



## **Lewisham Services**

1. Housing and homelessness
2. Legal
3. Benefits
4. Mental health
5. Counselling
6. Debt
7. Physical health
8. Drugs and alcohol
9. Other



## **1. Housing & Homelessness**

### **170 Community Project**

170 New Cross Road, SE14 5AE

Advice and support: housing, homelessness, benefits, employment, health

Drop in service Fridays 10am-12pm and 2pm-4pm

Also open access job search at 49A Hatfield Close, SE15 5DW

Make an appointment via Advice Lewisham, Freephone 0800 231 5453 (Monday-Friday 9am-5pm)

### **999 Club**

21 Deptford Broadway, SE8 4PA

020 8694 5797

Advice and support: benefits, housing issues, homelessness, accommodation, accessing healthcare services, safe care of address

Learning and activities, support into employment

Use of laundry and showering facilities

Monday – Friday

9am – 10.30 open to people who are rough sleeping only

10.30 – 12.00 open to anyone who is homeless or vulnerable to homelessness

<http://999club.org/>

### **Bench Outreach**

14 New King Street, SE8 3HS

020 8694 7740

Advice and support: housing issues, homelessness, access to housing solicitor

Call to make an appointment



Monday – Friday 9am-5pm  
<http://www.benchoutreach.com/>

**Citizen's Advice Bureau** – see benefits

**Deptford Reach**

64 Speedwell Street, SE8 4AT

020 8692 6548

Advice and support: benefits, housing issues,  
homelessness, accommodation, accessing GP services,  
mental health support, safe care of address

Use of laundry and showering facilities

Monday – Thursday 9am-2pm

Fridays appointments only

<http://www.deptfordreach.org.uk/>

**Evelyn 190 Centre**

190 Evelyn Street, SE8 5DB

020 8691 7180

Advice and advocacy: housing, homelessness, benefits,  
employment, debt

Make an appointment via Advice Lewisham, Freephone

0800 231 5453 (Monday-Friday 9am-5pm)

<http://www.evelyn190centre.org.uk/>

**The Jericho Road Project**

King's Church London, Catford Hill, SE6 4PS

0208 690 5121

The Feast: Wednesdays 7pm-9pm provides hot food,  
clothing and advice to people who are homeless or  
vulnerable. Also run budgeting courses, support people



to find accommodation and run a weekly support group (12.30pm on Mondays).

**Lewisham Council** – to make a homelessness application and seek assistance from the council

**SHIP** – if you are single

SHIP, Laurence House, 1 Catford Road, SE6 4RU,  
020 8314 3020

Monday-Friday 9am-3pm (except Wednesday  
1pm-3pm, emergency cases only)

Out of hours number: 020 8314 7007

**Housing Options** – if you have a family

Housing Options, Laurence House, 1 Catford  
Road, SE6 4RU

020 8314 7007

Monday-Friday 10am-3.30pm

[https://www.lewisham.gov.uk/myservices/housing/find/  
Pages/homeless.aspx](https://www.lewisham.gov.uk/myservices/housing/find/Pages/homeless.aspx)

### **Streetlink**

If you or someone you know are sleeping rough you can refer to Streetlink and someone from the outreach team will come out

0300 500 0914 [www.streetlink.org.uk](http://www.streetlink.org.uk)



## **2. Legal Help**

### **Legal Aid**

Legal Aid is available for people who are eligible for the majority of problems involving English Law, however some cases are no longer funded, including:

- Debt, except where there is an immediate risk to the home
- Employment
- Housing, except where the home is at immediate risk, homelessness assistance, anti-social behaviour cases in county court, housing disrepair posing an immediate and serious risk to life or health
- Immigration cases (except asylum and detention)

You can find out if you are eligible for legal aid by calling the **Civil Legal Advice Helpline** 0345 345 4 345, Monday-Friday 9am-8pm, Saturday 9am-12.30pm.

