#### Welcome Pack 6

Local Charities and services

# Assisted travel schemes available for disabled and elderly people

- **Freedom Pass**: free travel on London transport
- Turn up and go travel assistance programme from TFL (Transport for London): disabled people no longer have to make an advance booking to get assistance at London Underground (tube) and London Overground stations
- Dial-a-ride (Transport for London): door-to-door minibus service for the cost of a regular bus fare
- **Taxicard** (London Councils): reduced fare taxi service for residents with serious mobility issues or severe sight impairment
- **Motability scheme** (Motability): cars for disabled people
- **Blue Badge Scheme**: free parking and congestion charge discounts
- **Travel to hospital**: help with fares
- Royal Borough of Greenwich transport: buses run between day centres and Royal Borough facilities

To check if you are eligible:

call 020 8921 2387 or email mobility-duty@royalgreenwich.gov.uk

#### Library services

- The Woolwich centre library has 100 computers free to access and self-issue service for books, CDs and DVDs.
- It is open 9am-5:30pm

The Woolwich Centre Library, 35 Wellington Street, London SE18 6HQ

Call **020 8921 5750** (or **020 8921 5748** for children's library)

Email greenwich.libraries@gll.org

## Lewisham refugee and migrant hub

- LRMN is a free drop-in service offering advice and practical support to refugees, asylum seekers and migrants.
- It offers weekly specialized advice on immigration, housing advice, advocacy, accessing employment and healthcare, support for survivors of domestic violence, food parcels, a shared hot lunch.
- The visitor centre is open every Tuesday 10:30am-1:30pm

Woolwich Community Centre,

Leslie Smith Square, Woolwich, London

SE18 4W,

Call **020 8694 0323** 

Email: info@lrmn.org.uk



## Plumstead community law centre

- Plumstead community law centre provides free independent legal advice to Greenwich residents.
- It specialises in employment law, immigration law and welfare benefits.

Call **0208 854 8848** 

Email info@pclc.org.uk



## Greenwich inclusion project

- Greenwich inclusion project (GrIP) is an independent community organisation managed by democratically elected people.
- They promote fairness, respect, inclusion and change in order to challenge racism.

**Griproject.org.uk** 

Call **020 3747 9862** 

Suite 7 Equitable House, 7 General Gordon Place Woolwich London SE18 6FH



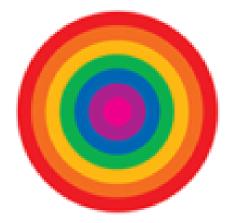
### HER centre foundation

Offers free and confidential counselling, advice and training in:

- Domestic violence and abuse
- Rape and sexual abuse
- Young women's relationship abuse
- Legal issues
- Health and wellbeing
- Language skills
- Immigration
- Emergency housing relating to domestic violence

Call **0203 260 7715** or **0203 260 7772** 

Email: info@hercentre.org



Live well Greenwich

Call **0800 4704831** 

#### Live well Greenwich can help with:

- Eating well
- Moving more
- Stopping smoking
- Drinking less
- money, debt, benefits advice
- Employment and training
- Support with housing
- Social and community activities
- NHS health checks and help managing your long-term condition



#### Home-start Greenwich

Home start Greenwich offers a space for families to:

- Get together and support each other
- Get useful advice and information about activities
- Access to free data and IT to be able to connect with family abroad
- Access to educational and fun activities for children and parents
- · Provide parents and children with tools and tips to manage their wellbeing

Every Monday 9:30am-11:30am Glyndon Community Centre, 75 Raglan Road, Plumstead, SE18 7LB Email:

Nadine.Jalloh@homestartgreenwich.org.uk