



E.U. Help Kit

Европейский Набор Помощи

Europejski Zestaw Pomocy

Kit de Ajutor U.E.



Lewisham

BENCH
OUTREACH

Welcome to Lewisham. Please use this information to help you while you spend time in our wonderful community.

Добро пожаловать в луйшам. Пожалуйста, используйте эту информации в течение ваш посещение.

Witamy w Lewisham. Prosimy skorzystać z tych informacji podczas pobytu w naszej spaniałej społeczności.

Bine ați venit în Lewisham. Vă rugăm să folosiți aceste informații pentru a vă ajuta pe timpul cât stați în minunata noastră comunitate.

Basic | Базовой | Podstawowe | Ajutor de Bază

Food | Еда | Jedzenie | Mâncare



999 Club
The Bear at The Shaftesbury Christian Centre
Christ Life Outreach
Connection at St Martin-in-the-Fields
Dellow Centre
Deptford Reach
The Feast at King's Church Centre
London City Mission
Manna Centre
The Passage

Clothing | Одежда | Ubranie | Imbracaminte



999 Club
Deptford Reach
The Feast at King's Church Centre
London City Mission
Manna Centre
The Passage

Shower | Душ | Pysznic | Duș



Connection at St Martin-in-the-Fields
Dellow Centre
Deptford Reach
London City Mission
Manna Centre
The Passage

Laundry | Стирка | Pranie | Spalatorie



999 Club
Connection at St Martin-in-the-Fields
Dellow Centre
Deptford Reach
The Passage

c/o Address | Почтовый адрес | Adres korespondencyjny | Adresa de corespondență



999 Club
Bench Outreach
Dellow Centre
Deptford Reach
London City Mission

Health

Здоровье | Zdrowie | Sănătate

Health Care | Медицинское обслуживание | Opieka Zdrowotna | Asistența medicală



Bench Outreach
Connection at St Martin-in-the-Fields
Deptford Reach
London City Mission
Manna Centre
New Cross NHS Walk-in Center
PALS (where to find a doctor)
The Passage
St Giles Trust

Mental Health | Психическое здоровье | Zdrowie Umysłowe | Sănătate mentală



Connection at St Martin-in-the-Fields
Deptford Reach
Family Psychological Services Ltd
Lewisham Mental Health Crisis
London City Mission
Manna Centre
The Passage
St Giles Trust

Drug & Alcohol | Наркотики и алкоголь | Narkotyki i Alkohol | Drog și alcool



Alcoholics Anonymous (Polish, Lithuanian)
Bench Outreach
Blenheim GDP
Connection at St Martin-in-the-Fields
DAAT - YP Services (under 19)
Dellow Center
Deptford Reach
Foundation 66
LCDAS
London City Mission
Manna Centre
National Drinkline (with interpreters)
Turning Point

Domestic Violence | Домашние насилие | Przemoc Domowa | Violenta domestică



Women's Aid
MARAC - WADV Lewisham

Housing | Жилье | Mieszkanie | Cazare

Repatriation | Репатриация | Repatriacja / Powrót do kraju | Repatriere



Deptford Reach
Homeless Link
London Reconnection Project

Housing advice | Жильщная помощь / консультация | Porada Mieszkaniowa | Sfaturi pentru cazare-locuințe



999 Club
Advisory Service for Squatters
Bench Outreach
Connection at St Martin-in-the-Fields
Deptford Reach
Evelyn 190 Centre
HOC Lewisham (Housing Options Centre)
London City Mission
London Reconnection Project
London Street Rescue
Manna Centre
Shelter
SHIP Lewisham
SPOT (for Southwark)
The Passage

Legal | Юридические | Prawne | Ajutor Juridic

ID replacement | Обмен паспорта | Wymiana / odnowa dokumentów | Înlocuirea Documentului de Identitate



Embassies
The Passage
UK Border Agency

Legal Advice | Юридическая помощь / консультация | Porada Prawna | Asistența juridică



999 Club
BH Solicitors
Citizens Advice Bureau
Connection at St Martin-in-the-Fields
Dellow Centre
Duncan Lewis Solicitors

Work | Труд | Praca | Munca

Work Advice | Трудовая помощь | Porada w sprawie pracy | Sfaturi pentru munca



Bench Outreach
Connection at St Martin-in-the-Fields
CSCS Card Information Helpline
Deptford Reach
Her Majesty Revenue & Customs (HMRC)
London Reconnection Project
National Insurance Number Allocations
Self Employment Helpline
UK Border Agency
UR4Jobs

English language (ESOL) | Английский язык | Język Angielski | Limba Engleză



Bridge School of English
Deptford Reach
Here for Good
Lewisham Libraries
The Point
UR4Jobs

Training, CV, IT, CSCS, Vacancies | Обучение, CV, CSCS, вакансии |

Szkolenie, CV, Karta CSCS, wolne posady | Calificari, CV, CSCS, Posturi vacante



C.U.E.
Connection at St Martin-in-the-Fields
Deptford Reach
Job Centre Plus
Lewisham Libraries
The Passage
Plan Personnel Employment Agency
UR4Jobs

Benefits | Пособия | Zasiłki | Beneficii

Advice | Консультация | Porada | Sfaturi



999 Club
Dellow Center
Deptford Reach
Evelyn 190 Centre
London City Mission
London Reconnection Project
Manna Centre
The Passage

A-Z of Services

999 Club

21 Deptford Broadway,
Deptford, SE8 4PA.

020 8691 7734



Advisory Service for Squatters

Angel Alley, 84b
Whitechapel High
Street, London, E1 7QX.

