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1. Financial help in Barnet

Barnet Council - benefits, grants, financial advice, crisis loans

<httpswww.barnet.gov.uk/benefits-grants-and-financial-advice/benefits-support-and-advice/get-help-benefits-and-money>

Emergency grants /crisis loans are available to Barnet residents over 16 years.

Email Crisisfund@barnet.gov.uk or ring Barnet Council on **020 8359 4242**

Barnet Council - cost of Living support (including benefits calculator)

<https://www.barnet.gov.uk/benefits-grants-and-financial-advice/cost-living-support>

Barnet Resident Support Fund

www.barnet.gov.uk/benefits-grants-and-financial-advice/barnet-resident-support-fund

Barnet Resident Support Fund is financial support for Barnet residents who are struggling to afford household essentials such as paying for food, energy bills and other living costs.

Email: residentsupportfund@barnet.gov.uk or ring **020 8359 4242**

BOOST - employment and benefit advice

<https://boostbarnet.org/> helps to prevent homelessness and supports people with employment/unemployment issues, financial advice, wellbeing and training and:

- takes self-referrals and referrals from professionals
- helps residents with employment, training and volunteering opportunities
- provides advice on issues including housing, benefit application (including the benefits cap), and income maximisation
- offers welfare rights and crisis loan support

Email boost@barnet.gov.uk or ring BOOST on **020 8359 2442** Mon-Fri 10am-4pm

In person on Mon-Thurs 9am-1pm at Burnt Oak Library, 99 Watling Ave, HA8 0UB. *Please be aware these are first come first served sessions and you may have to wait or make an appointment.*

Barnet Lone Parent Centre

Provides advice and help with finance, parent and toddler drop-in, and a toy library at Green Man Community Centre, Strawberry Vale, East Finchley, London, N2 9BA ring **020 3828 4834** or

Email sophie.simpson@blpc.org.uk / ring Sophie on **07902 605713**

Citizens Advice Barnet

offers free, confidential and independent advice and guidance including debt , housing and legal advice. <https://barnetcab.org.uk/contact-us/> ring **0300 456 8365**

Rainbow Money Advice

Offers Barnet residents advice on debts, budgeting and benefits

www.communitymoneyadvice.com/centre/rainbow-money-advice

ring **07981 760399 / 020 8441 9837** Tuesdays by appointment

Touchpoint Benefits Advice Service

<https://www.inclusionbarnet.org.uk/touchpoint/>

Offers help for people who live or work in Barnet; feel themselves to be disabled by a physical impairment, mental health issues, learning disability or long-term condition; and are

finding it difficult to navigate the benefits system or applications process.
Email: benefits@inclusionbarnet.org.uk ring **Touchpoint** on **020 3475 1306**

2. Financial help in neighbouring boroughs

ENFIELD

Citizens Advice Enfield

offers benefits, debt, housing, employment, family and legal advice. Contact www.citizensadviceenfield.org.uk or ring Mon–Fri 10am–4pm

Telephone Advice Line service: 0300 330 1167

Mind in Enfield

<https://www.mindinenfield.org.uk/what-we-do/advice-on-benefits/>

provides free and confidential information, advice and support to **help individuals who have been referred by a mental health professional or GP**. Support includes applying for entitled welfare benefits and providing representation at welfare benefits appeals, tribunals, and revisions.

Email: adviceteam@mind-in-endfield.org.uk ring **020 8906 7505**

HARINGEY

Citizens Advice Haringey

www.haringeycabx.org.uk offers advice on a range of issues including consumer advice, debt and money, discrimination, domestic violence, employment, family and children, health and community care, housing and homelessness, immigration and nationality, legal advice, welfare benefits.

Email: admin@haringeycabx.org.uk **Adviceline: Mon-Fri 10am-4pm 0808 278 7966**

Haringey Connected Communities

A programme set up to improve access to council and voluntary services and support in Haringey. It provides anyone in the borough support with housing, benefits and financial advice, council tax, employment, English lessons, parenting and childcare, community activities and applying for the EU settlement Scheme.

