

1. ADVICE ON DEBT & BENEFITS

Organisation	Who for	Contact details	Notes
Age UK Westminster	Westminster residents aged 55 and over, or those who are a carer of an older person who lives in Westminster. Age UK Westminster's new Debt Advice Service aims to give face-to-face debt advice for those over 50. The service will support vulnerable residents of Westminster who are struggling to manage debt or at a high risk of falling into debt.	Debt Information & Advice Surgeries Call 0203 004 5610 to confirm your nearest surgery. Call Monday - Friday 10am to 2pm. https://www.ageuk.org.uk/westminster/our-services/debt-advice/	Both appointments only sessions and drop in surgeries are available in both south and north Westminster
Westminster CAB	Helps people in Westminster resolve their legal, money and other problems.	21a Conduit Place, Paddington, London W21HS Call 0300 330 1191 https://www.westminstercab.org.uk	
Cardinal Hume Centre	Advice on welfare benefits (including specialist help to challenge negative decisions) to Westminster residents at risk of homelessness or living in insecure accommodation. New clients can drop-in to register for advice	3-7 Arneway Street Horseferry Road London SW1P 2BG Call 020 7227 1673 info@cardinalhumecentre.org.uk	

	between 09:30 and 3:30 Mon-Thurs, or 12:30 – 3:30 Fri.		
Christians Against Poverty	National charity but with local groups that offer free debt counselling	Jubilee Mill, North Street, Bradford BD1 4EW New enquiries helpline: 0800 328 0006 https://capuk.org/i-want-help	
Migrants Resource Centre	For those who live in Westminster and English is not their first language	General enquiries & appointments: 020 7354 9631 General advice (Westminster residents only): Telephone advice: 020 7402 6750 Tuesday 13:30-16:00 & Wednesday 10:00-12:30 Face-to-face: Tuesday 10am-12.30pm (Derry House) Wednesday 10.30am-12.30pm (Church Street Library) https://www.migrantsresourcecentre.org.uk/	MRC support migrants, refugees and asylum seekers to settle, integrate, and build new lives in the UK.
Step Change	Expert debt advice.	StepChange Debt Charity, Wade House, Merrion Centre, Leeds LS2 8NG.	Use the budget form to gather information before calling. A debt advice call

		<p>Debt 0800 138 1111 Mon-Fri 8am-8pm, Sat 8am-4pm</p> <p>Debt management plan (DMP) or token payment plan (TPP) 0300 303 7037 Mon-Fri 8am-6pm</p> <p>Want to settle your debts? 0300 303 2469 Mon-Fri 9am-5pm</p> <p>Self employed people with debt contact https://www.businessdebtline.org/ or call 0800 197 6026 Monday to Friday 9am - 8pm</p>	<p>takes around 40 minutes to complete.</p>
<p>Z2K</p>	<p>Works with people in London to solve their housing and welfare issues. Some services are available to people across London, others are particular to certain boroughs.</p> <p>To access Z2K's services, you must be of working age, live in London, be entitled to means-tested benefits.</p>	<p>https://www.z2k.org/</p>	<p>Matters Z2K focuses on include appealing benefits that have been stopped, complications with Universal Credit, addressing housing benefit complications, including rent arrears, referrals to legal aid agencies for eviction notices and serious disrepair.</p>

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2. URGENT FOOD

Organisation	Who for	Contact details	Notes
North Paddington Foodbank	<p>Serves wards in North Westminster, including Harrow Road, Queen's Park, Westbourne, Church Street, Little Venice, Maida Vale, Bayswater and Lancaster Gate wards.</p> <p>Also supports people in Brent and North Kensington & Chelsea.</p>	<p>Wech Community Centre, Athens Gardens, W9 3RS Every Wednesday from 9.30am to 12.30pm</p> <p>Call Phyllis at the WECH office on 020 7266 3347</p> <p>Email: info@npfoodbank.org.uk</p> <p>http://www.npfoodbank.org.uk/</p>	<p>Will provide a minimum of three days emergency food and support to people experiencing crisis in North Paddington.</p>
Westminster Foodbank	<p>Part of the Trussell Trust, it supports residents in Westminster experiencing financial crisis</p>	<p>Westminster Chapel Buckingham Gate London SW1E 6BS</p> <p>020 7834 1731</p> <p>Email: foodbank@westminsterchapel.org.uk</p> <p>http://www.westminsterchapel.org.uk/ministries/foodbank/</p>	<p>Will provide a minimum of three-days' nutritionally balanced, non-perishable tinned and dried foods that have been donated people in the local community.</p>

3. Financial support

Organisation	Who for	Contact details	Notes
CAB Westminster (Financial Capability Support Team)	Westminster residents who would like help in managing their money better.	financialcapability@westminstercab.org.uk	NEW from Jan 2019 One-to-one interviews, or if you have a group of between 6 – 12 people the team can arrange workshops. Also information on budgeting, saving money, how to switch energy supplier or get cheaper tariffs. Also information on income maximisation including help that is available from various trust funds.
Crosslight Advice	Crosslight Advice is a community-focused charity, working to combat poverty and hardship. Although not based in Westminster, the organisation supports Westminster residents.	Call 020 7052 0318 to make an appointment. Phone lines are open from Mon-Thu: 9.15am to 4.45pm Fri: 9.15am to 3.30pm Sat-Sun: Closed	Appointments in South Kensington usually on Monday evenings, Tuesday mornings and Thursdays. Appointments in Dalgarno Way are held on Wednesdays and

	<p>Branches in South Kensington, Dalgarno Way and Latimer Road are the nearest.</p>	<p>https://www.crosslightadvice.org/</p>	<p>Latimer Road appointments take place on Mondays</p>
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