

Health centre



 The Woodbridge Medical Centre

Address: Jubilee Gardens,

Southall UB1 2TJ

Telephone: 02034746160

2. Somerset Family Health Practice Address: 76 Somerset Rd, Southall UB1 2TU Telephone: 02085788255

2. Grand Union Village
Health Centre Address:
Taywood Road, Northolt
UB5 6WL
Telephone: 02033137500

General Practice (GP)



 The Mansel Road Practice Address: 71 Mansell Rd, Greenford UB6 9EN Telephone: 02085750083

Eastmead Surgery
 Address: 20 Eastmead
 Ave, Greenford UB6 9RB
 Telephone: 02085781244

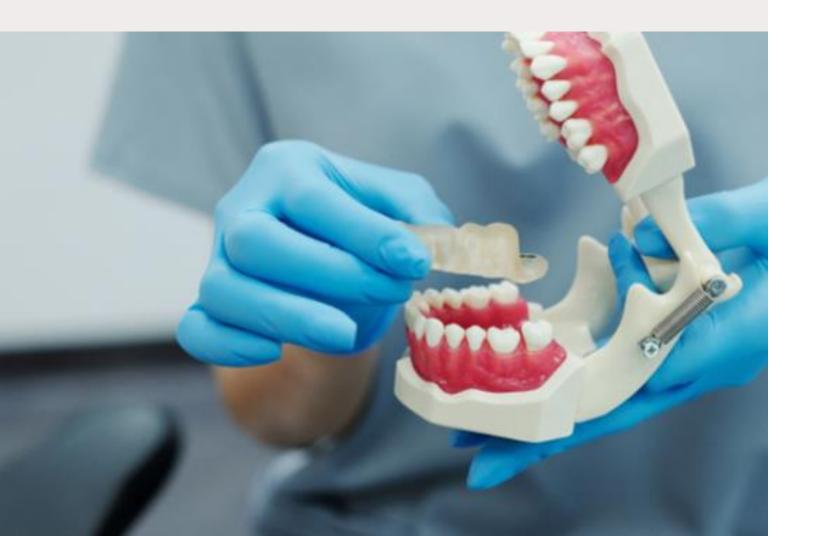
3. Jubilee Gardens Medical Centre

Address: Jubilee Gardens,

Southall UB1 2TJ

Telephone: 02031488950

Dentist



. Inspire Dental Address: Southall 56-58 South Rd, Middlesex, Southall UB1 1RQ

Telephone: 02085744455

Sterling Dental Centre
 Address: 89-95 South Rd,
 Southall UB1 1SQ
 Telephone: 020885719090

1. The White House Dental Group Address: 93-95 South Rd, Southall UB1 1SQ Telephone:020288439323

Apollonia Dental Care
 Address: 231-233 Greenford
 UB6 8QZ

Telephone: 02085758030

Pharmacy



1. Roxanne Pharmacy Address: 51 The Broadway, Greenford UB6 9PN Telephone: 020 8578 2307

2. Ariana Pharmacy Address: 472 Greenford Rd, Greenford UB6 8SQ Telephone: 02085756600

3. Ravenor Pharmacy Address: 70 The Broadway UB6 9QA Telephone: 02085784097

Afterschool Club



Westside Disability Project
 Mondays (Term Time Only) 3:30 6:00pm Age: 11-16 years
 Address: Westside Young Peoples
 Centre, Churchfield Road, W13
 9NF

Telephone:07811494409

E-mail: sawyerrse@ealing.gov.uk

 Life & Southall Self Defence Club Address: 106 Uxbridge Road, Southall Middlesex ub1 3DW Telephone:07947120159 E-mail: onkar@khalsa.com

3. Descendants Youth Organisation Address: Acton Gardens Community Centre, Unit A Munster Court Bollo Bridge Road London W3 8UU Telephone: 02080755241 Mobile: 07745889521

E-mail:

