

Support in Reading

NAME	WHAT THEY DO	ADDRESS	PHONE	EMAIL/WEBSITE	OPENING HOURS
Citizens Advice Bureau (CAB)	Benefits, employment, debt, etc	The Oracle, Minster St, Reading RG1 2JB	0344 411 1306	W: rcab.org.uk/	Monday - Friday 10 am - 4 pm
Communicare	Budgeting, debt, benefits, form filling	233 King's Rd, Reading RG1 4LS	0118 926 3941	E: office@communicare.org.uk W: www.communicare.org.uk/	Monday - Thursday 10 am - 4 pm, Friday 10 am - 1 pm
Welfare Rights	Benefits	252-260 Northumberland Ave, Reading RG2 7QA	0118 955 1070	E: advisor@readingspecialist.co.uk W: readingspecialist.co.uk/	Monday, Tuesday, Wednesday & Thursdays 9am-3pm. (phones answered from 10 am)
Christian's Against Poverty (CAP)	Debt	Call for details	0800 328 0006	E: info@capuk.org W: capuk.org/	Call to get help in Reading
Frontline (Reading)	Debt	84 Queen's Rd, Reading RG1 4BW	0118 956 9300	E: readingfrontline@frontlinedebtadvice.org.uk W: frontlinedebtadvice.org.uk/	Mon - Weds: 10 - 3 pm (Queens Rd) See website for other locations and opening times
CCA (Christian Community Action) Support Centre	Low cost clothes, household items, furniture and emergency food	369 Oxford Rd, Reading, RG30 1HA	<i>Support centre:</i> 0118 951 2337	E: you can send an email from the website W: www.ccam.org.uk/	Mon, Tues, Thurs: 10 am - 4 pm Friday: 10 am to 3.30 pm There are also shops in Southcote and Whitley - see the website for details.
FAITH	Readifood food bank, Tea Bar & annual Bed for a night	31, 33 Boulton Rd, Reading RG2 0NH	0118 987 2672	E: you can send an email from the website W: fcg.org.uk/	Office is only staffed for a few hours a week.
Berkshire Women's Aid	For females in vulnerable situations	94-98 Addison Rd, Reading RG1 8EG	0118 950 4003	E: you can send an email from the website W: www.berkshireromensaid.org.uk/	Helpline (0118 950 4003) is open between 10am and 5pm on weekdays, and 24-hour help is also available in emergencies using the same number.

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CGL - Change-Grow-Live	Adult drug & alcohol service	127 Oxford Rd, Reading RG1 7UU	0118 955 7333	W: www.changegrowlive.org/drug-alcohol-service-reading	Mon/Thurs: 09:00 - 19:00 Tues/Weds/Fri: 09:00 - 17:00
CIRDic	Hot meals & centre for homeless	St Saviours Church Hall Berkeley Avenue Reading RG1 6JT	0118 950 2536 07817 373773	E: enquiries@ciridic.org.uk W: www.ciridic.org.uk/	Mon/Tues/Fri: 10 - 3:30 pm Sat: 6-7 pm Sun: 9-10 am
Launchpad	Homelessness	1A Merchants Pl, Reading RG1 1DT	0118 950 7656	E: enquiries@launchpadreading.org.uk W: www.launchpadreading.org.uk/	Mon - Fri: 9-5 pm
St Mungo's	Homelessness	Willow House, Willow St, Reading RG1 6AB	0118 958 5002 (rough sleeper report: 0300 500 0914)	E: info@mungos.org E: streetconcern@mungosbroadway.org.uk (report a rough sleeper to outreach team) W: www.mungos.org/	Salvation Army, Willow House: Tuesday - 9:30am - 11am Wednesday - 3pm - 5pm Thursday - 9:30am - 11am CIRDIC: Friday - 11 am - 1pm
New Beginnings	Homelessness & poverty	Queens Arms, Great Knollys St, Reading RG1 7HL	07421 998208	E: you can send an email from the website W: www.newbeginningsreading.org/	See website for different projects and opening
Reading NHS Walk-In Health Clinic	Health	1 st Floor, Broad Street Mall Shopping Centre, Reading, RG1 7QA	0118 902 8300	E: you can send an email from the website W: readingwalkinhealthcentre.nhs.uk	Mon - Sun 8am - 8 pm