

## Support & Wellbeing Information Service Harrow

Harrow Community Action (HCA), a consortium of local voluntary organisations, is running this exciting new service with five local charities. You can contact these **SWISH** specialist information & advice services directly, if you prefer:

### For people who are 60 years+ and people with dementia

Age UK Hillingdon Harrow & Brent

Tel: 020 8861 7980 | email: [enquiries@ageukhbb.org.uk](mailto:enquiries@ageukhbb.org.uk)

### For people with disabilities

Harrow Association of Disabled People (HAD)

Tel: 020 8861 9920 | Textphone: 07985 244 177  
email: [general@had.org.uk](mailto:general@had.org.uk)

### For carers

Harrow Carers

Tel: 020 8868 5224 | email: [admin@harrowcarers.org](mailto:admin@harrowcarers.org)

### For people with learning disabilities and/or autism and their carers

Harrow Mencap

Tel: 020 8423 7382 | email: [iag@harrowmencap.org.uk](mailto:iag@harrowmencap.org.uk)

### For people with mental health problems

Mind in Harrow

Tel: 020 8426 0929 | email: [info@mindinharrow.org.uk](mailto:info@mindinharrow.org.uk)



# swish

Support & Wellbeing  
Information Service Harrow

**FREE** information and advice for anyone in Harrow aged 18+ to support your wellbeing

## 020 8515 7867

[support@SWISHHarrow.org.uk](mailto:support@SWISHHarrow.org.uk) | [SWISHHarrow.org.uk](http://SWISHHarrow.org.uk)

Open 9am-5pm Monday to Friday



## Who is the service for?

This new service is for anyone in Harrow aged 18 years and over who wants information or advice about local support services and ways to keep safe and well. The service is also open to staff in local organisations.

## What do we offer?

We can offer information and advice about a wide range of services, including how to: keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits, apply for a personal budget, meals on wheels or care at home.

## How can you contact the service?

Harrow residents or staff in local organisations can contact us by phone, email or letter. You can make an appointment to see an adviser or attend an information event.

**Please call us for a large-print version of this leaflet or a translation.**



## We can help to find services which offer:

- Legal advice
- Welfare benefits casework (eg completing applications or appeals)
- Housing casework (eg completing applications or appeals)
- Debt advice
- Independent financial advice or regulated financial advice
- Advocacy

## About the Care Act 2014

The Care Act 2014 introduced huge changes to social care services and many new rights for local residents, including a right to information about types of care and how to access them. Please visit [www.harrowca.org.uk](http://www.harrowca.org.uk) to find out more about this service and download the service referral form.

## How the service is funded

This service has been commissioned by Harrow Council to provide a local Care Act 2014 Information & Advice Service.