<https://www.haringey.gov.uk/community/connected-communities>

For details of current locations around the borough and to speak to a team member

Email: Connectedcommunities@haringey.gov.uk or Mon-Fri 9-5 **020 8489 4431**

3. Financial help – general

INFORMATION ON BENEFITS

Claiming benefits/entitlements – contact details

Universal Credit – www.gov.uk/universal-credit/how-to-claim **0800 328 5644**

Pension Credit - <https://www.gov.uk/pension-credit> **0800 99 1234 / 0800 731 0469**

Attendance Allowance – <https://www.gov.uk/attendance-allowance> **0800 731 0122**

Carers' Allowance <https://www.gov.uk/carers-allowance>

Disability Living Allowance <https://www.gov.uk/dla-disability-living-allowance-benefit> - **0345 712 3456**

(NGT text relay: 18001 then **0800 121 4433**)

Personal Independence Payment (PIP) <https://www.gov.uk/pip> – **0800 917 2222**

Employment and Support Allowance (ESA) <https://www.gov.uk/employment-support-allowance> – **0800 138 1677**

Job Seekers Allowance <https://www.gov.uk/jobseekers-allowance> - **0800 169 0310**

Bill help

Visit www.billhelp.uk for emergency assistance for paying bills

Entitled to

An online resource for individuals to work out what free benefits they are entitled to visit www.entitledto.co.uk/

ADVICE AGENCIES

AGE UK

Offers a benefits calculator for individuals over 55 on their website.

Visit www.ageuk.org.uk or tel: **0800 055 6112** any day between 8am - 7pm.

Christians Against Poverty (CAP) - free debt advice

<https://capuk.org/i-want-help> provides help with debt issues - enter postcode to find local advice. RIng **0800 328 0006** Mon-Thurs 9.30am-5pm, Fri 9.30am-3.30pm

Paperweight - free legal, financial and welfare advice for the Jewish community

<https://paperweight.org.uk/> email info@paperweight.org.uk

Phone **0330 174 4300**: Mon-Thurs 9.30am–5pm Friday 9.30am–1.30pm

Please note, the above email address should be used for administrative requests only, and not to seek advice. If you need help and are making a self-referral, complete the [Self-Referral Form](#) and someone will respond to you within 2 working days. If you are a professional, complete the [Professional Referral Form](#). (Forms available on website.)

Stepchange – free debt advice

<https://www.stepchange.org/> provides free, confidential and expert debt advice and money guidance. Ring Mon- Fri 8am-8pm and Sat 8am-4pm **0800 138 1111**

Turn2Us – financial advice

Helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations. Visit

<https://www.turn2us.org.uk/> or email info@turn2us.org.uk or ring the **Helpline** Mon-Fri 9am-5pm **0808 802 2000**

4. Energy advice, grants and other payments

SHINE - fuel poverty and energy advice

<https://shine-london.org.uk/> helps households anywhere in London by providing fuel poverty and free energy advice service. Ring to speak to an advisor Mon-Fri 9am-5pm, **0300 555 0195** offering a helpline and affordable warmth interventions for all households, with an income below £16,190 or a household member who:

- Has a disability
- Has a long-term health conditions worsened by the cold
- Is a child under 15yrs
- Is an adult over 60yrs

Gas and Electricity grants

Apply for a grant from **British Gas** energy trust <https://britishgasenergytrust.org.uk/>
*You don't have to be with **British Gas** to apply!*

Greendoctors

<https://london.greendoctors.org.uk/> offers free and impartial energy advice to help residents stay warm, save money and live greener. Language interpreters for non-English speakers are available. **Pre-book consultations: ring 0300 365 3005**

Cold weather payments

<https://www.gov.uk/cold-weather-payment>

You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees celsius or below over 7 consecutive days. You'll get £25 for each 7 day period of very cold weather between 1 November and 31 March. The 2023 to 2024 scheme will start on 1 November 2023.

Winter Fuel Payments

<https://www.gov.uk/winter-fuel-payment>

If you were born before 26 September 1956 you could get between £250 and £600 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'.

