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| **Good Food in Greenwich - advice and support**  |
| **Support with food** | **Contact** |
| **Emergency Food Aid:****Greenwich Foodbank**  | Vouchers are issued by wide range of referring agencies e.g. Citizen’s Advice Bureau, Social Services, Housing Associations and Housing Officers, Health Visitors, some Children’s Centres, Job Centre Plus |
| **Community meals:**Breakfast and lunch clubs run at many community centres and places of worship in Greenwich. Some offer free meals but there is usually a small charge. | A list of lunch clubs is being compiled and will soon appear on the Good Food in Greenwich website: [www.goodfoodingreenwich.org/](http://www.goodfoodingreenwich.org/) For children, schools often run breakfast clubs. |
| **Community Cookery Clubs:**Free sessions where you learning to cook healthy meals on a budget. Sessions include a free meal. | 0800 470 4831 to find out about venues and times and to book a place |
| **Community-based fruit & veg stalls:**Weekly fruit & veg stalls offering reasonably priced produce. Stalls accept Healthy Start vouchers. | Stalls at Waterways, Greenacres, Pound Park, Mulgrave & Eglington Children’s Centres and Woolwich Common Community Centre. Contact the centres for opening times. Woolwich Market also accepts Healthy Start vouchers. |
| **Support with financial issues** | **Contact** |
| **Benefits advice:** **RBG Welfare Rights Service** Free welfare rights advice **Plumstead Law Centre** Free welfare rights advice**Citizens Advice Bureau** Free information and advice on benefits and other money problems | 020 8921 6375020 8854 8848 [pclc.org.uk/](http://www.pclc.org.uk/) Call or check website for opening hours. **0300 3309 096** [greenwichcab.org.uk/](http://greenwichcab.org.uk/) Call or to check opening hours. |
| **Debt advice:****Greenwich Money Advice Service** Specialist unit of CAB helping people with debt problems.**Meridian Money Advice Service** Free, confidential debt advice. | 020 8309 8646 [greenwichcab.org.uk/bureaux/greenwich-money-advice-service/](http://greenwichcab.org.uk/bureaux/greenwich-money-advice-service/) Call or check website for opening hours.020 8293 3432 [royalgreenwich.gov.uk/](http://www.royalgreenwich.gov.uk/)  |
| **Emergency Support Scheme** Discretionary support to assist with short term needs in an emergency e.g. small cash payment, furniture items and white goods. | 020 8921 2078 |
| **Saving money on fuel bills: Stay Warm Stay Safe** | 0800 470 4831 [www.livewellgreenwich.org.uk](http://www.livewellgreenwich.org.uk)  |
| **Support with other issues** | **Contact** |
| **Housing advice:** **Greenwich Housing Rights** Free advice on housing related issues with a focus on: Possession claims and court proceedings, eviction, rent and mortgage arrears. | 020 8854 8848 [grhr.co.uk/](http://www.grhr.co.uk/) Call or check website for opening hours. |
| **Employment advice:****Plumstead Law Centre** Free legal advice on employment rights | 020 8854 8848 [pclc.org.uk/](http://www.pclc.org.uk/) Call or check website for opening hours. |
| **Immigration advice:****Plumstead Law Centre** Free legal advice on immigration issues**Greenwich Migrant Hub** Support and advocacy service for migrants, includes specialist housing and immigration advice and a free meal. | 020 8854 8848 [pclc.org.uk/](http://www.pclc.org.uk/) Call or check website for opening hours.Drop-in sessions run on Tuesdays, 10.30-1.30, Woolwich Common Community Centre |
| **No recourse to public funds support**: **Greenwich Migrant Hub** Support and advocacy service for migrants, includes specialist housing and immigration advice and a free meal.**RBG No Recourse to Public Funds Team** Support for children, families and single adults excluded from accessing homelessness support and welfare benefits. | Drop-in sessions run on Tuesdays, 10.30-1.30, Woolwich Common Community Centre02089213398 or email:no-recourse-funds@royalgreenwich.gov.uk |
| **Organisations providing support for specific vulnerable groups to access advice and support services:** | **Contact** |
| **Live Well Greenwich Line** A free helpline staffed by local, trained health and wellbeing advisers for signposting and support with living well. **Greenwich Libraries** Free IT access, essential as benefits applications and claims go online.**Families Information Service** Information and advice on childcare, activities, children’s centres and support services for parents/carers, children and young people in Greenwich.**Advocacy for Older People** Trained volunteer advocates and co-ordinating staff help people aged over 55 to make informed choices about their own care needs and work to enhance the lives of people who are often socially isolated and vulnerable.**Age UK Bromley & Greenwich** Free, confidential and expert advice on social care, housing, scams, legal issues, health, help in your home, transport and leisure activities. **Greenwich Association of Disabled People** Advice and advocacy service for deaf and disabled people.**Greenwich Mind:** **Mindline** A telephone counselling service offering immediate help and support in a crisis, the opportunity to talk over a problem in confidence, on-going support, information about the services the Centre offers and general information about services in the area. **CGL Aspire** Support for dependent drinkers and drug users to help them achieve abstinence. | 0800 470 4831 [www.livewellgreenwich.org.uk](http://www.livewellgreenwich.org.uk) [www.royalgreenwich.gov.uk/libraries/](http://www.royalgreenwich.gov.uk/libraries/) 020 8921 6921 [www.royalgreenwich.gov.uk/fis](http://www.royalgreenwich.gov.uk/fis)020 8269 0298 [www.afop.org.uk](http://www.afop.org.uk) Outreach surgery at 2-6 Sherard Road, Eltham, SE9 6EX, Monday-Friday 9.30-13.00. For Information and Advice enquiries, or to make an appointment at Outreach Surgery call 020 8315 1878[www.ageukbromleyandgreenwich.org.uk](http://www.ageukbromleyandgreenwich.org.uk)020 8305 2221 [www.gad.org.uk](http://www.gad.org.uk) 0208 853 1735- Opening Hours for Mindline are:Monday-Friday 10.30am to 4.30pmTuesday & Thursday evenings 6.00pm to 9.00pm020 8316 0116 [www.giveusabuzz.net/local-adult-services.html](http://www.giveusabuzz.net/local-adult-services.html)  |
| **Online resources:** | **Contact** |
| Greenwich Community Directory | [www.greenwichcommunitydirectory.org.uk](http://www.greenwichcommunitydirectory.org.uk)  |

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