You can contact a solicitor for expert advice; in some cases where legal aid is not available they may be prepared to take the case on a no win, no fee basis or negotiate a fixed fee. All the firms listed in this guide deal with legal aid where possible.

**Citizen's Advice Bureau** – see benefits

Can provide access to solicitors for advice and contact details for local law firms.

**Bench Outreach** – see housing & homelessness

Advice available from housing solicitor



**Lewisham Refugee and Migrant Network** – see asylum and immigration

Advice available from immigration solicitor

**Morrison Spowart** – law firm

191-193 Rushey Green, Catford, SE6 4BD

020 8698 9200

Monday-Friday 9.30am-5pm

Emergency 24 hour service for people arrested and detained at a police station 020 8461 9016.

<http://www.morrisonspowart.com/>

**TV Edwards** – law firm

The Albany, Douglas Way, Deptford, SE8 4AG

020 3282 3706

[http://www.tvedwards.com/site/contact/solicitors\\_deptford/](http://www.tvedwards.com/site/contact/solicitors_deptford/)

**Duncan Lewis** – law firm

182 New Cross Road, New Cross Gate, SE14 5AA

0333 772 0409

[http://www.duncanlewis.co.uk/offices/New%20Cross%20Gate\\_office.html](http://www.duncanlewis.co.uk/offices/New%20Cross%20Gate_office.html)

**Burke Niazi** – law firm

2<sup>nd</sup> Floor, Duke House, 84-86 Rushey Green, SE6 4HW

020 8613 7900

Monday-Friday 9.30am-5pm

<http://www.burkeniazi.com/contact-us/catford-solicitors/>



### **3. Benefits**

**170 Community Project** – see housing & homelessness

**999 Club** – see housing & homelessness

**Bench Outreach** – see housing & homelessness

**Evelyn 190 Centre** – see housing & homelessness

**Carers Lewisham** – see other

**Lewisham Disability Coalition** – see other

**Age UK** – see other

**Citizens Advice Bureau** – advice on debt, welfare benefits and tribunal representation, immigration, employment, housing

Telephone advice and appointments available via Advice Lewisham, Freephone 0800 231 5453 (Monday-Friday 9am-5pm)

Drop in Monday, Tuesday, Wednesday, Friday 10am-1pm and 2pm-4pm, Thursday 10am-1pm at Leamore Community Centre Advice and Information Hub, Bonfield Road, SE13 5EU for help with claiming benefits online, information about benefit entitlement, housing and debt.

**The Jericho Road Project** – see housing & homelessness



## **4. Mental Health**

You can see your GP to ask for support or a referral to the mental health team.

If you need immediate help you can go to the Psychiatric Liaison Team in A&E at Lewisham Hospital, Lewisham High Street, SE13 6LH  
020 8333 3000

**SLaM support line** – advice and support for anyone facing difficulties with mental health, 24 hours a day  
0800 731 2864

### **Mind**

91 Granville Park, SE13 7DW

Community support service: short term, practical and social support – call for an appointment 020 3228 0760

Various peer support group activities – call for information 020 3228 0760

Specialist dementia support and advice – call for an appointment 020 3228 5960

<https://www.blmind.org.uk/lewisham-services/>

### **Mind Infoline**

Information about mental health problems, support services, treatment and advocacy. 0300 123 3393

Monday-Friday, 9am-6pm



**Mind Legal Line**

Legal information and advice on mental health law, capacity, community care, human rights and discrimination

0300 466 6463 Monday-Friday 11am-2pm

**Voluntary Services Lewisham**

Mental health drop ins - to socialise and take part in various activities

The Lee Centre, 1 Aislibie Road, SE12 8QH – Monday and Friday 10am-1pm

The Compass Centre, 32-34 Watson Street, SE8 4AU – Tuesday, Thursday, Sunday 1pm-4pm and Saturday 10am-1pm

The Grove Centre, 4 Jews Walk, SE26 6PL – Thursday 7pm-9pm

**VSL** also run free happiness and wellbeing workshops for people dealing with issues such as depression, anxiety and stress – call 020 8291 1747 for details.



