

Harrow Giving Directory

Further Help Available in Harrow

Please find below a list of organisations offering help and support to people in Harrow.

We have organised them roughly by main topic area

NB: This directory is being updated (July 2024) – pages below are correct to the best of our knowledge, but more categories will be added over the next few weeks.

Housing Advice and Support	Page 2
Information and Advice (general)	Page 3
Information and Advice (debt & finances)	Page 4
Information and Advice (benefits)	Page 5
Financial Hardship	Page 6
Food Help	Page 8
Pregnancy and families with young children	Page 11

Housing advice and support

Harrow Council Housing Advice Team/Homelessness Prevention & Solutions Team

Website: [What to do if you think you will be homeless – Homeless advice – Harrow Council](#)

Webform: https://www.harrow.gov.uk/wf_housingadvice

Email: housing.advice@harrow.gov.uk

Telephone: 02084241093

Outside of office hours calls to this number are diverted to the Emergency Social Services Duty Officer who will be able to assist.

Harrow Council – Duty to Refer (for specific professionals to refer their clients)

Duty to Refer email: dutytorefer@harrow.gov.uk

Duty to Refer webform: <http://www.harrow.gov.uk/dutytorefer>

Harrow Council Rough Sleeping Service

Website: [Rough sleeping – Homeless advice – Harrow Council](#)

Rough Sleeper Outreach Referral webform:

https://www.harrow.gov.uk/wf_roughsleep

Email: outreach.team@harrow.gov.uk

Streetlink

Enables members of the public to connect people sleeping rough with the local services that can support them. If you are concerned about an adult that you have seen sleeping rough in London, you can send an alert to StreetLink.

Website: [Streetlink London](#)

Telephone: 0300 500 0914 (Open 24 hours, 7 days a week)

Email: enquiries@thestreetlink.org.uk

App: [Android App](#) or [Apple App](#)

Shelter

Shelter is a housing and homelessness charity.

Website: <https://england.shelter.org.uk>

Emergency Helpline: 0808 800 4444

Webchat: [Webchat with a Shelter advisor – Shelter England](#)

Crisis

Crisis is a homelessness charity.

Website: <https://www.crisis.org.uk>

Crisis Skylight London email: london@crisis.org.uk

Crisis Skylight London telephone: 0300 636 1967

Information and advice (general)

Mental Health

Mind in Harrow

Help for people with a mental health issue

Website: <https://www.mindinharrow.org.uk/>

Email: info@mindinharrow.org.uk

Telephone: 020 8426 0929

Citizen rights and legal support

Citizens Advice Harrow

Free, confidential, and impartial advice on a range of issues, such as money, benefit, housing, or employment problems.

Website: www.citizensadviceharrow.org.uk

Telephone: 0808 250 5705

Harrow Law Centre

Advice on housing, welfare benefits, immigration, and employment.

Website: <http://harrowlawcentre.org.uk/>

Email: info@harrowlawcentre.org.uk

Telephone: 0208 863 4355

Mary Ward Legal Centre

Provides free independent advice to people who live and work in London to help them access their legal rights and entitlements; the main areas of law they help with are debt, housing, and welfare benefits.

Website: <https://www.marywardlegal.org.uk/>

Telephone: 020 7831 7079

General wellbeing

SWISH

Free support and wellbeing information for adults in Harrow.

SWISH partners are Age UK Hillingdon, Harrow and Brent, HAD (Harrow Association of Disabled People), Harrow Carers, Community Connex (Harrow Mencap), Mind in Harrow.

Website: www.swishharrow.org.uk

Email: support@SWISHHarrow.org.uk

Telephone: 020 8515 7867

Information and advice (Debt & finances)

CAP Debt help

CAP Debt Help

Free debt counselling. The CAP New Enquiries team will arrange an initial appointment with a CAP Debt Coach from your local area. In Harrow the CAP Debt Centre is run in partnership with Rayners Lane Baptist Church.

Website: <https://capuk.org/i-want-help/our-services/cap-debt-help/introduction>

Telephone: 0800 328 0006

Debt Free London

Debt Free London (formerly known as Capitalise – the London Debt Advice Partnership) is a network of 26 advice centres who provide free face-to-face debt advice and assistance. This service covers the whole of Greater London.

Telephone: 0800 808 5700

Website: <https://www.debtfree.london/>

Money Advice Service

Money Advice Service is an independent service that provides free and fair money advice online, on web chat, in printed guides, face to face, or over the phone.