<u>enquiries@descendants.org.uk</u> Website:

https://www.descendants.org.uk

Youth provision

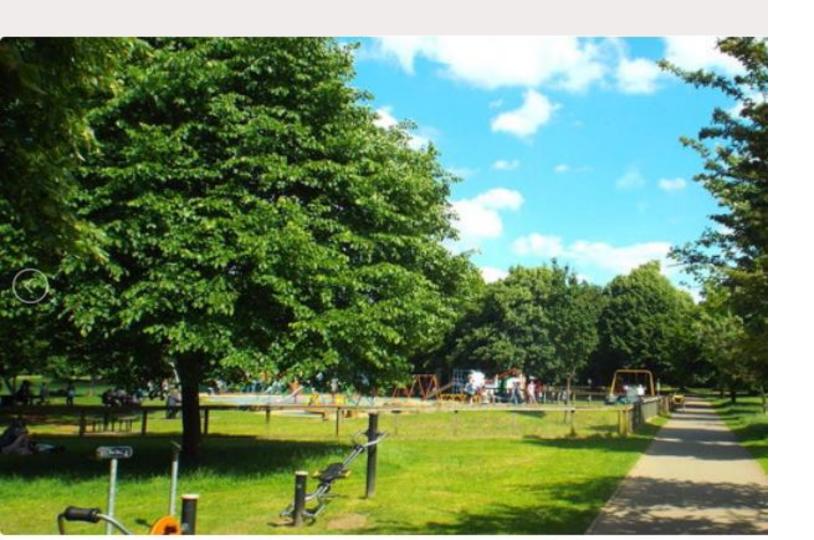


Ealing Mencap - Saturday
Youth Club Address:
Enterprise Lodge,
Stockdove Way UB6 8TJ
Telephone: 02085669575
Age: 14-18 have ECHP
and/or SEND

Dormers Well Hub
 Address: Longridge Lane
 UB1 3JH Age: 11-19 up to

24 years with SEND

Local Parks



- Ravenor Park Address: Greenford UB6 9QP
- Greenford recreation Ground Address: Mornington Rd, Greenford UB6 9HN
- Jubilee Park Address: 147Allenby Rd, UB1 2EZ
- Northala Fields Address:
 Westway Cl, Northolt UB5 6UR
- Perivale Park Address: Betham Rd, Greenford UB6 8RZ
- 6. Rectory Park Address: 163
 Byron Way, Northolt UB5 6BB
- 7. Brent Lodge Park Address: 204 Church Rd, W7 8BP

Free Activities Ealing

- 1. Gunnersbury Park Museum Address: Gunnersbury Park, Popes Ln, London W5 4NH
- Pitzhanger Manor & Gallery Address: Ealing Green, London W5 5EQ (creative workshops every Sunday in the holidays and drop-in Art workshop during the week)
- 3. HAF Programme Free Holiday Play Schemes Website: https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/haf.page

E-mail: <u>HAF@ealing.gov.uk</u>



Financial Support



1. Maximise your benefits

Make sure you are claiming all the benefits you are entitled to. Go to www.moneyhelper.org.uk or call 0800 011 3797.

2. Debt advice

Get free, confidential and expert advice if you are worried about debts or need help managing your finances. Step Change is a national charity with trained advisors. Go to www.stepchange.org or call 0800 138 1111.

3. London wide support

The London Cost of Living Hub offers a wide range of support and advice about dealing with debt, claiming benefits and looking after your mental health. Go to www.london.gov.uk/what-we-do/communities/help-cost-living to find out more.

Financial Support



1. Food Banks

There are several food banks operating around the borough. The council's Local Welfare Assistance Team or Job Centre Plus can make referrals to local food banks.

2. Community Support Directory

Voluntary and community organisations provide a wide variety of support across the borough. Find out what is available near you. Go to www.dosomethinggood.org.uk/directory

3. Employment and skills

Work Ealing and Learn Ealing offers support to those seeking employment or looking to improve their skills or qualifications. Find out more www.workealing.com or 020 8825 8486. www.learnealing.org.uk or 020 8825 5577.