The amount you get includes a

'Pensioner Cost of Living Payment'. This is between £150 and £300. You'll get this extra amount in winter 2023 to 2024. This is in addition to any other [Cost of Living Payments](#) you get with your benefit or tax credits. [Email enquiry form](#) on website or ring **0800 731 0160**

5. Housing and Homelessness Advice, Repairs

Housing Benefits Advice - Barnet Council

Mon-Thurs 9am - 5.15pm and Fri 9am - 5pm ring **020 8359 2111**

Independent housing advice - Citizens Advice Barnet

ring **0300 456 8365** or visit <https://barnetcab.org.uk/contact-us/>

Discretionary housing payments (DHP)

<https://www.barnet.gov.uk/benefits-grants-and-financial-advice/housing-benefit/apply-discretionary-housing-payment>

A DHP is an extra payment that can be claimed from the local authority if people are struggling to pay their rent. In Barnet, clients need to be in receipt of Universal Credit or Housing Benefit. Ring **Barnet Council on 020 8359 2442**

Homelessness advice - Barnet Council

<https://www.barnet.gov.uk/housing/homelessness>

If you have received an eviction notice email housingadvice@barnet.gov.uk ring **020 8359 4797**

Independent homelessness advice - Shelter

https://england.shelter.org.uk/housing_advice Talk to an expert housing adviser if you are in urgent need of housing advice. You should use this line if:

- You have nowhere to sleep or might be homeless soon.
- You have somewhere to sleep, but nowhere to call home.
- You are or could be at risk of harm

Ring Mon-Fri 8am - 8pm, Sat-Sun 9am - 5pm Free **Helpline: 0808 800 4444**

Repairs - Barnet Homes Tenants

<https://thebarnetgroup.org/bh/> If you need repairs or general support with **Barnet Homes** properties or temporary accommodation ring **020 8080 6587**

Repairs - Private rented sector

If your landlord won't repair issues in your accommodation, contact **Barnet Council Environmental Health** email housingconditions@barnet.gov.uk ring **020 8359 7995**

Barnet Furniture Centre

provides affordable furniture via a two-tier pricing structure for those on benefits. Email info@barnetfurniturecentre.org or ring **020 8361 6802**

Renew (new or used household items)

A community project providing new or used household items to homeless people and other vulnerable adults, who are moving into accommodation. www.facebook.com/Renew-Gifting-household-goods-to-the-Barnet-community-108162390951993/

There is no charge for the services, but they work on referrals. If you think someone could benefit from support, they should email finchleyfoodbank@gmail.com with what they would like to receive, and the foodbank will refer them.

6. Healthcare

GP and how to register

Use your GP surgery's website, use an online service or app, or call the surgery for routine medical care. Anyone can register with a GP surgery. Get the form from the GP surgery. You do **NOT** need proof of address or immigration status.

If you have problems registering with a GP ring the NHS: 0300 311 22 33

Information on your rights when registering with a GP

<https://www.healthwatchbarnet.co.uk/advice-and-information/2019-04-01/registering-your-gp-barnet-understanding-your-rights>

Asylum seekers and refugees GP registration

<https://assets.nhs.uk/prod/documents/how-to-register-with-a-gp-asylum-seekers-and-refugees.pdf>

NHS 111

<https://111.nhs.uk/> For urgent medical help if you're not sure what to do ring **111**

NHS 999

For an ambulance for life-threatening emergencies ring **999**

7. Social care for adults

Adult Social Care - Barnet Council

Barnet Council has information, advice and support to help you keep well, maintain your independence and live life the way you want. <https://www.barnet.gov.uk/adult-social-care>

Adult abuse / safeguarding adults

If you or someone you know is being harmed in any way by another person, please do not ignore it. Any information you provide will be treated in strictest confidence.

If the danger is immediate, always call the police on **999**.

You can contact **Barnet Council** by email: socialcaredirect@barnet.gov.uk or ring **020 8359 5000** (Mon-Fri, 9am-5pm), or **020 8359 2000** (out of hours)

Barnet Carers' Centre

<https://barnetcarers.org/> delivers free reliable and accessible support for informal / unpaid carers living in Barnet. Ring **020 3995 1909** or email: adultcarers@barnetcarers.org or youngcarers@barnetcarers.org

Drugs and alcohol misuse

Change Grow Live – Barnet <https://www.changegrowlive.org/barnet> is the local service for adults and young people who are experiencing issues with drugs or alcohol. The service is free and open to all Barnet residents as well as their families and carers. Please use these ways to contact them as key worker's phone number may have changed: Email

Barnet.info@cgl.org.uk or ring **0300 303 2866**.

