**Food Banks**

**St Barnabas Food Bank**

913 High Road,

London

N12 8QS

Open Mondays 11:45am - 2:30pm

Opening soon at St B’s

**They are working on a trust basis so no need for referrals during Corona- Crisis.**

**Chipping Barnet Foodbank**

Mary Immaculate and St Peter
63 Somerset Road
New Barnet
Hertfordshire
EN5 1RF

Open: Tuesdays - 12pm to 2pm, Saturdays - 10am - 12pm

Phone: 07716 890 535

Website: [http://chippingbarnet.foodbank.org.uk](http://chippingbarnet.foodbank.org.uk/)

**Other local Food Banks**

**North Enfield**

2 Jubilee Central,

Lumina Way,

Enfield

EN1 1FS.

Tel: 07826 542119

Open: Tues 11am – 3pm,

**Colindale**

Trinity Church,

Northwest Centre,

Avion Crescent,

Colindale

NW9 5QY.

Tel: 07415 223 963.

Email: info@colindale.foodbank.org.uk

Open: Tuesday 12 - 2:30pm

Thurs 12 - 2:30pm

Thursday 11am - 3pm & Sat 11am - 3pm.

**Muswell Hill Food Bank**

Pembroke Road Church

68 Pembroke Road

Muswell Hill

London

N10 2HT

Open: Monday 12:30-2:30pm,

Wednesday 11:30-1:30pm,

Friday 11:30-1:30pm

To find a local food bank: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

**Domestic Violence Support and helplines**

**24/7 helpline**

The National Domestic Violence Helpline: **0808 2000 247**

 <https://www.refuge.org.uk/get-help-now/phone-the-helpline/>

**Local Support in Barnet for Domestic Abuse**

The **Solace Domestic Abuse Advice line** can support women living in Barnet

 The free and confidential Advice service offers specialist short term support (up to a month) to women affected by domestic and sexual violence living in London. We provide immediate advice to women across all levels of risk and can refer them on to our other services such as refuge accommodation, longer term advocacy support, counselling or specialist children’s services.

**Tel: 0808 802 5565**

**Our advice line is open: Monday - Friday  10am – 4pm in addition to 6pm - 8pm on Tuesdays**

**Solace Barnet Support and Advocacy Service** - Provides free and confidential support for women and men in Barnet affected by abuse

Can contact direct to self refer: **020 3874 5003** barnet.advocacy@solacewomensaid.org

The Solace Advocacy & Support Services (SASS) provide free and confidential support to survivors of abuse within the community. The teams are made up of professional staff offering short to medium term support to women and men affected by domestic and sexual violence in the community. Our teams offer information, advocacy and specialist services to increase safety and meet a range of needs – these can include ongoing safety concerns, emotional or housing support, legal options, reporting to the police, help around child contact, benefits and financial advice.

There is also the Asian Women’s Resource Centre that can provide specialist support to women living in barnet who are experiencing domestic abuse <https://www.asianwomencentre.org.uk/>

The National Women’s Aid Live chat service

 <https://www.womensaid.org.uk/womens-aid-launches-new-live-chat-service/>

**Help in the community -**

**Besom in Barnet**

Tel No: 07531 645576

www.besominbarnet@gmail.com

**Barnet Council**

Barnet Council out of hours emergencies

Tel no: 020 8359 2000

www.barnet.gov.uk

**Mental Health Support**

**Samaritans**

Tel: 116 123

<https://www.samaritans.org/>

**NHS Support - information**

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

**Mind Charity - Support information**

[mind.org.uk](http://mind.org.uk)

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/getting-help-in-a-crisis/>

**Drugs and Alcohol**

**Rehab 4 Addiction**

0800 111 4108

[www.rehab4addiction.co.uk](http://www.rehab4addiction.co.uk)

**Barney Young People’s Drug & Alcohol Service**

Tel No: 020 8441 3595

[www.wdpyoungpeople.org.uk](http://www.wdpyoungpeople.org.uk)

**Westminster Drug Project -**

Alcohol Treatment Program

Tel: 020 8371 8110

[www.wdp.org.uk](http://www.wdp.org.uk)

**Narcotics Anonymous Helpline**

Tel: 0300 999 1212

[www.ukna.org](http://www.ukna.org)