**London Age UK Offices**

Local Age UKs in London provide advice, volunteering opportunities, information about local services and events and so much more.

**Click on the following link to find out the contact details for other Age UK offices in London:**

<https://www.ageuk.org.uk/london/about-us/local-age-uks-in-london/>

**Other over 50s organisations**

**Open Age / New Horizons**

## Provide opportunities for members to take part in meaningful activities, strengthen their sense of community, rediscover old hobbies, find new ones, make new friends, and most of all, have fun!

St Charles Centre for Health and Wellbeing, Exmoor St., London, W10 6DZ

020 8962 4141 / <https://www.openage.org.uk>

Guinness Trust Estate, Cadogan St. London, SW3 2PF

020 7590 8970 / https://www.openage.org.uk/new-horizons-centre

**Kensington & Chelsea Over 50s Forum**

## Combat isolation and depression in older people in the Royal Borough of Kensington and Chelsea and other boroughs via seminars, open meetings, and lunch and tea events. Also provide information and health and wellbeing activities, empowerment of older peoples' views by surveys and open meetings, hospital inspections, development of memory and dementia services and schemes to combat social isolation.

135 Notting Hill Gate, Kensington W11 3LB

020 3719 4954 / <https://www.kensingtonandchelseaforum.org.uk>

**The Kensington & Chelsea Foundation**

## Isolation and Loneliness programme celebrates our diverse community and provides meaningful engagement to those who might otherwise struggle to connect with their neighbours.

## 111-117 Lancaster Rd, London W11 1QT

## 020 7229 5499 / <https://thekandcfoundation.com/>

**Rotary Club of Kensington and Chelsea**

Membership develops leadership, public speaking, social, business, personal and vocational skills as well as improving cultural awareness.

## 68-86 Cromwell Rd, South Kensington, London SW7 5BT / [www.rckc.london](http://www.rckc.london)

**RBKC Council Services**

Contact details for local council services can be found at the following link@

<https://www.rbkc.gov.uk/>

**General Advice/Support Services**

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| **Kensington and Chelsea Citizens Advice Bureau**  Chelsea Old Town Hall, Kings Road, SW3 5EE  0800 144 8848  <https://www.citizensadvice.org.uk/local/kensington-chelsea/> | Advice on: Benefits, Work, Debt and money, Consumer, Family, Housing, Law and courts, Immigration and Health |
| **Mind Kensington and Chelsea**  Office 1, 7 Thorpe Close, London W10 5XL  020 8964 1333  [enquiries@kcmind.org.uk](mailto:enquiries@kcmind.org.uk)  <https://www.kcmind.org.uk/> | Services include: Crisis Information and Support, Well-being courses, Peer Support, Educational Courses and Training and Employment |
| **RBKC Volunteer Centre**  1 Thorpe Close, London W10 5XL  020 8960 3722  <https://www.voluntarywork.org.uk/> | Organisation providing volunteering opportunities in the Royal Borough. |
| **Action Disability Kensington and Chelsea**  ADKC Centre, Whitstable House, Silchester Road, LONDON W10 6SB  020 8960 8888  [www.adkc.org.uk](http://www.adkc.org.uk) | Disability advice and information service, volunteer support independent living, leisure, learning projects. |
| **Cruse Bereavement**  7 Thorpe Close, London W10 5XL  0808 808 1677  https://www.cruse.org.uk/ | Support for people who are having difficulty coping after someone has died. 1:1 and group sessions, |
| **People First**  <https://www.peoplefirstinfo.org.uk/> | Association of the Adult Social Care teams of the LBHF, RBKC and Westminster. Provide information and resources covering the private, voluntary, and public sectors |
| **Kensington & Chelsea Social Council**  111-117 Lancaster Road, London, W11 1QT  020 7243 9800  [www.kcsc.org.uk](http://www.kcsc.org.uk) | Information, and links, on a range of local services and activities including details of local food banks. |
| **Pepper Pot Centre**  1A Thorpe Close, Ladbroke Grove, London W10 5XL  020 8968 6940  <https://www.pepperpotcentre.org.uk> | Freshly cooked African and Caribbean meals, Transport Services, Qualified Care Staff, Ongoing liaison with Care Managers, GPs, nurses, Personal care, Befriending or Outreach Services, Advice, and Information. |

