You can also get information, advice and guidance on everything from debt, benefits and relationships, to housing, tax and discrimination from the national Citizens Advice website...

www.adviceguide.org.uk

To cancel an a food voucher please call: 020 3872 5840

If you are **London** & Quadrant tenant seeking advice, please contact: 020 3872 5844

appointment or request



# Citizens Advice Services in Haringey



**ADVICE LINE** 0300 330 1187\* Monday to Friday

10am-1pm and 2pm-4pm

These calls are charged at local rate (i.e. the same as 0208) even from a mobile.

### Drop in advice sessions

Tuesday and Thursday 10am–12pm and 2pm–4pm Citizens Advice Haringey Tottenham Branch 551B High Road, N17 6SB

#### Monday

1pm-4pm
Laurels Healthy Living Centre^
256 St Ann's Road, N15 5AZ

Tuesday
2pm–5pm
Queenswood Medical Practice^
151 Park Road, N8 8JD

Thursday 9.30am–12.30pm Wood Green Library^ 187–197a High Road, N22 6XD

(^ restricted service)

# Pre-booked advice appointments\*\*

Monday
2.30pm- 5pm
Mind in Haringey
Station House
73c Stapleton Hall Rd N4 3QF

Wednesday (once a month)
1pm–3pm
East Haringey Recovery Team
276-292 High Road, N22 8JT

Friday (every two weeks) 10.00am–2.00pm Haringey Recovery Service 590 Seven Sisters Road, N15 6HR

\*\*Appointments should be pre- booked by visiting the centre

## Advice for parents#

#### Monday

9.30am-12.30pm

Park Lane Children's Centre
139 Park Lane, N17 0HB
Tel: 020 8489 4945

#### Tuesday

1.30pm-4.30pm

Triangle Children's Centre

91–93 St Ann's Road, N15 6NU

Tel: 020 8802 8782

Thursday (every two weeks) 9.30am- 12.30pm Pembury Children's Centre Lansdowne Road, N17 9XE Tel: 020 8801 9914

#### **Friday**

9.30am-12.30pm Broadwater Farm Children's Centre Adams Road, N17 6HE Tel: 020 8885 8800

#These sessions are for parents/guardians of children under six years old who live in Haringey. Appointments should be pre-booked by telephone or by visiting the centre.

#### **Health Hubs**

Drop in Benefits and Debt Advice

#### Monday

9.30am–12.30pm Broadwater Farm Health Centre 2A Willan Road, N17 6BF

#### Tuesday

9.30am–12.30pm **Tynemouth Medical Practice**Tynemouth Road, N15 4RH

#### **Thursday**

9.30am–12.30pm **Bounds Green Group Practice** Gordon Road, N11 2PF

\*If you call the **Advice Line on 0300 330 1187** from a mobile phone you will be asked for a local landline number in order to locate the area you are calling from. To make things easy you can use **020 3234 2807**. This number will locate you to Haringey. This number is not actually in use, so remember not to call it.

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