

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES	CQC WEEKLY REPORT
1	Alzheimer's Disease Society Hammersmith & Fulham	Day Care Centre, St Vincents House, 49 Queen Caroline Street, London	W6 9HQ	0208 563 0001, hammersmith-fulham@alzheimers.org.uk, www.alzheimers.org.uk	Drop-in session for people living with dementia and their carers. One to one support by a dementia support worker by personal visits at home or at the day support office. Saturday café-Alzheimer's café (every second Saturday of the month 2 pm - 5 pm) providing a social facility with activities for people with dementia. St Vincents day centre offers day care for persons with a diagnosis of dementia. The Carer Information and Support Programme is a series of workshops for people caring for a relative/friend with dementia. Free structured group sessions based on the principles of music therapy and singing for people with dementia and their carers. Free structured group sessions based on the principles of music therapy and singing for people with dementia and their carers.	
2	ASSIST (Asperger Support Signposting Information Services Team)	Ladbroke Grove Autism Centre, 73c St Charles Square, Ladbroke Grove, London	W10 6EJ	0743 596 3906, assistlondon@nas.org.uk	ASSIST (Asperger Support Signposting Information Services Team) is a free pre and post diagnostic service for adults who are residents of Kensington & Chelsea, Westminster, Hammersmith & Fulham, Ealing or Harrow. They offer free 1:1 appointments and social opportunities and aim to deliver personalised support to help enable people lead the life they choose. Please contact them to make an appointment or for further information. Please note that this service does not carry out diagnostic assessments.	
3	beat - beating eating disorders			Beat helpline (over 18): 0345 634 1414 Beat youthline (under 25): 0345 634 7650, www.b-eat.co.uk	Beat is the leading UK charity supporting people affected by eating disorders and campaigning on their behalf. The Transition Project supporting young people with eating disorders in London through difficult transitions. Recovery buddies with personal experience of an eating disorder offer understanding, encouragement and tips for recovery through online live-chat and one-to-one emails. Available for people who are aged 16-25, currently struggling with an eating disorder, (living/working/studying/receiving or leaving treatment in London, Wanting to recover, Able to access online chat and email, Not currently receiving in-patient treatment or caring for a young person with an eating disorder in London.	
4	Bishop Creighton House	378 Lillie Road, London	SW6 7PH	020 7385 9689, info@creightonhouse.org, www.creightonhouse.org	It is a local charity, their mission is to tackle the problems caused by inequality, poverty and social isolation. Their practical and social welfare projects work together for people of all ages in the community with particular focus on older people, those with physical or learning disabilities, and low income families with young children. They run a community centre open 7 days a week, for community groups and local residents and they also provide affordable office space for local charities. Run the following services: Care & Repair: thier home improvement agency provides major disability-related adaptations to help older, disabled or vulnerable people to maintain their independence and remain in their own homes, Safer Homes: security & safety assessments, installations & advice to vulnerable groups, Homeline: face-to-face and telephone befriending service, Keep active, Mentoring Plus, Community centre: flexible meeting space for hire and joint initiatives with user groups, and Beating isolation: joint partnership project with Fulham Good Neighbours and H&F Mind delivering volunteers visits, peer support and telephone befriending for isolated people of all ages.	
5	Breathe Easy Club, Hammersmith & Fulham	Charing Cross Community Health Clinic, Pilot Wing - Ground Floor, Charing Cross Hospital, Fulham Palace Road, London	W6 8RF	03000 030 555	Breathe Easy groups provide support and information for people living with a lung condition, and for those who look after them.	
6	British Heart Foundation			0300 330 3311	Provide information and support about heart health	
7	Charing Cross Hospital Heart Support Group	Cardiac rehabilitation, Charing Cross Hospital, Fulham Palace Road, London	W6 8RF	Judith Edwards: 020 8383 0229, judith.edwards@imperial.nhs.uk	Walking group who meet monthly at the Macbeth Centre in Hammersmith. The meeting includes a riverside walk and refreshments	