## **5. Counselling**

You can ask your GP or a worker from a mental health team about a referral for counselling.

### **The Cassel Centre**

4 Waldram Park Road, SE23 2PN

020 8291 3436

Free and low cost counselling – call for initial discussion, preferably on a Wednesday 11am-12pm for new clients

<http://www.casselcentre.org/>

### **Lewisham Bereavement Counselling**

Care of Deptford Methodist Mission, 1 Creek Road, SE8 3BT

020 8692 6252

Counselling, support and advice to all bereaved people in Lewisham

Call Tuesday – Thursday 10.30am-5.30pm

<http://www.lewisham-bereavement-counselling.org/>

### **South London Counselling Services**

6 Eltham Road, Lee Green, London, SE12 8TF

0208 852 3400 / 07957 630187

Provide impartial and confidential services in guidance and free therapeutic counselling services for children, young people and adults on means tested basis

Call for an appointment

<http://www.slcservices.org/>

### **IAPT Lewisham**

020 3049 2000



Offer a range of short term psychological therapies to people registered with a Lewisham GP, call to discuss Monday- Friday 9am-5pm  
<https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>

**One Vision Counselling**

c/o Deptford Methodist Church, 2<sup>nd</sup> Floor, 1 Creek Road, Deptford, SE8 3BT

020 8698 6015/07874 618352

Low cost counselling – call for information.

<http://www.onevisioncounselling.co.uk/contact>



## **6. Debt**

### **Christians Against Poverty**

Can give advice and refer to local advice and debt counselling – service available to all, regardless of religion

0800 328 0006 – Monday-Friday 8.30am-5pm

<https://capuk.org/>

**Citizens Advice Bureau** – see benefits

**Evelyn 190 Centre** – see housing & homelessness

### **Stepchange**

Advice and support - 0800 138 1111

Monday- Friday 8am-8pm, Saturday 8am-4pm

<https://www.stepchange.org/>

**Age UK** – see other



## **7. Physical Health**

In an emergency call an ambulance on 999 or go to A&E at Lewisham Hospital, Lewisham High Street, SE13 6LH.

If you need urgent medical help but it is not an emergency or life-threatening situation you can call 111 for medical advice, calls are free and the line is open 24/7.

For non-urgent medical help, see your GP. If you are away from home or not registered you can still contact your nearest practice to ask for treatment and can receive emergency treatment for 14 days. If you are homeless, you are entitled to register using a temporary address such as a friend or day centre – see 999 Club and Deptford Reach, housing & homelessness.

### **SELDOC**

If you have a medical problem when your GP surgery is closed SELDOC can arrange out of hours appointments or home visits.

Monday-Friday 6.30pm-8am, 24 hours on weekends and bank holidays  
0208 693 9066

### **New Cross GP Walk in Centre**

Suite 3, Waldron Health Centre, Amersham Vale, New Cross, SE14 6LD  
0203 049 2370

For minor illnesses or injuries – open 8am-8pm 7 days a week



### **Sexual Health Clinics**

Contraception, morning after pill, STI testing and treatment, pregnancy testing and advice, HIV testing.

#### **The Primary Care Centre:**

1<sup>st</sup> Floor, Hawstead Road, Catford, SE6 4JH

0207 138 1700

Monday-Thursday 2pm-7pm, Friday 2pm-5pm

#### **Waldron Health Centre**

Suite 8, 2<sup>nd</sup> Floor, Amersham Vale, SE14 6LD

0203 049 3500

Walk in Monday-Tuesday 10am-4pm, Wednesday

2pm-4pm, Thursday 10am-1pm, Friday 10am-

5pm, Saturday 10am-2pm

Appointments bookable on the day Monday-

Wednesday 5pm-7pm, Thursday 2pm-4pm

#### **Downham Health & Leisure Centre: under 25s only**

1<sup>st</sup> Floor, 7-9 Moorside Road, Downham, BR1 5EP

0203 049 1825

Wednesday-Thursday 3pm-6pm

#### **Sydenham Green Health Centre: under 25s only**

Holmshaw Close, Sydenham Road, SE26 4<sup>TH</sup>

0203 049 2710

Monday-Tuesday 3pm-6pm

### **Smokefree Lewisham**

Offer support and advice to people wanting to quit smoking.

