

Hillingdon Disability Network

A guide to organisations in Hillingdon
who support people with disabilities



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Centre for ADHD and Autism Support

Supporting ADHD / autistic individuals, families, their communities and professionals in North-West London.



From working in the field for 25 years, personal experience of staff, and through talking and listening to ADHD/autistic people, we have an in-depth understanding of the needs of our clients and how to support them. 50% of our Board of Trustees are family members of ADHD/autistic individuals. 66% of our Senior Leadership Team, and 70% of our staff team, are parents/partners of ADHD/autistic individuals or neurodivergent themselves.

Services

Services for Young People:

One-to-one support
Access to our lending library
Access to courses (WhyTry, Thriving and Neurodiversity: Empowerment course for Teens)
Range of social groups (film group, girls' group, meet up group, social group, thinking about adulthood, NWL online youth group, creative club, siblings' group and drama therapy).

Services for Adults:

One-to-one and drop-in support sessions
Creative coffee meetings,
Access to our lending library
Access to courses and workshops (courses: Embracing Autism & Embracing ADHD), (Workshops: PIP Workshop, Autism Insights for Supporters & Exploring Autism).
Range of social groups (Women's Forum, Incompatible Cartridges (Gamers' Group), Showcase Group, Book Group, Write What you Want, Autistic Adults Social Group and Adult ADHD Group)

Services for Families:

One-to-one and drop-in support sessions (including online)
Access to our lending library
Closed Facebook group
Access to courses and workshops (Courses: Understanding Autism, Understanding ADHD, ADHD & Autism Parenting Boost, 1-2-3 Magic), (Workshops: Specialist Workshops, Sleep Support, DLA, Post-ADHD Diagnosis).

Services for Professionals:

Funded Training - NWL Adults Training, Transition Project
CAAS Training - Bespoke Training for your Organisation, Workshops and Trainings
Community Outreach
Support - Autism Connect, Newsletters and Mailing Lists

Contact Us

CAAS Centre, Television House, Field End Road, Eastcote, HA4 9XA
www.adhdandautism.org
enquiries@adhdandautism.org
[02084291552](tel:02084291552)

Community ConneX



We help you live the best life you can whatever your age. Building on our reputation for supporting autistic people and people with a learning disability, we also offer an advocacy service that ensures all voices are heard and bespoke home care to meet personal and family needs.

Services

Advocacy 1st

Advocacy 1st is a free, independent service provided by advocates who specialise in the Care Act, Mental Capacity Act and the Mental Health Act.

Together ConneX

We offer personalised support and activities for people with a learning disability, autistic people, people with other additional needs, and their families. We respect your personal boundaries and cultural diversity.

Information and Advice

We offer free information and advice through SWiSH (Support and Wellbeing Information Service Harrow). Our service is for anyone in Harrow aged 18 years and over who wants information or advice about local support services. We also provide information on ways to keep safe and well.

Contact Us

3 Jardine House, Harrovian Business Village,
Bessborough Road, Harrow, HA1 3EX
<https://www.communityconnex.co.uk>
hello@communityconnex.co.uk
0208 869 8484

Care ConneX

Our home care and supported-living service offers the highest standards of personalised care and support in Harrow and neighbouring boroughs. We plan care packages to suit your needs after a friendly initial home visit.

Youth ConneX

We offer a wide variety of activities that children and young people can enjoy while learning to become more independent.

Join us if you're aged 5 to 18, with or without additional needs, and you live in Harrow, Hillingdon and Brent.

People ConneX

We're here to support you if you're experiencing loneliness and social isolation. Enjoy our events and activities across Harrow, Hillingdon, Brent and Hertfordshire.

Healthwatch Harrow

We champion concerns about health and social care provision in Harrow. We do this through focused engagement and signposting with residents, health professionals and local businesses.

Disability Advice & Support Hillingdon

Disability does not mean inability



DASH challenges people's perceptions and encourages disabled people of all ages to reach their full potential. We provide advice, support and activities that allow disabled people to take control of their lives and become more independent, confident and part of the community. DASH is an inclusive organisation and promotes independence to every individual.

Services

Support to Claim Disability Related Benefits

DASH can offer advice and support for people with a disability who are a resident of Hillingdon.

We can support with disability related benefits, breaches of the equality act and many other topics related to disability.