8	Central London Community Healthcare NHS Trust - HMP Wormwood Scrubs	Wormwood Scrubs, Du Cane Road, London	W12 0HS	020 8588 3200	Prison Healthcare - Caring for people whose rights are restricted under the Mental Health Act, Dementia, Diagnostic and screening procedures, Eating disorders, Learning disabilities, Physical disabilities, Sensory impairments, Substance misuse problems, Treatment of disease, disorder or injury, Caring for adults under 65 yrs	August 2014 - <a href="http://www.cqc.org.uk/location/RYXX6">http://www.cqc.org.uk/location/RYXX6</a>
9	Community Alcohol Support Service	Crowthor Market Basement, 282 North End Road, London	SW6 1NH	020 7381 0436, <a href="mailto:cass@foundation66.org.uk">cass@foundation66.org.uk</a>	Provides information, support and a range of services increasing Hammersmith and Fulham residents' awareness of safer drinking habits. Also offer services for those for whom a drinking has started to become a problem. This includes carers and family members affected by others' drinking	
10	Elgin Close Resource Centre	3 Elgin Close, Shepherds Bush, London	W12 9NH	020 8762 3007	Elgin Close Resource Centre offers a variety of activities, trips and events throughout the year. Activities include, Arts and Crafts, Yoga, Exercise Classes, Massage, Jewellery Making, Dressmaking, Hairdresser, Bingo, Games and much more. They also have a cafeteria serving hot and cold snacks, drinks and a full three course meal in a relaxing atmosphere in our dining room or outside in our gardens if the weather is nice. Anyone over the age of 18 living in H and F can access the centre by one of two ways. Referrals are through H and F Adult Social Care Team where you need to be FACS eligible or through our drop in service where you just pop in where you will have an induction before accessing the service. They aim to reduce social isolation and offer an environment where you can come and join them and be stimulated to access the many activities on offer at the centre.	
11	Hammersmith and Fulham Health Trainers	Turning Point, 61 Munster Road, London	SW6 5RE	020 7099 3333, <a href="mailto:hf@londonhealthtrainers.com">hf@londonhealthtrainers.com</a> , <a href="http://www.londonhealthtrainers.com">www.londonhealthtrainers.com</a>	Offer support with goals like healthy eating, physical activity, quitting smoking, mental or emotional wellbeing. Offer up to 6 free, one-to-one sessions to help you achieve any of your healthy lifestyles goals. The team work flexibly and can meet you anywhere in the borough for a personalised service. Whether pointing you in the right direction for information and services, or helping you change your lifestyle, work to help you take positive steps towards achieving your goals.	
12	Hammersmith & Fulham - Family & Carer Support Service	17-25 Farm Lane, Fulham Broadway, London	SW6 1PX	07540513292, <a href="mailto:sonia.timlett@stroke.org.uk">sonia.timlett@stroke.org.uk</a> , <a href="http://www.stroke.org.uk/finding-support/hammersmith-and-fulham-family-and-carer-support-service">www.stroke.org.uk/finding-support/hammersmith-and-fulham-family-and-carer-support-service</a>	Stroke clubs are local groups for those affected by stroke, including stroke survivors & carers. Aim to provide a regular meeting place for people to come together and share their experiences as well as opportunities to take part in a programme of activities. Club meet in a variety of different places, but aim to provide parking facilities, to be wheelchair accessible and have space for activities. Refreshments are always available. Covering post codes are W3, W6, W12, W14	
13	HF Mencap	65 Aspenlea Road, Fulham, London	W6 8LH	0208 748 5168, <a href="mailto:info@hfmencap.org">info@hfmencap.org</a> , <a href="http://www.hfmencap.org">www.hfmencap.org</a>	Provides advocacy and support to people with learning disabilities of all ages and their carers living in Hammersmith and Fulham. Aim to support people to have a voice, make choices and have control over their lives	
14	Macmillan Cancer Information and Support Centre at Charing Cross Hospital	Charing Cross Hospital, Fulham Palace Road	W6 8RF	020 8383 0171, <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>		
15	National Rheumatoid Arthritis Society's (NRAS)	Ground Floor, 4 The Switchback, Gardner Road, Maidenhead, Berkshire	SL6 7RJ	0800 298 7650 (freephone helpline), <a href="mailto:helpline@nras.org.uk">helpline@nras.org.uk</a>	Provides support, information and advocacy for people with Rheumatoid Arthritis and Juvenile Idiopathic Arthritis, their families, friends and carers	
16	Parkinson's UK - Hammersmith and Fulham Support Group	St Etheldreda with St Clements Church, 286 Fulham Palace Road, London	SW6 6HP	0344 225 9851, <a href="http://www.parkinsons.org.uk/local-support-groups/regions/london/hammersmith-and-fulham-support-group">www.parkinsons.org.uk/local-support-groups/regions/london/hammersmith-and-fulham-support-group</a>	Last Wednesday of the month Time 1.30pm - 3.30pm	

17	PARKINSON'S UK			0808 800 0303, <a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a>	Provides local Information & Support Worker offers information, advice and emotional support. It is a free, one-to-one service provided over the telephone, in your own home or at a venue to suit you. Also have local branches and support groups which offer friendship and support. These are run by volunteers and provide a range of events, social activities or just an opportunity for a chat.	
18	Stroke Association	Stroke Association House, 240 City Road, London	EC1V 2PR	Helpline: 020 7566 0300, <a href="mailto:info@stroke.org.uk">info@stroke.org.uk</a>	Provides information and support about stroke	
19	Well Happy App				Worked with NHS London, MyHealth London and Young Minds to develop a new holistic mobile phone app for young Londoners - called Well Happy - that covers the areas of Sex & Relationships, Mental Health and Drugs & Alcohol. The app allows young people to access information and guidance and find details of national helplines and local services using txtm8's online search tools. Help support young people in making better informed decisions in all areas of their lives. A short summary of the app can be found in the following link: <a href="http://www.youtube.com/watch?v=txWaTeeVbao">http://www.youtube.com/watch?v=txWaTeeVbao</a>	
20	West London Action for Children	15 Gertrude Street, London	SW10 0JN	020 7352 1155, <a href="mailto:team@wlac.org.uk">team@wlac.org.uk</a> , <a href="http://wlac.org.uk">wlac.org.uk</a>	West London Action for Children is a small, local charity offering free counselling and therapy services to children and their families who live in the London boroughs of Hammersmith & Fulham and Kensington & Chelsea. Our services are primarily available to families on Income Support or receiving Tax Credits. We work with families, parents, carers, teenagers and children facing many different challenges including domestic violence, bereavement, divorce and separation, school exclusions, bullying and truancy, mental health concerns, parenting difficulties, resettlement trauma, substance misuse, experiences of abuse and racism. Also offer group work in schools and a schools counselling service. Services are available for children, teenagers, parents/carers, couples who are parents, families	
21	Woman's Trust	PO Box 70420, London	NW1Q 7QL	020 7034 0303/0304, <a href="mailto:admin@womanstrust.org.uk">admin@womanstrust.org.uk</a> , <a href="http://www.womanstrust.org.uk">www.womanstrust.org.uk</a>	Provides free confidential, independent support to women affected by domestic violence - whether in the past or present - in London. Also provide expert training to those in the public voluntary sector working with women and children affected by domestic violence in areas including housing, social services, children's services and health and provide one-to-one counselling and groups to all women aged 18+. All the services are free.	
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