There is a free online chat service open Tuesday and Wednesday 12 noon - 3pm.

<https://www.changegrowlive.org/local-support/online-chat-ls-yp>

8. Support for families with children and young people

Safeguarding children and young people

- If you believe a child or young person is at risk of **immediate harm**, please call the **Police on 999**.
- If you feel you have **urgent welfare concerns about children or young people** that require an immediate response contact: **MASH (Multi-Agency Safeguarding Hub)** Monday to Thursday 9am - 5.15pm and Friday 9am - 5pm. Email: mash@barnet.gov.uk or **020 8359 4066**
- **Outside of these hours** you should report any concerns that need an immediate response to the **Barnet Council Emergency Duty Team** on **020 8359 2000**.

Childline - free confidential service

<https://www.childline.org.uk/>

You can ring everyday 24 hours a day on **0800 1111**

NSPCC - National Society for Prevention of Cruelty to Children

<https://www.nspcc.org.uk/> **Helpline 0808 800 5000**

Children's Services – Barnet Council

<https://www.barnet.gov.uk/children-and-families>

Children's centres in Barnet

<https://www.barnet.gov.uk/directories/childrens-centres>

Barnet Children's centres are open 9am to 5pm, 48 weeks of the year. Centres that offer childcare may open for longer. They offer the following services:

- Childcare
- Early education and school readiness
- Family support
- Health
- Community services
- Adult learning, employment training and welfare support

Healthy Start Scheme

<https://www.healthystart.nhs.uk/>

If you're pregnant or have a child under 4yrs, you could get Healthy Start vouchers to help buy some basic foods. This means-tested scheme provides vouchers to spend with local retailers. Pregnant women and children over 1yr and under 4yrs can get one £4.25 voucher per week. Children under 1yr can get two £4.25 vouchers (£8.25) per week. If you or your family receive qualifying benefits you may be eligible to apply - you can find out on the healthy start website or ring the **Healthy Start Scheme** on **0345 607 6823**

Parents Helpline

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-helpline>

For detailed advice, emotional support and signposting about a child or young person up to the age of 25. Ring free Mon-Fri 9:30am - 4pm on **0808 802 5544**

Homestart Barnet

<https://homestartbarnet.org/> offers emotional and practical support to families who are facing issues such as loneliness, isolation, financial difficulties, anxiety, post-natal depression, ill health, the threat of violence, multiple births, or disabilities in Barnet, Brent, Enfield, Harrow and Tower Hamlets. Support includes a volunteer who will spend around two hours a week in a family's home. Ring **07759 206012** or refer yourself:

<https://homestartbarnet.org/refer-yourself/>

PramDepot

<https://pramdepot.com/> is an arts-led recycling project providing Baby Boxes filled with high quality recycled baby clothes and equipment to vulnerable new mums and their babies.

To get help you can be referred from any of the following:

- Birth Companions - <https://www.birthcompanions.org.uk/>
- Happy Baby Community - <https://www.happybabycommunity.org.uk/>
- LJS St. John's Wood - <https://www.ljs.org/>
- HESTIA - <https://www.hestia.org/>
- Freedom From Torture - <https://www.freedomfromtorture.org/>
- Solace Women's Aid - <https://www.solacewomensaid.org/>
- Family Nurse Partnership – Barnet, Enfield and Haringey:
www.nhs.uk/Services/trusts/Services/Service/DefaultView.aspx?id=243418
- Hibiscus Initiatives - <https://hibiscusinitiatives.org.uk/>
- Jesuit Refugee Service UK - <https://www.jrsuk.net/>
- Manor Gardens Welfare Trust - <https://manorgardenscentre.org/>
- Single Homeless Project - <https://www.shp.org.uk/>
- West London Synagogue - <https://www.wls.org.uk/>

To contact PramDepot email hello@pramdepot.com or ring **07740 744289**

Internet access for children and young people in education

<https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data>

This scheme temporarily increases data allowances for mobile phone users on certain networks for **free**. It is to ensure that disadvantaged children and young people can access remote education if their face-to-face education is disrupted, and they do not have access to broadband at home. Ask your child's school about this.

