



USEFUL Contact Numbers!

Hospitals

HEMEL HEMPSTEAD (with A+E)	01442 213141
MOUNT VERNON (with minor injuries dep)	01923 826111
ST ALBANS CITY HOSPITAL (with minor injuries dep)	01727 866122
WATFORD GENERAL (with A+E dep)	01923 244366

Doctors (GP) Surgeries

Abbots Wood Medical Centre, Abbots Langley	01923 673060
Vine House Medical Centre, Abbots Langley	01923 262363
Attenborough Surgery, Bushey	01923 231633
Manor View Surgery, Bushey	01923 247446
Chorleywood Health Centre, Chorleywood	01923 287100
Baldwins Lane Surgery, Croxley Green	01923 774732
New Road Surgery, Croxley Green	01923 778277
Garston Medical Centre, Garston	01923 672086
Sheepcot Medical Centre, Garston	01923 672451
305 Prestwick Road, South Oxhey	02084 280608
Consulting Rooms, South Oxhey	02084 282292
Colne Fouse Surgery, Rickmansworth	01923 776295
Gade Surgery, Rickmansworth	01923 775291
Butterwick Surgery, Watford	01923 222200
Callowland Surgery, Watford	01923 225128
Cassio Surgery, Watford	01923 226011
Coach House Surgery, Watford	01923 223178
Elms Surgery, Watford	01923 224203
Holywell Surgery, Watford	01923 243130
Rickmansworth Road Surgery, Watford	01923 223232
South West Herts Medical Centre	02084 215224
Suthergrey House Medical Centre, Watford	01923 224424
Tudor Surgery, Watford	01923 223724
Upton Road Surgery, Watford	01923 226266

Clinics - emergency contraception, family planning, nutrition and diet, sexual health etc.

Popes Road Clinic, Abbots Langley	01923 254639
Bushey Health Centre, Bushey	01923 235322
Garston Clinic, Garston	01923 243568
Skidmore Way Clinic, Rickmansworth	01923 775065
Oxhey Drive Primary Health Care Centre, S. Oxhey	02084 285577
The Avenue Clinic, Watford	01923 234282

Families and Parents

Ginger Bread Advice Line - Advice and information for lone parents
0800 0184318

One Parent Families - Information and advice on all issues affecting lone parents
0800 0185026

Local Education Authorities - advice on local schools, grant awards and further education information
01923 226400

Child Support Agency 0845 7133133

Other Herts Council Customer Service Enquiries:

Adult Care Services	01923 471400
Children, Schools and Families (Social Services)	01923 971500
Environment	01923 471321
Fire Safety	01923 471399
Hertfordshire Highways	01923 471320
Passenger Transport	01992 556765
Young Herts (Childcare Info)	01923 471300

Community Services, Watford Council, 01923 226400
Watford Town Hall ext 8345

Disability Information Service (DISH) Freephone 0800181067
Disability information service for disabled people, carers, professionals and relatives. Information available on any subject to do with disability..
Disability information for the elderly, carers, advocates, service providers and professionals available on accommodation and housing, employment, training and education, welfare benefits, access, services, special equipment and leisure.

Community Centres (C.C)

Holywell C.C, Tolpits Lane	01923 246993
Centre Point C.C, Raphael Drive	01923 211058
Leavesden Green C.C, Clarke Green, Clarke Way	01923 893193
Meriden C.C, Meriden Way	01923 894862
Multi-Racial C.C, 70 Durban Rd West	01923 220136
The Newton Price Centre, Grosvenor Rd	01923 233439
Orbital C.C, Haines Way	01923 894444
West Watford Community Association, Harwoods Rd	01923 235488

Connexions - Youth Service for 13-19yrs. Providing guidance, support, advice and personal development aid on issues facing youths. They can refer you to the services that you need.

www.connexions.gov.uk

116 The Parade, Watford 01923 231132
Office opening times vary so it is advisable to call ahead and see if they are open.

Signpost & Youth Enquiry Services - Counselling and youth enquiry service for young people and their families. 13-25 yr olds

114 The Parade, Watford 01923 239495
Information - health, leisure, benefits, drugs, alcohol, sexual issues etc
Counselling - individual and family sessions by appointment only 10-8pm
Office open: Mon-Friday 9.30-2.30 Saturday drop-in 10am-12 noon

Rights and Advice Service - Provided by Watford Borough Council. A free, impartial and confidential service that gives advice and aid on benefits, disability, debt and housing.