Appointments and drop ins are available in various locations throughout the borough, call **0800 0820 388** for details



## **8. Drugs and alcohol**

### **New Direction Lewisham – CGL**

410 Lewisham High Street, SE13 6LJ

020 8314 5566

Work with people who would like to access support for their drug or alcohol use. Healthcare, needle exchange, groups, counselling, prescribing, advice and support.

Drop in Monday and Wednesday 10am-6pm, Thursday and Friday 10am-4pm, Tuesday 1.30pm-4pm.

<http://www.changegrowlive.org/content/new-direction-lewisham>

### **Blenheim CDP**

55 Dartmouth Road, Forest Hill, SE23 3HN

020 8699 5263

Work with people over 18 who would like to access support for their drug or alcohol use. Advice and support, groups, can offer appointments in some GP surgeries. Also run an abstinence-based support service to support recovery and provide opportunities for education, training and employment.

Drop ins 10am-12.30pm Monday, Tuesday, Thursday, Friday.

<http://blenheimcdp.org.uk/location/lewisham/>

### **Alcoholics Anonymous**

Free helpline 0800 9177 650

<http://www.alcoholics-anonymous.org.uk/>

### **Narcotics Anonymous**

Helpline 10am – midnight 0300 999 1212



<http://ukna.org/>



## **9. Children and Young People**

### **Baseline**

Lewisham Library, 199-201 Lewisham High Street, SE13 6LG

0208 314 7549

Drop in Monday-Friday 10am-5pm

Support and advice for people ages 16-18 (or up to 25 for people with additional needs) not in employment, education or training. Education and employment, CVs and job applications, sex and relationships, housing, drugs and alcohol, gangs and crime.

<https://www.lewisham.gov.uk/young-people/Pages/Baseline-drop-in-service.aspx>

### **Metro**

Provide support for young people who are lesbian, gay, bisexual, transgender or those who are questioning their sexuality or gender identity. Run regular support groups and advice/support on mental and sexual health.

Call or email for details 0208 305 5000,  
[youth@metrocentreonline.org](mailto:youth@metrocentreonline.org)

**Carers Lewisham** – see other section

Support for young carers.

### **Children's Centres**

For children and families to access services such as family support and parental outreach, advice on early years education and childcare, child and family health services, Jobcentre Plus, children's information services and schools, child development reviews.