(Dealing with debt)

Telephone: 0800 138 7777.

Website: <https://www.moneyadviceservice.org.uk/>

StepChange

StepChange is a charity that offers free debt and money managing advice, including personal plans.

Telephone: 0800 138 1111

Website: <http://www.stepchange.org/>

National Debtline

National Debtline

National Debtline offers free confidential and independent debt advice.

Telephone: 0808 808 4000

Website: <http://www.nationaldebtline.org>

Information and advice (Benefits)

Benefits entitlement - Harrow

Check your entitlement to welfare benefits including Universal Credit and Council Tax Support: <https://harrow.entitledto.co.uk/home/start>

Turn2Us

Check your benefit entitlement, search for grants, support with energy bills, and other financial advice and support. Website: <https://www.turn2us.org.uk/>

Harrow Jobcentre

<https://www.jobcentreguide.co.uk/harrow-jobcentre>

Address: King's House, Clarendon Rd, Harrow, HA1 1YJ

Telephone: 0800 169 0190

Textphone: 0800 169 0314

An additional job centre opened on 25 March 2022 at Spencer House, 29 Grove Hill Road, Harrow, HA1 3BN.

Universal Credit

Apply for UC here: [Apply for Universal Credit - GOV.UK \(www.gov.uk\)](https://www.gov.uk/apply-universal-credit)

Sign into your UC account here: [Sign in to your Universal Credit account - GOV.UK \(www.gov.uk\)](https://www.gov.uk/sign-in-to-your-universal-credit-account)

Universal Credit helpline

Telephone: 0800 328 5644

Textphone: 0800 328 1344

CAB Help to Claim UC Service

[Contact us about applying for Universal Credit - Citizens Advice](#)

Council Tax Support

Council Tax Support is a reduction in your council tax if you are on a low income or unemployed. To find out if you are eligible and to apply see [Council Tax Support](#).

Financial Hardship (grants and financial relief)

Breathing Space Moratorium

This prevents creditors in most circumstances contacting the client for a period while they receive debt advice and while they recover from a mental health crisis. For further guidance and who to contact see <https://www.gov.uk/government/publications/debt-respite-schemebreathing-space-guidance> or <https://www.citizensadvice.org.uk/debt-and-money/if-you-cantpay-your-bills-because-of-coronavirus/>

Discretionary Housing Payments

Discretionary Housing Payments provide normally short term help for people who receive assistance with their housing costs either through Universal Credit or Housing Benefit and are struggling to make up the difference between their benefit and rent. It cannot help with service charges.

More information is available on the Council's website: [Discretionary Housing Payments – Harrow Council](#)

Hardship Payments

Hardship payments are available to people on Jobseeker's Allowance (JSA), Employment and Support Allowance (ESA), or Universal Credit (UC), whose benefits have been stopped and who need money for essentials such as food or utilities. They are also available for people who are vulnerable or who look after people who are at risk

You should enquire about hardship payments at your local Jobcentre Plus or by calling the Department of Work and Pensions on 0345 608 8545 to find out more.

Hardship Fund

The hardship fund scheme is a discretionary service which supports qualifying residents in extreme emergency situations. It provides awards of between £10 and £100 so long as this need cannot be met elsewhere. This service is only for short term support and where there is a risk to the safety and/or health of the household.

Website: <https://www.harrow.gov.uk/benefits/hardship-fund-scheme>

Council Tax Protection Fund

Website: [For residents experiencing exceptional financial hardship – Council Tax Protection Fund \(effective from 1st April 2020\) – Harrow Council](#)

Financial Hardship (grants and financial relief)

Household Support Fund (HSF)

London Borough of Harrow has been allocated £1.47 million from the Department of Work and Pensions' Household Support Fund to support vulnerable households facing a rise in the cost of living. The funding is available from 1 April to 30 September 2024.

To qualify for a payment from the Harrow Household Support Fund you must meet all of the following criteria:

- You must not have been entitled to a 'Cost of Living Payment' for Low Income and Tax Credits or Disability. You can find out if you should have received a 'Cost of Living Payment' by checking the [Government's website](#). If you were entitled but didn't receive a payment, you will need to contact the Department for Work and Pensions (DWP) as the Council will be unable to help you.
- You must be liable for energy fuel for the property in which you live.
- No one else in your household has already received an award under this Household Support Fund application scheme.