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| **Al Manaar - The Muslim Cultural Heritage Centre**  244 Acklam Rd, London W10 5YG  [020 8964 1496](https://www.google.com/search?q=al+manaar+mosque&rlz=1C1NHXL_enGB816GB816&ei=d5IWYeK3FMbWgQa8wIWQAQ&gs_ssp=eJzj4tZP1zcsSUkrzk1JN2C0UjWoMLEwNzM0MExKNjc0NzZKSrIyqDAyTDVPMklKS01ONjWyMEnxEkjMUchNzEtMLFLIzS8uLE0FAMq_FTc&oq=Al+Manaar+&gs_lcp=Cgdnd3Mtd2l6EAEYADIOCC4QgAQQxwEQrwEQkwIyCwguEIAEEMcBEK8BMgUIABCABDIICAAQgAQQyQMyBQgAEIAEMgsILhCABBDHARCvATIFCAAQgAQyBQgAEIAEMgoIABCxAxCDARAKMgoIABCxAxCDARAKOgcIABBHELADSgQIQRgAUIqIM1iKiDNg-ZszaAFwAngAgAGjAogBtAOSAQUwLjEuMZgBAKABAqABAcgBCMABAQ&sclient=gws-wiz)  <https://almanaar.org.uk/> | Advocacy/Representation,  Social club, Counselling  Mentoring, Education  Faith Promotion  Health and Wellbeing,  Information, Advice and Guidance  Sports and Leisure |
| **Al-Hasaniya Moroccan Women’s Centre**  Bays 4-5/Trellick Tower, Golborne Rd, London W10 5PA  0203 048 4488  [www.al-hasaniya.org.uk](http://www.al-hasaniya.org.uk) | Advocacy and Representation  Arts and Culture  Community and social club  Education, Health and Wellbeing  Faith Promotion  Information, Advice and Guidance,  Sports and Leisure |
| **Angolan Community in London**  The Boiler House Community Centre  Cazenove Road, George Downing Estate  London, N16 6BE  07494381956 / 07729122877  Email: [aclangola@yahoo.com](mailto:aclangola@yahoo.com) | Advocacy and Representation  Arts, Culture, Community, social club  Counselling and Mentoring,  Education and Training (adults),  Health and Wellbeing  Housing and Homelessness |
| **Centre for Armenian Info & Advice**  Hayashen, 105A Mill Hill Rd, London W3 8JF  020 8992 4621  <https://caia.org.uk/> | Social club  Education  Information, Advice and Guidance |
| **Chinese Information and Advice Centre**  Basement, 2 Gerrard Pl, London W1D 5PB  0300 201 1868  <https://ciac.co.uk> | Advocacy and Representation  Arts and Culture  Community and Social club  Counselling and Mentoring  Health and Wellbeing  Housing and Homelessness  Information, Advice and Guidance |
| **Hand in Hand**  The Hand in Hand Group  St Francis of Assisi, Pottery Lane, W11 4QN  020 7243 2844  thehandinhandgroup.org | Visits to housebound members  Transport to church at weekends  Monthly outings|  Monthly coffee mornings  Fortnightly shopping trips  Annual holiday to the Isle of wight  Arts / Culture, Community / Social club, Health and Wellbeing |

**Legal Advice**

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| **North Kensington Law Centre**  Unit 13, Baseline Business Studios, Whitchurch Rd, London W11 4AT  https://nklc.org.uk/  020 8969 7473 | Legal advice and representation covering: Asylum, Employment, Housing, Welfare Benefits, Immigration and Crime.  Low cost fees may be payable. |
| **Nucleus Legal Advice Centre**  298 Old Brompton Road, London SW5 9JF  [www.nucleus.org.uk](http://www.nucleus.org.uk)  020 7373 4005 | Benefits, Debt, Housing and Employment Law, Immigration Law and Family Law Advice.  Low cost fees may be payable |
| **Law Society**  113 Chancery Ln, Holborn, London WC2A 1PL  [www.lawsociety.org.uk](http://www.lawsociety.org.uk)  020 7242 1222 | Easy to understand guidance on legal issues such as: Renting out your property, Getting a divorce, Buying/Renting a home, Claiming asylum, Problems at work, Accident claims, Making a Will, Probate, Financial matters for older people |

To find a local solicitor, go to <http://solicitors.lawsociety.org.uk/>

For information on why to use a solicitor, go to [www.lawsociety.org.uk/For-the-public/Getting-expert-help/Why-use-a-solicitor/](http://www.lawsociety.org.uk/For-the-public/Getting-expert-help/Why-use-a-solicitor/)

**Legal Aid**

Sometimes people can benefit from the help of a solicitor. Legal aid is still sometimes available to pay for some or all of your legal costs. You can check if you are entitled to legal aid to pay for costs by going to: [www.gov.uk/check-legal-aid](http://www.gov.uk/check-legal-aid)

If you are not entitled to legal aid but are a member of a Trade Union, the Union might provide free legal representation for a variety of issues, and not just employment issues.

Sometimes you might be paying for insurance for costs with legal help as part of your house insurance deal. Not many people know they are paying for this so it is a good idea to check your contract.

**Using a solicitor**

When you have chosen a solicitor, you will need to make an appointment. Always check for information relating to fees before you make an appointment. Take all relevant documents to the appointment, check this with the solicitor. Prepare a list of questions in advance of any appointment. Take identification with you to any appointment, such as a passport or driving license.