Benefits, disability and Debt Advice available at three locations appointment only basis 01923 278337

One Stop Shop (Watford Town Hall)

Advice Centre (St.Mary's Churchyard *opposite Marks & Spencer*)

West Muslim Community Project (Harwoods Road)

Housing Advice 01923 655377

The Advice Centre, St Mary's Churchyard

Mon, Weds, Thurs & Friday - Open 10am-1pm & 2-4pm

Tuesday - Open 10am-1pm afternoon session telephone advice only.

Job Centre Plus - service for people of working age who are looking for work or claiming benefits. Also for employers looking to fill positions. Over the next few years the Job Centre and the DWP will be combining to become "Jobcentre Plus" and will eventually be at one address in each area. At the date of print, Watford DWP and Job Centre are at separate addresses.

Watford Job Centre 01923 486100
Caledonian House Mon, Tues, Thurs & Friday - Open 9-5
39-55 St Albans Road Wednesday - 10-5

enquiries@watford.gov.uk

Watford Department of Work and Pensions (DWP) - DSS
01923 208200
Exchange House Mon, Tues, Thurs & Friday - Open 9-4.30
Exchange Road Wednesday 10-4.30

Inland Revenue General Enquires Helpline 0845 392458
Bedfordshire and West Herts

Learning and Careers

Hertfordshire Careers Service 01923 231132

Learn Direct - hundreds of specially created online courses in computers, office skills and self development, designed so that you can learn at a time, place and pace to suit your needs.

www.learndirect.co.uk

The nearest places that run the courses are:

West Herts College - Hempstead Road	01923 812554
Westfield Community College - Tolpits Lane	01923 209400
Ryde College - Watford Business Park	01923 255552
Watford FC, Vicarage Road	01923 496259

The Here, There & Everywhere Project invites you to its IT Learning Centres across Watford. They offer free computer use, including free Internet connection and access to e-mail. This is available to everyone living, working or learning in Watford. In order to find out the best place for you to use the service contact Alison Trigell-Wyatt on: 01923 278318

Information

Watford Borough Council

01923 226400

Libraries

General enquiries: 01923 471833

Libraries are a great source of information, where you can do more than just read a book!

- As a member you can use their computers for an hour a day (including internet access)
- Read magazines and newspapers
- Borrow books, maps, video, DVD, CDs and audio books
- Photocopy or fax

Abbots Langley Library (High Street)
Bushey (Sparrows Herne)
Oxhey (Bridlington Road, South Oxhey)
Watford Central (Hempstead Road)

Utility Suppliers

Powergen (Gas & Electricity)	0800 1831515
British Gas (Gas & Electricity)	0845 6091122
British Telecom	0808 1007722
EDF Energy (Emergency Electricity needs)	0800 7838838
NTL	0800 1830123
Transco (Emergency Gas needs)	0800 111999
Three Valley's Water	0845 7623333
Three Valley's Water (Emergency Water needs)	0845 7823333
TV Licence	0845 7289289

Housing Issues

Herts Young Homeless Group (Watford) 16-25 yr olds only

112-114 The Parade 01923 245030

Room4U - Rent Deposit Guarantee Scheme 01923 231528

Watford Borough Council 01923 226400

Furniture - other than the main high street furniture stores there are local cheaper alternatives.

Nine Lives Furniture Scheme 01923 718666
25 wharf Lane, Rickmansworth

Dacorum Paradise Furniture Project 01442 263197
Paradise Industrial Estate, Hemel Hempstead

New Hope Trust Charity Shop - Queens Road 01923 236698

Up the Junction - 137 St.Albans Rd, Watford 01923 253595

Annes Furniture - 115 St.Albans Rd, Watford 01923 442929

Oxfam - 68-70 Market Street, Watford
Ethnic Minorities

01923 246209

Asian Family Counselling Service

02085 713933

Offers confidential and professional help to all Asian people who may have marital, family or other personal problems. Service is available in Asian languages and is free of charge except for evening and weekend appointments.

Also a project has been set up dealing with depressed Asians.

Bushey Community Cares

0208 9503344

This is a confidential befriending service offering help and support to the local Jewish community. Including family issues, sick and elderly, financial and legal advice, bereavement issues, hospitality and local affiliated organisations

Hertfordshire Interpreting Services Access Point 01923 233003

Working with major organisations in Hertfordshire, HISAP's main role is to arrange interpreting services, so that people who do not have English as a first language can use an organisation's services, make a complaint or seek confidential advice.

Watford Muslim Community Project

01923 223466

Provides advice on Welfare Rights, appeals, benefits, nationality, immigration and passports for Pakistan, India and Bangladesh people. Advice on housing, homelessness, education exclusion, secondary transfer, and appeals. Advice on racial attacks, domestic violence and general legal matters. Translation and interpretation service. Training information and guidance. Elders club.

Watford Racial Equality Council

01923 287005

Or 01923 256044