020 3216 0099

Mon-Fri 14.00-18.00



Alcoholic Anonymous (AA) - Polish meeting

Wandsworth

Christ the King
Polish RC Church,
234 Balham High Road,
London, SW17 7BQ.

Thurs 20.00

Tower Hamlets

Dellow Day Centre,
80-82 Wentworth Street,
London E1 7SA.

Fri 20.00

Shepherds Bush

Upper Room,
St. Saviours Church,
Cobbold Road, London
W12 9LN.

Fri 20.00



Alcoholics Anonymous (AA) - Lithuanian meeting

St Peter's & Paul's,
Parish Church Centre,
342 High Road, Seven
Kings, Ilford IG1 1QP.

Thurs 19.00 & Sat 16.00



The Bear at The Shaftesbury Christian Centre

Frankham Street,
Deptford SE8 4RN.

020 8692 2810

Sun 19.15-21.30



Bench Outreach

1 Creek Road,
Deptford, SE8 3BT

020 8692 2810

Mon-Fri 9.00-17.00



BH Solicitors

6 Devonshire Road,
Forest Hill, SE23 3TJ.

020 8291 1043

Mon-Fri 10.00-17.00



Blenheim CDP

55 Dartmouth Road,
Forest Hill, SE23 3HN.

020 8291 1414

Tues & Thurs 14.00-16.00



Bridge School of English

320 Hither Green Lane,
Lewisham,
London SE13 6TS.

020 8695 5316

information@
bridgeschool.org.uk

www.bridgeschool.org.uk



C.U.E. Employment Agency

67 Borough High Street,
London, SE1 1NF.

020 7357 9366

10.00-13.00



Christ Life Outreach

124 Deptford High Street,
Deptford, SE8 4NP.

0208 694 5656

Fri 19.00-21.00



Here For Good

17 Sydenham Road,
Sydenham SE

020 8776 5050

Tue & Thurs 9.30-12.00



HOC Lewisham (Housing Option Centre)

1A Eros House,
Brownhill Road,
Catford SE6 2EG.

020 8314 7593

Mon-Fri 9.00-17.00



Homeless Link

www.homeless.org.uk



Job Centre Plus Deptford

124 Deptford High Street,
Deptford, SE8 4NP.

020 8700 8400

Mon-Fri 9.30-16.00

Catford

9-19 Rushy Green,
Catford SE6 2HZ.

0845 377 4229

Mon-Fri 9.30-16.00

Forest Hill

Heron House, 32-34
Dartmouth Road,
Forest Hill SE23 3UY.

020 8465 2700

Mon-Fri 9.30-16.00



LCDAS (Lewisham Community Drug and Alcohol Service)

The Central Clinic, 410
Lewisham High Street,
Lewisham SE13 6LJ.

020 3228 1086

Mon-Fri 9.45-16.30



Lewisham Libraries

www.lewisham.gov.uk/LeisureAndCulture/Libraries

Lewisham Mental Health Crisis

by phone only

0800 731 2864

24hrs



London City Mission

6-8 Webber Street,
London SE1 8QA.

0207 928 1677

Mon-Thurs 9.00-12.00;
Sat 9.00-12.00



London Reconnection

Project Greenhouse
Walk-in, 19 Tudor Road,
London E9 7SN.

07590 440 302

londonreconnect@thamesreach.org.uk



London Street Rescue

by phone or on-line

0870 383 3333

www.thamesreach.org.uk



Manna Day Centre

6 Melior Street,
London SE1 3QP.

020 7403 1931

Mon-Fri 8.30-13.30



MARAC - WADV

advocacy and
support groups:

020 7252 8518

Mon-Fri 9.00-17.00



National Drinkline

by phone only

0800 917 8282

24hrs



National Insurance Number Allocations

by phone only

0845 600 0643

(with interpreter)



New Cross NHS Walk-in Center

40 Goodwood Road,
New Cross SE14 6BL.

020 7206 3100

Mon-Sat 8.00-20.00



PALS (Patient Advice & Liaison Service)

by phone only
0800 587 7027



The Passage

St Vincent's Centre,
Carlisle Place, London
SW1P 1NL.