**Amersham Children's Centre**, 75 Amersham Road, SE14 6QQ, 020 8691 1777

**Beecroft Garden Children's Centre**, Beecroft Road, Crofton Park, SE4 2BS, 020 8692 2762

**Bellingham Children's Centre**, 109 Randlesdown Road, SE6 3HB, 020 8695 6236

**Clyde Children's Centre**, Alverton Street, SE8 5NH, 020 8692 3653

**Downderry Children's Centre**, Shroffold Road, BR1 5PD, 020 8695 5915

**Evelyn Children's Centre**, 231 Grove Street, SE8 3PZ, 020 8691 1064

**Hatcham Oak Children's Centre**, Wallbutton Road, SE4 2NX, 020 7732 8803

**Heathside & Lethbridge Children's Centre**, Community Health, Sparta Street, SE10 8DP, 020 8694 1287

**Kelvin Grove and Eliot Bank Children's Centre**, Kelvin Grove Primary School, Kelvin Grove, SE26 6BB, 020 8613 0172

**Kilmorie Children's Centre**, Kilmorie Primary School, Kilmorie Road, SE23 2SP, 020 86990 7802

**Ladywell Children's Centre**, 30 Rushey Mead, SE4 1JJ, 020 8690 6696

**Marvels Lane Children's Centre**, 65 Riddons Road, SE12 9RA, 020 8851 2129

**St Swithun's Children's Centre**, St Swithun's Road, SE13 6RW, 020 8690 6696

**Torridon's Children's Centre**, 103 Torridon Road, SE6 1RQ, 020 8695 6948



## **10. Asylum and Immigration**

### **Lewisham Refugee and Migrant Network**

The Sayes Court Clubroom, 341 Evelyn Street, Deptford, SE8 5QX

020 8694 0323, call or drop in to make an appointment  
Advice and information on immigration, health, housing, education, benefits, training, employment. Counselling and support for refugee and asylum seeking women who are victims of trafficking, domestic and sexual abuse.

Monday – Friday 9.30am-5.30pm

<http://lrnmn.org.uk/>

### **AFRIL – Action for Refugees in Lewisham**

Leemore Central Community Hub, Bonfield Road, SE13 5ES

020 8297 4111 – call for an appointment

Advice on healthcare, debt, employment, education, housing, immigration

<http://www.afril.org.uk/en/>

### **Afghanistan and Central Asian Association**

Ground Floor, 24 Deptford Broadway, SE8 4PA

07576 989225, 07414 993450

Support for Afghans and Central Asians living in the UK.

Immigration, benefits, debt, housing, education and employment. Run ESOL classes and a homework club.

Drop in Monday-Friday 10am-5pm at the office, Saturday 12pm-3pm at the Albany, Douglas Street, SE8 4AG

<http://www.aaaa.org.uk/>

**Age UK** – see other



## **11. Other**

### **Carers Lewisham**

Lewisham Carers Centre, Waldram Place, Forest Hill,  
SE23 2LB

020 8699 8686

Call or drop in to make an appointment Monday-Friday  
9am-5pm.

Advice, information, support and advocacy for carers of  
all ages: Welfare benefits, health and social care, housing  
advice. Counselling, respite, Workshops, specialist  
support for carers of people with dementia and mental  
health problems, parent carers, older carers, male  
carers, relaxation days. Young carer support, drop-ins,  
activities, homework club.

<http://www.carerslewisham.org.uk/>

### **Lewisham Disability Coalition**

LDC office, 111 Randlesdown Road, SE6 3HB

020 8697 0100

Provide information, support and advice to people living  
with a long term health problem or disability, including  
benefits advice, form filling and tribunal representation.

Make an appointment via Advice Lewisham, Freephone  
0800 231 5453 (Monday-Friday 9am-5pm)

<http://ldcadvice.co.uk/>

### **Age UK Lewisham**

10 Catford Broadway, SE6 4SP

020 8690 9060

Monday – Friday, 10am-1pm



Advice, information, support for older people in Lewisham: welfare benefits, housing, community care, transport/travel, consumer issues, local services, debt, immigration.

Make an appointment via Advice Lewisham, Freephone 0800 231 5453 (Monday-Friday 9am-5pm)

Drop in for Lewisham residents age 60+, Tuesdays 10am-12.30pm at 10 Catford Broadway.

### **Athena Service**

Provides confidential, non-judgmental support to women and girls 13+ and men 16+ who are experiencing gender-based violence, such as domestic violence, rape/sexual assault, stalking, forced marriage.

Call or email 0800 112 4052 /

[lewishamvawg@refuge.org.uk](mailto:lewishamvawg@refuge.org.uk)

<http://www.refuge.org.uk/what-we-do/our-services/athena-lewisham/>

### **Samaritans**

If you need someone to talk to.

020 8692 5228 / 116123 (free to call)

1-5 Angus Street, New Cross, SE14 6LU- call in advance

<http://www.samaritans.org/branches/lewisham-greenwich-and-southwark-samaritans>

### **Notes**





Bench Outreach

helps vulnerable people overcome drug and alcohol dependence, find decent homes  
and lead lives that have meaning and purpose.



14 New King Street

London SE8 3HS

0208 694 7740