DBS Checks

DASH can carry out DBS checks for charities and voluntary groups, for the following costs:

Volunteer DBS check - £20

Employees DBS check - £75
(Standard and Enhanced)

Wheelchair Skills Training

Contact vanessa@dash.org.uk for more information

Contact Us

Wood End Centre, Judge Heath Lane, Hayes,
UB3 2PB
info@dash.org.uk
020 8848 8319

Wheelchair Accessible Weigh Scale

DASH is pleased to offer the only publicly available Wheelchair Weighing Scales in Hillingdon Borough. These are based at The Hub (see website for address) with no appointment needed. Simply turn up between 10:30am - 4:00pm on Mondays to Thursdays and someone will be happy to help you.

Help4Hillingdon

Funded by the GLA and in partnership with H4All, Hillingdon Citizens Advice and Bell Farm Christian Centre, this project provides advice and support in Foodbanks and special schools in Hillingdon to maximise income.

DASH Activities

DASH offer a range of sporting and recreational activities for people with a disability (aged 16 and up) all focused on encouraging people to socialise with one and other. See our website for the full schedule.

Please see our website for more up-to-date information:

<https://www.dash.org.uk/>

Hillingdon Autistic Care and Support



HACS

HACS are committed to raising awareness, knowledge and understanding of autism. Our mission is to improve quality of life by minimising disability and maximising ability.

Services Family Support

We'll provide a listening ear and specialist advice from staff who are trained and experienced in autism. The Family Support service offers: Drop-in Autism Surgeries; Parent Coffee Mornings; Information helpline; One-to-one appointments; Advocacy at education, health and social care meetings. We can support with a range of issues including Support with understanding a new diagnosis and Support at school. Please see our website for the full list.

Children & Young People's Services

Leisure activities, short breaks and targeted programmes for autistic children and young people aged 7-25 years.

Training & Events

We offer a variety of courses from introductory sessions on Autism to more specialist topics: Understanding Autism (Free for HACS members); Autism & Anxiety; Autism: Promoting Positive Behaviour; Autism & Sensory Differences; Autism: Supporting Siblings.

Become a Member

Join online at:
<https://www.hacs.org.uk/membership>

Skills & Employment

We will work with you to find out what is important to you and design a flexible package of support, which can include: Mentoring to develop your skills and confidence; Supported work placements with TSI trained Job Coaches; Vocational courses in partnership with FE Colleges; Work-related benefits support; In work support through Access to Work; Travel training; Training for employers.

We are delivery partners in the DFN Project Search "Transition to Work" programme for autistic and/or learning disabled young people aged 17 – 24 years. This is a supported internship programme at Civic Centre, Uxbridge in partnership with Hillingdon Council and Orchard Hill College for those who are committed to gaining full time employment.

Adult Support: Autism Hub

Our Autism Hub provides personalised support, accessible advice and social activities to understand your needs and look after your well-being.

Contact Us

HACS Resource Centre, Dudley Place, Hayes UB3 1PB
www.hacs.org.uk
enquiries@hacs.org.uk
[020 8606 6780](tel:02086066780)

Hillingdon Brain Tumour & Injury Charity



Hillingdon Brain Tumour & Injury Charity is here to provide active support to anyone in the Hillingdon and surrounding areas affected by any type of brain tumour or brain injury. We aim to help patients, carers, friends and family live as full a life as possible, with the best quality of life. We also raise awareness in the local medical and general community of the symptoms and effects of brain tumours.

Services

Support Group Meetings

Our Support Group meetings offer a safe and relaxed environment to ask questions, share and compare experiences, and help each other through the issues you face every day. You can expect a warm welcome and plenty of refreshments! We frequently invite guest speakers to attend our Support Group meetings to provide expert information. Above all they are friendly and informal, mixing chat with useful information and a fair sprinkling of fun! They are **free** to attend.

Complementary Therapies

Supporting mainstream medical treatments, complementary therapies may improve your quality of life, feelings of well-being, aid relaxation, reduce tension and anxiety and generally cope with the experience of having a brain tumour.

Hillingdon Brain Tumour & Injury Group includes these therapies if requested into our post op and recovery packages. This extends to the immediate carers too. All therapies add a sense of calmness and wellbeing that is so important in a recovery plan. We have first-hand experience of our treatments and have used the companies for over 8 years. We use the therapies in all ways from pre op, post op and even terminal. When others have given up we keep trying and know from experience that it can provide a much fuller life.

Counselling

Counselling can help to talk to someone and ask the questions why has this happened and how will I cope? It can assist you with coping strategies to help you through difficult times. There are many different types of counselling and it has taken years of time and research within our group to find the right counselling that suits our group of Warriors (patient) and Angels (carers). This includes neuropsychological, counselling for children, bereavement & wellbeing.

Living with a Brain Tumour

We can provide you with all the tools you need for survivorship and how to look after yourself. Rest when you need to, keep pushing your body and mind, relaxation, alternative therapy, exercise, physiotherapy and counselling.

