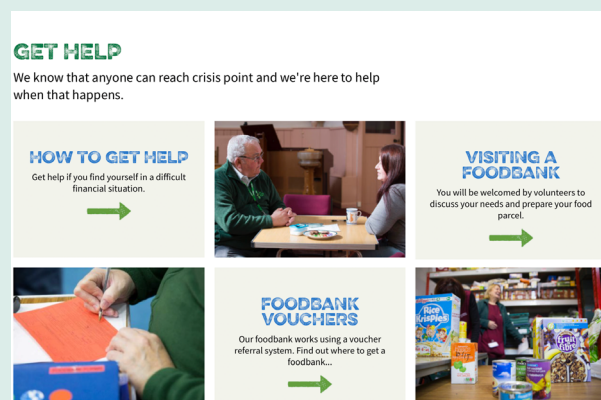
4. Click on their website



5. Click on Get Help



6. Click on Foodbank Vouchers



7. You can see the local agencies who can offer you support and give you a foodbank voucher.



8. Alternatively, you can ask any person who is helping you. For example, Housing officer, social worker, work coach etc..

From all at Groundwork London





This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.