

Information Pack

**Health centre, GP, Park, Dentist, Pharmacy
Afterschool club, local forest school,
local parks, free activities
Financial support
Food banks**

Health centre



1. 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)



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

1. 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



1. Inspire Dental
Address: Southall 56-58 South Rd, Middlesex, Southall UB1 1RQ
Telephone: 02085744455
2. 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
1. 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



1. 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
2. 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: enquiries@descendants.org.uk
Website: <https://www.descendants.org.uk>

Youth provision



1. Ealing Mencap - Saturday Youth Club Address: Enterprise Lodge, Stockdove Way UB6 8TJ Telephone: 02085669575 Age: 14-18 have ECHP and/or SEND
2. Dormers Well Hub Address: Longridge Lane UB1 3JH Age: 11-19 up to 24 years with SEND

Local Parks



1. Ravor Park Address:
Greenford UB6 9QP
2. Greenford recreation Ground
Address: Mornington Rd,
Greenford UB6 9HN
3. Jubilee Park Address: 147
Allenby Rd, UB1 2EZ
4. Northala Fields Address:
Westway Cl, Northolt UB5 6UR
5. 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
2. 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: HAF@ealing.gov.uk



Financial Support



www.ealinglocaloffer.org.uk

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



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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.