Other Services:

Weekly sessions of Bowls, Allotment and our Men's Group as well as monthly Golf sessions.

Contact Us

394 Long Lane, Hillingdon, Uxbridge UB10 9PG
[https://hbtg.org.uk/
support@hbtg.org.uk](https://hbtg.org.uk/support@hbtg.org.uk)
[01895713205](tel:01895713205)

Hillingdon Mind



Mind in Hillingdon is embedded in the local community and exists to meet local mental health needs. Through our various projects, staff and volunteers, we provide high quality, individually tailored services so people can live full lives and be connected to other people in their communities. We provide a range of services that improve wellbeing, aid and sustain recovery. We also provide training, information and corporate partnerships to breakdown stigma and increase mental health awareness.

Services

Get Information and Support

When you're experiencing a mental health problem, supportive and reliable information can change your life. We empower people to understand their mental health and the choices available to them through: Our [Infoline](#), which offers confidential help for the price of a local call; Our [Legal Line](#), which offers information on mental health law; Our [award-winning information](#), available online and in print

Mental health training in your workplace

We can help bring about real change, end discrimination and promote good mental health through our workplace training and consultancy. We offer a range of training packages, including face-to-face sessions, eLearning courses, and our Workplace Wellbeing Index - a benchmark of best practice for workplace mental health.

Contact Us

The Uxbridge Hub, 40 New Windsor Street,
Uxbridge, UB8 2TU
<https://www.mindinhilligdon.org.uk>
mind@hilligdonmind.org.uk
01895 271 559

Infoline: [0300 123 3393](tel:03001233393)

You can ask us about:
Mental health problems
Where to get help near you
Treatment options
Advocacy services

Welfare benefits (ask to speak to a welfare adviser)
We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Welfare Benefits Line: [0300 222 5782](tel:03002225782)

Ask us about:
Which benefits you may be entitled to
Cost of living support
Personal Independent Payment, Universal credit and other types of benefit
Benefit appeals
We're open 9am to 5pm, Monday to Friday (except bank holidays).

Legal Line: [0300 466 6463](tel:03004666463)

Ask us about:
Being detained under the Mental Health Act (sectioning),
Mental capacity
Community care
Discrimination and equality
We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Hillingdon Stroke Group



The Hillingdon Stroke Group meet twice a month at Bailey Hall, Christ Church, Uxbridge. The group offers peer support in a friendly atmosphere, recreational activities such as games, conversation and outings.

Support is provided to stroke survivors whose communication has been affected. Occasionally, visitors are invited to come to the group to talk about local activities and researchers visit to update members on stroke research.

Services

Weekly Meetings

We meet weekly at Bailey Hall, Christ Church (in Uxbridge) on a Monday and at Eastcote Community Centre on a Friday (from Sept-October).
Phone for latest details.

Caring for a stroke survivor

When someone close to you has had a stroke, they may need help and support after they return home from the hospital. See our online guide, which outlines some ways you can support a stroke survivor, and explains what help and support is available for carers.

Life after a stroke

Information & advice on how life is after a stroke. This includes Accommodation after a stroke, Benefits and Financial Help After a Stroke, as well as Caring for a Stroke Survivor. Please see our website for the full list.

Contact Us

Bailey Hall, Christ Church, Uxbridge, UB8
1SZ
[https://www.stroke.org.uk/
hillingdonstrokegroup@gmail.com](https://www.stroke.org.uk/hillingdonstrokegroup@gmail.com)
[07594876882](tel:07594876882)

Stroke Helpline

If you have a question or need to talk, our confidential Stroke Helpline is here to support anyone affected by stroke in the UK, including family and friends.

Call our Stroke Helpline now on 0303 3033 100 or email helpline@stroke.org.uk

Weekly volunteer calls

If you or someone you know has had a stroke, a weekly phone conversation with one of our trained volunteers can help you to rebuild your life after stroke. Talking things through on the phone can build confidence. It can help you feel more connected, supported and able to take the next step in your recovery. For eight weeks, a volunteer will chat with you for around 30 minutes. You can talk to one of our Lived Experience volunteers or a Connect and Chat volunteer. Sign up online.

Online Stroke Activities Hub

We've launched a new Online Stroke Activities Hub, which can help support you living with the after affects of a stroke. From support groups to social quizzes, our online activities are a great way to meet new people, feel more supported and increase your confidence. We also offer Childhood stroke support, which you will need to sign up for online.