020 7592 1856

Mon-Fri 8.00-18.00;
Sat, Sun 9.00-12.00



The Point

401 Lewisham
High Street,
Catford SE13 6NZ.

020 8690 0622

Weds 10.00-12.00



Plan Personnel

53 Deptford Broadway,
Deptford SE8 4PH.

020 8692 0037

9.00-17.30 by
appointment only



Self Employment Helpline

by phone only
0845 915 4515



Shelter

<http://england.shelter.org.uk>

0808 800 4444



SHIP Lewisham

115 Rushey Green,
Catford SE6 4AA.

020 8314 3020

Mon-Fri 9.00-17.00

Wed 13.00-19.00



SPOT Team Southwark

by phone or on-line
020 7902 7941

www.mungos.org



St Giles Trust

64-68 Camberwell Church
Street, London SE5 8JB

020 7703 7000

Mon-Fri 9.30-12.00



Turning Point

by phone
020 7738 3427

Mon-Fri 9.30-17.30



UK Border Agency

[www.ur4jobs.co.uk/38/
Romanian+Bulgarian+
Nationals](http://www.ur4jobs.co.uk/38/Romanian+Bulgarian+Nationals)

[www.ukba.homeoffice.
gov.uk/workingintheuk](http://www.ukba.homeoffice.gov.uk/workingintheuk)



UR4JOBS

Upper Room,
St Saviours Church,
Cobbold Road, London
W12 9LN.

020 8740 5688

07967 312 207 English
07983 730 196 Romana
07772 473 554 Poloneza

Mon-Fri 13.00-18.00

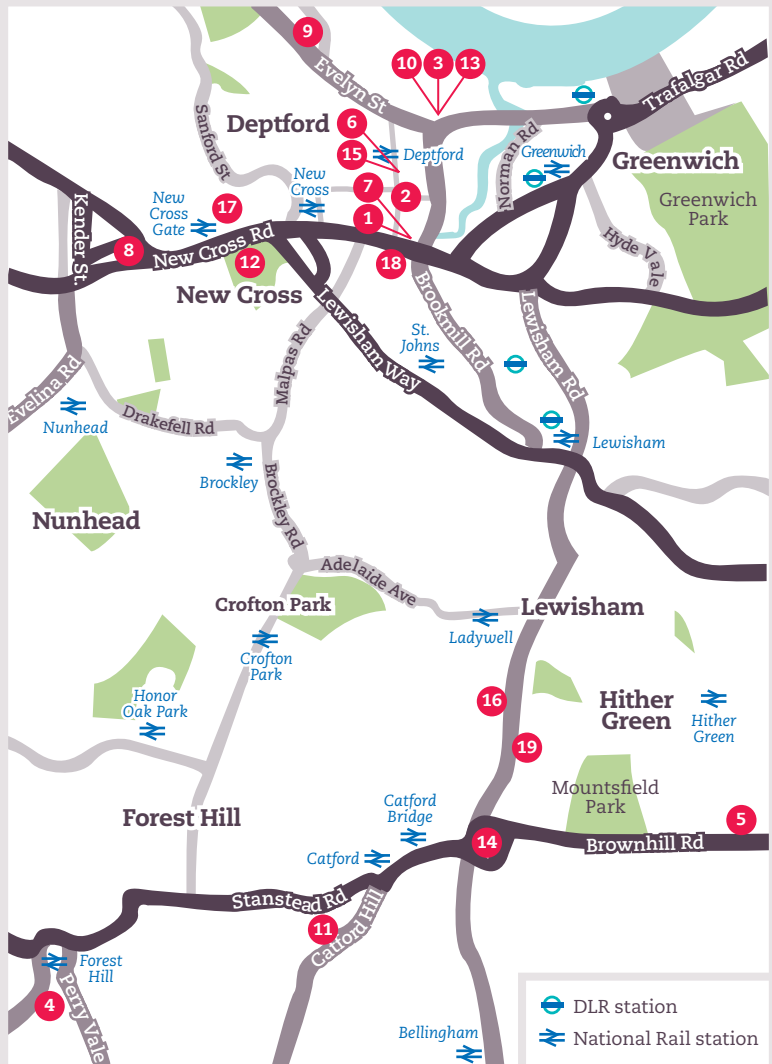


Women's Aid

www.womensaid.org.uk

0808 2000 247





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|---|---|---|
| 1. 999 Club | 9. Evelyn 190 Centre | 15. Job Centre Plus, Deptford |
| 2. The Bear at The Shaftesbury Christian Centre | 10. Family Psychological Services Ltd | 16. LCDAS (Lewisham Community Drug and Alcohol Service) |
| 3. Bench Outreach | 11. The Feast at Kings Church Centre | 17. New Cross NHS Walk-in Center |
| 4. Blenheim CDP | 12. Foundation 66 (Alcohol Support) | 18. Plan Personnel |
| 5. Bridge School of English | 13. Foundation 66 (Drug Support) | 19. The Point |
| 6. Christ Life Outreach | 14. HOC Lewisham (Housing Options Centre) | |
| 7. Deptford Reach | | |
| 8. Duncan Lewis Solicitors | | |



1. C.U.E. Employment Agency
2. Connection at St Martin-in-the-Fields
3. London City Mission
4. Manna Day Centre
5. Turning Point

This information is subject to change - for amendments, changes, updates, suggestions and comments, please contact Bench Outreach, 1 Creek Road, Deptford SE8 3BT ☎ 020 8692 2810

Leaflet design: www.alice-marwick.co.uk

The London Borough of Lewisham and Bench Outreach take no responsibility for the quality of service provided by any organisation listed other than services provided by LB Lewisham and Bench Outreach.