You will not be eligible for the Cost of Living Payment if your benefit is reduced to £0 for the qualifying period. This is sometimes called a 'nil award'.

Reasons your benefit may be reduced to £0 include:

- you got more than one payment of earnings in your Universal Credit assessment period
- your or your partner's earnings went up
- your or your partner's savings went up
- you started getting another benefit
- you got a 'sanction' because you did not do something you agreed in your claimant commitment

Applicants will be required to submit eligibility evidence, and this will be verified with other sources such as the Department of Work and Pensions.

Only one award will be made per household. Awards will be distributed as a flat rate amount via Bank Transfer. Residents must approach their bank in respect to first right of appropriation if they are overdrawn.

www.harrow.gov.uk/benefits/household-support-fund

Grants for Individuals

Turn2Us

Check your benefit entitlement, search for grants, support with energy bills, and other financial advice and support. Website: <https://www.turn2us.org.uk/>

Food Help

Free School Meals

You can apply for free school meals if your child attends a Harrow school, is aged between 5 and 18 years, and you get certain benefits.

Website: [Apply for free school meals – Harrow Council](#)

School Holiday Food project

Families who qualify for free school meals in term time can access food vouchers during the school holidays. Contact your school for more details.

Harrow Activities and Food (HAF) programme

Holiday programme for children in reception up to age 16. School age children and young people eligible for income related Free School Meals can take part in fun and enriching activities for free over the school Easter, summer and Christmas holidays

Website: [H.A.F \(youngharrowfoundation.org\)](http://youngharrowfoundation.org).

Telephone: 020 8429 8592

Help Harrow

Food, support, and advice service.

Website: <https://helpharrow.org/>

London's Community Kitchen

You can visit the London Community Kitchen market every Friday 3pm to 6pm to access surplus food for free at The Kind Cafe, The Bridge, Christchurch Ave, Harrow, HA3 5BD (next to Harrow Leisure Centre).

Website: <https://www.londonscommunitykitchen.com>

Email: Office@Londonscommunitykitchen.com

Telephone: 07366 088811

Romanian Food Hub

The Romanian Food Hub provides families and vulnerable adults weekly access to nonperishable food and links the Hub users not only to core services offered by local authorities but also to services/ opportunities offered by the 15 organisations collaborating through the Romanian and Eastern European Network.

Website: [Projects – Romanian Culture and Charity Together \(rcct.uk\)](#).

Telephone: 07311 488 110

Email: office@rcct.uk

Food Help

Harrow Food Bank

<https://harrow.foodbank.org.uk/>

The food bank works using a voucher referral system. **You will need a voucher issued by a local agency to access food at the food bank, such as Citizens Advice Harrow or your Health Visitor.** There is a limit on the number of times you can be given a voucher.

Telephone: 0808 250 5705

Email: info@harrow.foodbank.org.uk

You can exchange the voucher for a food parcel at:

Holy Trinity Church Wealdstone

1a Headstone Drive

Wealdstone

Harrow

HA3 5QX

Tuesday 13:00 – 15:00 & **Friday** 13:00 – 15:00

Kenton Methodist Church

Woodgrange Avenue

Kenton

HA3 0XF

Wednesday 13:00 – 15:00

Rayners Lane Baptist Church

139 Imperial Drive

North Harrow

HA2 7HW

Saturday 10:00 – 12:00

South Harrow Baptist Church

270 Northolt Road

Middlesex

HA2 8EB

Monday 13:30 – 15:30

Warehouse to make donations:

Unit H2

Phoenix Business Centre

Harrow

HA1 2SP

020 8416 7344

Monday, Tuesday, Wednesday & Friday 10:00 – 15:00

Harrow Foodbank Delivery Service (delivery service to extremely vulnerable people) – food parcel delivery slot. Call 07521 651283 OR 07521650265 for information about our delivery service requirements.

Thursday 12:00 – 14:00

Food Help

Breaking Bread Trust

Support for the local community, including food help.

Website: <https://breakingbreadtrust.org/>

Telephone: 0345 034 3989

Email: info@breakingbreadtrust.org

Helping Hands

Help and support for vulnerable and elderly residents, including food help.

Website: <https://harrowmosque.org.uk/helping-hands/>

My Yard

Supporting people facing food poverty to have access to a healthy diet and enjoy life. Focus on Grange Farm Estate in South Harrow, with other projects in other areas.