Barnet Lone Parent Centre

Provides a free 'Help With Money' debt and benefit advice service and Finchley Community Toy Library at Barnet Lone Parent Centre, Strawberry Vale, London N2 9BA on Mon-Thurs 10am - 4pm. Services are open to all Barnet residents, not just lone parents.

Email nina.gentry@blpc.org.uk or ring **020 3828 4834/ 07592 048330**

Free childcare and 0-19 Early Help Services

If you would like help with finding a provider you can contact the Early Years team EarlyYears@barnet.gov.uk or ring **020 8359 3052**.

BACE Holidays (Barnet Active Creative Engaging Holidays)

BACE holidays support children and young people aged 5 – 16 who received free school meals in the borough of Barnet. If your child is eligible or is in receipt of Free School Meals and would like to apply to attend BACE Holiday camps sign up via the website:

<https://barnetyouth.uk/> or ring **020 8359 3100**

9. Mental health support

IN BARNET

Mental health crisis intervention and support

Barnet, Enfield, & Haringey Mental Health Trust (BEHMHT) <http://www.behmht.nhs.uk/services/crisis-resolution-and-home-treatment-team-barnet/268>

Crisis Resolution Team 020 8702 4040

Out of hours calls will be directed to the 24-hour **Crisis Telephone Service**, or you can ring directly **0800 151 0023** You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

MIND in Barnet (Mental Health Charity)

Email counselling@MindinBarnet.org.uk or ring **020 8343 5703**

Free advice and counselling services

The Sangam Centre offers expert advice services for everyone, ranging from ensuring people receive the benefits they are entitled to, debt and finance management, and immigration support. They also offer up to 14 free counselling sessions, with a free initial assessment. The multi-lingual team includes Hindi, Gujarati and Arabic speakers. For more information visit www.sangamcentre.org.uk or ring **020 8952 7062**.

Sanctuary Barnet

Crisis Café Mon-Friday 4.30–10.30pm, Sat-Sun 12-6pm 020 8343 5704

NATIONWIDE SUPPORT and HELPLINES

Anxiety UK

<https://www.anxietyuk.org.uk/> promotes the relief and rehabilitation of persons suffering from agoraphobia and associated anxiety disorders, phobias and conditions.

Helpline: Weekdays: 9:30am - 10pm, Weekends: 10am - 8pm **03444 775 774**

Rethink Mental Illness

Provides supports people severely affected by mental illness through local groups and services and expert information. <https://www.rethink.org/>

Advice and information line: Monday - Friday 9:30am - 4pm **0808 8010525**

For support after suicide: Email supportaftersuicide@rethink.org ring **07463 368700**

The Listening Place

<https://listeningplace.org.uk/i-need-help/> provides free face to face support by appointment in central London for those who feel life is no longer worth living. It is a safe place to come and talk freely and confidentially to warm, non-judgemental volunteers who are willing to engage with their feelings and support them through their darkest times. Ring **020 3906 7676**

Samaritans

<https://www.samaritans.org/> provides services for anyone who is struggling, they will not judge you. They are free, they are anonymous, and they are always open.

Ring **116 123** or Text **SHOUT** to **85258**

SANEline www.sane.org.uk If you're experiencing a mental health problem or supporting someone else, ring **0300 304 7000** 4.30–10.30pm every day

National Suicide Prevention Helpline UK offers a supportive listening service to anyone with thoughts of suicide. You can call them on **0800 689 5652** 6pm–3:30am every day

Campaign Against Living Miserably (CALM) If you are struggling and need to talk ring **0800 58 58 58** 5pm–midnight every day

Papyrus Suicide Prevention If you or anyone you know is struggling with thoughts of suicide or are worried about someone who is not coping with life - contact the helpline on 0800 068 4141 9am - midnight everyday of the year or visit papyrus-uk.org for free and confidential support and guidance.

SHOUT offers a confidential 24/7 text service providing support if you are in crisis and need immediate help. [Shout](#) Text **85258**.