Joy Wellbeing Centre



We are a community-based charity located in the Hayes area of Hillingdon, dedicated to enhancing the health & wellbeing of residents, particularly refugees, the local community, and individuals for whom English is not their first language. Our vision is to see a healthier and more joyful community in Hayes, where everyone thrives in both physical and mental wellbeing, supported by accessible and inclusive programmes and services. Our mission is to enhance the health and wellbeing of Hayes residents through comprehensive health programmes, educational workshops, and English language education initiatives, fostering community integration and empowerment for all.

Services

Regular Health Check-ups:

Offering health screenings for blood pressure, diabetes, cholesterol, and BMI to raise awareness and empower preventive health measures.

Nutrition Workshops:

Educating the community on healthy eating habits, meal planning, and understanding food labels to promote better dietary choices.

Mental Health Awareness Sessions:

Providing sessions on stress management, mental health awareness, and resilience-building techniques.

Technology Literacy Training:

Training on the use of medical apps and digital health tools provided by the GP and NHS, enabling effective health management.

Contact Us

91-95, Coldharbour Lane, Hayes, Middlesex,
UB3 3EF

joywellbeingcentre@gmail.com

English Language Education:

Offering English language classes to improve written and reading skills, enhancing communication and integration for non-native speakers.

Nature Day Trips:

Organizing day trips to nature reserves and parks, promoting physical activity, mental relaxation, and community bonding.

Support Groups:

Establishing support groups for those facing specific health challenges, providing peer support and practical resources.

Community Events:

Organizing health fairs, wellness festivals, and fundraising events to engage the community and raise awareness about our services.

Cultural and Recreational Activities:

Hosting cultural events, arts and crafts workshops, and recreational activities to promote social connection and creativity.

Middlesex Association for the Blind



At the Middlesex Association for the Blind (MAB), we are dedicated to empowering visually impaired individuals to live independently and fully participate in their communities. We understand the unique challenges faced by those with sight loss, such as difficulties finding employment and exclusion from activities that sighted people often take for granted. Through our comprehensive range of services, we strive to break down these barriers and enhance the lives of hundreds of visually impaired individuals across Barnet, Brent, Ealing, Enfield, Haringey, Harrow, Hillingdon, Hounslow, and Richmond.

Services

Home visits

Our trained staff and volunteers provide personalised support to visually impaired individuals in their own homes, helping them navigate daily challenges and maintain their independence.

Social clubs

We organise social clubs throughout our boroughs, providing opportunities for visually impaired individuals to connect, share experiences, and engage in a variety of activities designed to combat isolation and foster a sense of community.

Rapid Response Counselling

We provide counselling and emotional support to those who are having difficulty coming to terms with or adapting to their sight loss. There is also a befriending element to the service to help reduce isolation.

Dedicated volunteer network

Our extensive network of passionate volunteers is the backbone of our organisation. They generously give their time and skills to support our service users, whether through home visits, skill-sharing, or fundraising efforts.

Contact Us

Suite 18, Freetrade House, Lowther Road,
Stanmore, HA7 1EP
<https://aftb.org.uk/>
info@aftb.org.uk
[020 8423 5141](tel:02084235141)

Digital inclusion support

We offer guidance and training to help service users access and utilise technology, enabling them to stay connected with loved ones, access information, and engage with the digital world.

Employment services

Our team works closely with visually impaired individuals to identify their skills and interests, provide training, and help them secure meaningful employment opportunities.

Braille training

We offer Braille courses to help service users develop literacy skills and access written information independently.

Mobile Resource Unit (MRU)

Our MRU serves as an outreach tool, allowing us to demonstrate and showcase relevant equipment for visually impaired individuals, empowering them to make informed decisions about the tools and technologies that can enhance their daily lives.

Adapted radios

As agents for the British Wireless for the Blind Fund, we provide adapted radios on permanent free loan to our service users, ensuring they have access to information, entertainment, and a vital connection to the world around them.

Contact Lists

For a full list of organisations and their contact details, please see the below table.

Organisation	Phone	Email
Centre for ADHD and Autism Support	02084291552	enquiries@adhdandautism.org
Community Connex	02088698484	hello@communityconnex.co.uk
Disability Advice & Support Hillingdon	02088488319	info@dash.org.uk
Hillingdon Autistic Care and Support	02086066780	enquiries@hacs.org.uk
Hillingdon Brain Tumour & Injury Group	01895713205	support@hbtg.org.uk
Hillingdon Mind	01895271559	mind@hillingdonmind.org.uk
Hillingdon Stroke Group	07594876882	hillingdonstrokegroup@gmail.com
Joy Wellbeing Centre		joywellbeingcentre@gmail.com
Middlesex Association for the Blind	02084235141	info@aftb.org.uk