Website: <https://www.myyard.org.uk/>

Telephone: 07939917800

Email: hey@myyard.org.uk

Pregnancy and families with young children

Healthy Start Vouchers

The Healthy Start provides eligible families with free vouchers every week to spend on food and milk. The vouchers are now digital and on a Healthy Start card. They can be used to buy certain types of milk, infant formula, fruits, and vegetables. You can also get free vitamins. Ask your midwife or health visitor. You may qualify if you are at least 10 weeks pregnant or have at least one child under the age of 4 and you are on benefits (or are pregnant and under 18).

Website: <https://www.healthystart.nhs.uk/>

Wealdstone Baby Bank

Wealdstone Baby Bank can provide baby clothes (0-24months) and items of baby equipment (nappies, toys, books, blankets, and other small items). Larger items on request. Friday mornings 10am to 12noon

Address: Wealdstone Methodist Church, Locket Road, Wealdstone, Harrow, HA3 7ND

Website: <https://wmclr.org.uk/community/>

Email: w.babybank@gmail.com

Cariad Baby Bank

Provide essential baby items for families in need

Email: cariadbabybank@gmail.com

Website: <https://www.cariadbabybank.org/>

Children's Centres

Harrow's Early Support Children's Centres run a range of free activities and services, from pregnancy to 9 years old. A timetable is available.

There are 5 sites in the Cedars Hub: Cedars (HA3), Stanmore Park (HA7), The Pinner Centre (HA5), Whitefriars (HA3) and Chandos (HA8).

There are 4 sites in the Hillview Hub: Hillview (HA2), Kenmore Park (HA3), Elmgrove (HA3) and Gange (HA3).

Website: <https://www.harrow.gov.uk/childrens-social-care/childrens-hubs>

Home Start Barnet, Brent, Enfield and Harrow

Home Start offers emotional and practical support.

Website: <https://homestartbarnet.org/>

Email: admin@homestartbarnet.org

Telephone: 0208 371 0674

CNWL Health Visiting Team

The Health Visiting Service provides advice and support to families with young children.

Website: <https://www.cnwl.nhs.uk/>

Address: Milman's, Grove Avenue, Pinner, HA5 5PF

Telephone: 020 3317 2555

Email: cnw-tr.harrowhealthvisiting@nhs.net

Pregnancy and families with young children (continued)

Breastfeeding in Harrow

Free baby feeding support groups in Harrow

Mondays 12noon-3pm

Cedars Children's Centre, Whittlesea Road, Harrow Weald, HA3 6LS

Thursdays 12noon-3pm

Kenmore Park Children's Centre, Warneford Road, Kenton, HA3 9HZ

Website: <https://www.breastfeedinginharrow.org/category/drop-in/>

NCT Harrow

Bumps and Babies - free social group for expectant or new parents.

Mondays 1-3.30pm

North Harrow Methodist Church, Pinner Road, HA2 6EQ

Website: www.nct.org.uk/harrow

Blossom

Antenatal and new baby support.

Breakfast with Baby drop-in **Thursday** 10am - 1pm

Address: oneforty, 140 Vaughan Road, Harrow, HA1 4EB

<https://www.blossomantenatal.com/breakfast-with-baby-harrow>

Young Harrow Foundation

Young Harrow Foundation is a membership organisation that supports over 200 voluntary organisations delivering services and activities for children and young people in Harrow.

Website: Home (youngharrowfoundation.org)

Harrow Activities and Food (HAF) Programme

Holiday programme for children in reception up to age 16 (year 11).

Website: H.A.F (youngharrowfoundation.org)

Harrow's Local Offer

Harrow's Local Offer provides information about services for children and young people 0-25 with Special Educational Needs and Disabilities.

Website: Harrow Council Local Offer (harrowlocaloffer.co.uk)

BBC Children in Need - Emergency Essentials

The Emergency Essentials programme supports individual children and young people living with severe poverty, a lack of the basic facilities which most of us take for granted and additional pressures such as domestic violence, disability, or poor health in the family. The programme provides items that meet children's most basic needs such as a bed to sleep in, a cooker to give them a hot meal, clothing (in a crisis) and other items and services that are critical to children's wellbeing.

Website: <https://www.bbcchildreninneed.co.uk/grants/apply/emergency-essentials/>