The Mix <https://www.themix.org.uk/> free helpline for people aged 11- 25 years ring **0808 808 4994** 4pm–midnight Mon-Sat

10. Wellbeing

Barnet Wellbeing Service

<https://www.barnetwellbeing.org.uk/services>

works in partnership with a number of organisations which provide services tailored for you within the borough Email: info@barnetwellbeing.org.uk. ring **03333 449 088**

Wellbeing activities by Meridian (A Barnet Health and wellbeing charity)

<https://www.meridianwellbeing.com/> Meridian provides free online health and wellbeing activities (free except yoga and meditation).

Barnet Befriending Over 55s

Age UK Barnet www.ageuk.org.uk/barnet provides support to over 55s including: non-urgent shopping/prescription pick up service (small subscription fee), guidance on how to access supermarket delivery slots online, friendly chat with a volunteer, handyman scheme, activities, help getting on-line

Email: info@ageukbarnet.org.uk ring Mon-Fri 9am-5pm **020 8203 5040**

Cruse Bereavement Care

<https://www.cruse.org.uk/> Helps people with bereavement support and information.

Ring **0808 8081677**. Helpline is open: Mon 9.30am-5pm, Tues-Thurs 9.30am-8pm, Frid 9.30am-5pm, Sat-Sun 10am-2pm

Muslim Community Helpline

<https://muslimcommunityhelpline.org.uk/> Confidential, non-judgemental listening & emotional support service Email: ess4m@btinternet.com

Languages Spoken: Asian languages (Urdu, Punjabi, Gujrati) & English, Mon-Thurs English on Fridays. Arabic possible by appointment

ring **020 8904 8193/ 020 8908 6715** Monday to Friday: 10 am to 1 pm

Muslim Youth Helpline

<https://myh.org.uk/> ring 080 808 2008 4pm-10pm every day

11. Domestic abuse

Immediate threat or emergency - Ring **999**

Silent Solution

If you call from a mobile phone and remain silent, your call will be forwarded to an automated service called '**Silent Solution**' – an automated voice will ask you to **press 55** if you need **police assistance**.

For non-emergency cases and for general advice - Ring **101**

National Domestic Abuse Helpline

24 hours a day is confidential - **0808 2000 247**

Helping Barnet's women and girls stay safe – booklet

https://www.barnet.gov.uk/sites/default/files/vawg_help_women_stay_safe.pdf

SOLACE Women's Aid

Offers free advice and support to women and children in London affected by domestic and sexual violence. www.solacewomensaid.org Email: advice@solacewomensaid.org

Helpline: Mon - Fri 10am - 4pm, Tues 6pm - 8pm on ring **0808 802 5565**

Male victims of domestic violence

<https://www.mankind.org.uk/> a confidential helpline available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers. Ring **01823 334244**

Barnet Solace Advocacy and Support Service

Domestic and sexual violence support for women and men aged 16+ living in Barnet

<https://www.barnet.gov.uk/directories/directme/sass-barnet-solace-advocacy-and-support-service> **Helpline:** Mon- Fri 10am – 5pm ring **020 8733 4113**

Muslim Women's Helpline

<https://mwnhelpline.co.uk/> Specialist faith and culturally sensitive service that is confidential and non-judgmental, which offers information, support, guidance and referrals to Muslim women and girls. Email: info@mwnhelpline.co.uk

Helpline: you can text: Mon - Fri 10am - 4pm **07415 206 936** or free from mobiles and landlines: Mon - Fri 10am - 4pm **0800 999 5786**

Jewish Women's Aid (JWA)

<https://www.jwa.org.uk/confidential-free-helpline> Domestic abuse helpline providing free, confidential, anonymous advice for Jewish women and girls.

Helplines: Monday - Thursday from 9.30am - 9.30pm (excluding Jewish holidays, and bank holidays):

Domestic Violence Helpline 0808 0500

Sexual Violence Support Line 0808 801 0656

Email: advice@jwa.org.uk

Rape Crisis HELPLINE

0808 802 9999

12. Support in community languages

Settled - multilingual advice and support for EU citizens in the UK

<https://settled.org.uk/en/> Email: info@settled.org.uk

Ring the **multilingual helplines** Monday-Friday, 9am - 5pm

French	07511 214711	Romanian	07511 214698
Italian	07511 214701	Slovak	07511 214678
Polish	07511 214707	Spanish	07511 214716

EU Settlement Scheme

The deadline for EU citizens resident in the UK (and living here by 31 December 2020), was 30 June 2021. If that did not apply to you, or you have ‘reasonable grounds’ for not applying by the deadline see below.

