

Name	Advice Telephone number Address email
School related numbers	
After School Club	0118 9390506 or 0118 9015567 after 2.30pm
PCSO Kelly Jones	07837405515
RBC Admissions Team	0118 9373777
Rev Vernon Orr – St Agnes Church	0118 9874448
School Nurse - Debbie Ballard	0118 9382145
Reading Community numbers	
Adult Social Care Services	0118 9373747 www.reading.gov.uk/residents/HealthandSocialCare Reading Borough Council, Civic Offices, Reading M-F 9am-5pm Out of hours and weekends – 01344 786543
Alcoholics Anonymous	0845 7697555 1 st Floor, 103-105 Broad Street Mall, Reading, RG1 7QA National helpline open 24hours , 365 days a year
Berkshire Women's Aid (BWA)	0118 9504003 PO Box 413, Reading, RG1 8XL info@bwaid.org.uk www.berkshireromensaid.org.uk M-F 10am-5pm Provides support and advice to all victims of domestic abuse.
Christian Community Action	0118 9512336 369-371 Oxford Road, Reading, RG30 1HA www.ccam.org.uk Mon-Sat 10am-4pm
Churches in Reading Women's Centre (CIRW)	07817 373773 Wesley Methodist Church Hall 84 Queens Road, Reading, RG1 8BW enquiries@cirwc.org.uk The Women's Centre is a partnership providing opportunities for women
Churches in Reading Drop-in Centre (CIRDIC)	0118 9502536 St Saviours Church Hall, Berkeley Avenue, Reading, RG1 6JT M,T and F -10am-3.30pm Saturday 6pm-7pm Day Centre offering a range of services including hot meals
Citizen Advice Bureau (CAB)	08450716379 Minster Street, Reading, RG1 2JB www.readingcab.org.uk or www.adviceguide.org.uk M,T,Th,F – 10am-4pm (closed between 12.30 and 1pm for lunch) and Wed 1pm-4pm. On Tuesday afternoons there is a drop-in at Whitley Social Services, Northumberland Avenue
Connexions	08454085004 136/7 Friar Street, Reading, RG1 1EX info@connexions-berkshire.org.uk

	Opening hours M,Tand F appointments from 9am-12noon Drop-in Monday to Friday 12.30-5.30pm and to 6.30pm on a Wed Offer young people guidance on learning and career options
Dental Access Centre	0118 9452967 www.berkshirewest.nhs.uk/dentist To find your nearest NHS dentist
Faith Christian Group	0118 9872672 - admin@fcg.org.uk 79 Silver Street Reading RG1 2SU Food Parcels provided (agency referral only)
Family Information Service (FIS)	0118 9509499 Freephone: 08003289148 enquiries@familyresourcecentreuk.org www.familyresourcecentreuk.org A free information service for families with children aged from birth – 19 years old (up to 25 years old for children with Special Needs/Learning Difficulties and Disabilities)
Florey Unit for Sexual Health	0118 3227202 Royal Berkshire Hospital, 21a Craven Road, Reading, RG1 5LE M-F 7am-7pm Walk in clinics – no appointments necessary
Housing Advice and Accommodation	0118 9372165 – housing.advice@reading.gov.uk www.reading.gov.uk Reading Borough Council, Civic Offices, Reading M-F 9am-5pm
Housing Benefit	0118 9373737 Reading Borough Council, Civic Offices, Reading benefits@reading.gov.uk M-F 9am-5pm and until 7pm on Thursday
Housing Support	0118 9373680 Reading Borough Council, Civic Offices, Reading Housing-support@reading.gov.uk M-F 9am-5pm
Job Centre Plus Job seeker Direct	08456043719 Adelphi House, Friar Street, Reading, RG1 1HD www.gov.uk M-F 9am-5pm 0845 6060234 www.gov.uk/jobsearch M-F 8am-6pm
Mother Tongue	0118 9576393 PO Box 2409, Reading, RG1 1ZQ info@mothertongue.org.uk Free counselling and support for people from ethnic minorities in a range of languages
Narcotics Anonymous	03009991212
National Domestic Violence Helpline	08082000247 www.refuge.org.uk 24hours a day, 365 days a year

New Directions	08458420012 Central Library, Abbey Square, Reading RG1 3BQ www.newdirectionsreading.co.uk Learning and employment service for Reading
NHS Direct	111 from a landline or mobile free of charge www.nhsdirect.nhs.uk 24 hours a day, 365 days a year Free and confidential health advice
No5	0118 9015668 4 Sackville Street, Reading, RG1 1NT info@no5.org.uk M,W,TH,F 4pm-9pm Tues 10am-1pm and 4pm-9pm Reading's young person's counselling centre - age 10 -25
Parental Substance Misuse Service	0118 9373770 Access and Assessment Team, Reading Borough Council, Civic Offices, Reading Offering support to parents with drug and alcohol issues
Reading Central Library	0118 9015950 – please ring for opening hours Abbey Square, Reading, RG1 3BQ info@readinglibraries.org.uk Free access to computers for Word-processing and the internet
Reading Community Welfare Rights Unit	0118 9551070 and 9551071 101 Oxford Road, Reading, RG1 7UD www.readingcommunitywelfareunit.co.uk M-Th 9am-5pm Friday 9am-4pm (specialists in welfare benefits, debt and housing advice)
Reading DAIS	0118 9567441 38 Queens Road, Reading, RG1 4AU readingdais@cri.org.uk www.cri.org.uk Drop in times M-F 1pm-4pm Drug and alcohol advice and support
Reading Walk in Health Clinic (Broad Street Mall)	0118 9028300 1 st Floor – 103-105 Broad Street Mall, Reading, RG1 7QA Mon-Sun 8am-8pm (open bank hols and weekends) GP service, open to registered and unregistered patients without an appointment 365 days per year
Samaritans	08457909090 59A Cholmeley Road, Reading, RG1 3NB jo@samaritans.org Drop-in every day 9am-10pm (please call first to check)
Stonewall	08000502020 info@stonewall.org.uk Mon-Fri 9.30am-5.30pm Lesbian, gay and bisexual advice
	<i>Many of these numbers have been taken from the RBC guide to support and services in Reading. RBC cannot accept responsibility for the service they provide.</i>