

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES
1	Grove Resource Centre	1-9 St Mark's Road, London	W11 1RG	020 7313 6830, mhdayservicereferals@rbkc.gov.uk	Offers a variety of physical fitness programmes, computing, pottery, recovery groups, safe space (drop in), subsidised lunches, walking group, badminton & table tennis group, gardening and women's group
2	Miranda Barry Centre	Chamberlain House St Charles's Centre for Health and Wellbeing, London	W10 6DZ	020 8206 8626, chamberlainhouse@rbkc.gov.uk	To provide personal and individualised care for people with complex needs over 65. Midday meal and snacks available at subsidised prices. Lots of activities including art and craft classes, bingo, music and movement, sing-a-long, quizzes, poetry. Must be referred by a social worker/mental health team psychiatrist.
3	Kensington Day Centre	James Hill House, 198-200 Kensal Road	W10 5BS	020 7727 7337, www.octaviasupport.org.uk	Regular activities include pottery, gentle exercise classes, musical entertainment and karaoke. We also arrange special activities and courses for members, such as drama workshops where members work alongside local young people to develop a one-off performance based on their memories and experiences. They also provide a range of personal care services for members, including foot care and chiropody, hairdressing and assisted bathing.
4	Oremi Centre	Unit 3 Trellick Tower 5 Golborne Road, London	W10 5PA	020 8964 0033, malcolm.phillips@hestia.org	Mental health day centre offering outreach, advice and information and community development, African and Caribbean people and Arabic speakers who may be in need of mental health support services
5	St Cuthbert's Centre	Philbeach Hall 51 Philbeach Gardens Earl's Court, London	SW5 9EB	020 7835 1389, dropin@stcuthbertscentre.org.uk, www.stcuthbertscentre.org.uk	Open-door drop-in centre providing support for the homeless and all those who are marginalised and vulnerable in the Earl's Court and surrounding areas, No charge except for meals, snacks, teas and coffee, Isolated, lonely, marginalised, homeless people, rough sleepers, substance misuse, and those with mental health issues. Provides informal advice and information for those who are homeless and those who have suffered mental health problems, Organises counselling and training courses, free internet access
6	The Second Half Centre	St Charles Centre for Health and Wellbeing, Exmoor Street, London	W10 6DZ	0208 962 5500, www.thesecondhalfcentre.com	The Second Half Centre is a place where both men and women over the age of 50 come together and do things they enjoy in a dedicated space: from bridging the digital divide, learning new skills to get back to work, rediscovering the pleasures of old hobbies and finding new ones, exercising, and feeling involved through volunteering, mentoring and teaching. People from all socio economic groups, all races and religions from any borough are welcomed. Variety of classes and activities are available, please contact the centre for more information. The Second Half Centre is open Monday to Friday, 9:30am to 5:00pm. Membership is FREE
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