For information, help and support applying go to: www.gov.uk/eusettlementscheme

- **The EU Settlement Scheme Resolution Centre** answers questions about an application can assist to complete the form: **0300 123 7379** (Mon-Fri, 8am-8pm and Sat-Sun, 9.30am-4.30pm). Find out about [call charges here](#).
- **Assisted Digital offers a free service** over the phone and in person for anyone who does not have the right access, skills or confidence to complete the online application form. Ring [We Are Digital](#) **03333 445 675** (Mon-Fri, 9am-5pm).
- **How to scan your ID document** - for people who do not have access to the EU Exit: ID Document Check app. Find out more [here](#).

East European Resource Centre

<http://www.eeac.org.uk/#/> provides information, advice and support to people from Bulgaria, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia and Slovenia. Email: info@eerc.org.uk

For **English/Polish** ring Mon - Thurs **07521 857415**

For **English/Romanian** ring Mon, Tues, Thurs **07730 021986**

BARKA UK (Polish/Russian/Romanian/English)

<http://www.barkauk.org/what-we-do/> Offers information on employment, benefits, homelessness, national insurance, substance misuse organisations supporting Central and Eastern European (CEE) migrants.

Email marta.maruszak@barkauk.org or jerzy.tymczak@barkauk.org

Ring **020 7275 7768 / 07440 429760 / 07493 289713** Monday-Friday: 9am-4pm

Iranian Community Support (Farsi)

<https://www.facebook.com/communitynetworkgroup/>

The Community Network Group (CNG) supports Iranian and ethnic minorities who live in Britain. Email communitynetgroup@gmail.com or ring **07966 366763**

Romanian Culture and Charity Together (RCCT)

<https://rcct.uk/> Provide information sessions on local services, settled and pre-settled status, employment, benefits and health. Email: office@rcct.uk or ring **07311 488110**

Shpresa Programme (Albanian) <http://shpresaprogramme.com/>

Aims to provide advice and advocacy such as benefits, immigration etc on behalf of the Albanian speakers. Email: shpresaprogramme@yahoo.co.uk ring **020 7511 1586**

13. Support for refugees and people seeking asylum

New Citizens Gateway (NCG)

www.ncgateway.org.uk/ is an independent registered charity working in partnership with individuals and agencies to improve the quality of life and promote the physical, social, and mental wellbeing of refugees and asylum seekers. They are based in Barnet at 8th Floor, Hyde House, Edgware Rd, London, NW9 6LH.

Email info@ncgateway.org.uk or ring **020 8905 9002**

Barnet Refugee Service

www.barnetrefugeeservice.org.uk
advice@barnetrefugeeservice.org.uk

Asylum seekers and refugees GP registration – see healthcare above.

14. Training and employment advice

Online courses and training

Search for courses and training online and get advice on qualifications and funding:

<https://www.gov.uk/career-skills-and-training>

West London Works (includes people registered with GP or living in Barnet)

An employment support programme which provides free, voluntary advice and support if you have a physical and/or mental health condition. To be eligible for the programme, you must be:

- Over 18 years old
- Living or registered with a GP within Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon or Hounslow
- Motivated to find or retain meaningful employment or stay in your current role

For more information visit: <https://shawtrust.org.uk/west-london-works/> or email info@westlondonworks.co.uk or ring **0800 987 4088**

15. Support for people who have been in prison

Unlock

<https://www.unlock.org.uk/> is an independent national charity providing a voice and support for people who are facing stigma and obstacles because of their criminal record, often long after they have served their sentence. To find the best way to contact them at:

<http://hub.unlock.org.uk/contact/> or ring the helpline on **01634 247350** Mon - Fri, 8.45am to 4.45pm; or Whatsapp message on **07824 113848**