

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES	CQC WEEKLY REPORT
1	Age UK Kensington & Chelsea	Unit 24, 10 Acklam Road, London	W10 5QZ	020 8969 9105, www.ageuk.org.uk/kensingtonandchelsea	Provides a range of projects and services to promote health and well-being in later life. This includes the annual health fair, their innovative work around memory and dementia, volunteer schemes promoting healthy lifestyles and increasing confidence, and health events focused on conditions which affect older people	
2	Al Manaar, The Muslim Cultural Heritage Centre	244 Acklam Road, London	W10 5YG	020 8964 1496, info@mchc.org.uk, www.almanaar.org.uk	Support the development of healthier lifestyles to improve well-being and reduce isolation and fear for those who are 55 years of age and over, provides physical activities, health awareness and prevention talks on various health conditions such as mental health issues, eating healthily, breast cancer, prostate cancer, arthritis, diabetes, coronary heart disease, tuberculosis, passive smoking, depression, dementia, strategies for overcoming obesity and other major health issues	
3	Alzheimer's Disease Society			020 7423 3500	Information and support for anyone living with dementia including younger people with dementia	
4	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.	
5	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.	
6	Blenheim North Hub	1 East Row, London	W10 5AR	020 8896 0559, nkcdas@blenheimcdp.org.uk	Drug and Alcohol Services . Offer support to any adults over 18 in Kensington and Chelsea affected by any alcohol related issues. Support available for people resident in the area north of Holland Park Avenue/Notting Hill Gate. Free and confidential services provided such as counselling, relapse prevention group, needle exchange, testing & treatment for HIV, Hep.A,B,C, Sexual health advice and many more	
7	British Heart Foundation			0300 330 3311	Provide information and support about heart health	

8	Colville Health Centre Heart Support Group	51 Kensington Park Road, London	W11 1PA	Anna Forsyth: 020 7792 7730	Group is open to anyone with a heart condition including family and carers and aims to support healthier lifestyles	
9	Kensington & Chelsea Health Trainers	Earls Court Health & Wellbeing Centre, 2b Hogarth Road, London	SW5 0PT	020 7099 3333, kc@londonhealthtrainers.com	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.	
10	Kensington & Chelsea South CAPS Drug and Alcohol Services	69 Warwick Road, Earls Court, London	SW5 9HB	020 8746 5800, kccaps@nhs.net, www.cnwl.nhs.uk/service/kensington-chelsea-community-assessment-and-primary-service-caps	Offer support to any adults over 18 in Kensington and Chelsea affected by any alcohol related issues. Support available for people resident south of the area of Holland Park Avenue/Notting Hill Gate	
11	National Rheumatoid Arthritis Society's (NRAS)	Ground Floor, 4 The Switchback, Gardner Road, Maidenhead, Berkshire	SL6 7RJ	0800 298 7650 (freephone helpline), helpline@nras.org.uk	Provides support, information and advocacy for people with Rheumatoid Arthritis and Juvenile Idiopathic Arthritis, their families, friends and carers	
12	PARKINSON'S UK			0808 800 0303, www.parkinsons.org.uk	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.	
13	Pembridge Palliative Care Unit	St Charles Centre for Health and Wellbeing, Exmoor Street, London	W10 6DZ	020 8962 4406, www.cqc.org.uk/directory/RYXY2	Dementia, Diagnostic and/or screening services, Physical disabilities, Sensory impairments, Treatment of disease, disorder or injury, Caring for adults under 65 yrs. Services provided by Central London Community Healthcare NHS Trust.	January 2014 - http://www.cqc.org.uk/directory/RYXY2
14	RITEstart	Living Well CIC, St Charles Centre for Health and Wellbeing, Exmoor Street, London	W10 6DZ	020 31 373 373, info@livingwellcic.com	Offers a fun and interactive health and wellbeing programme that gives young people (age 13-25) the opportunity to explore the areas that are most important in their lives including relationships, identity, building confidence, sexuality, sexual health, emotional wellbeing and confidence to take control of important areas in your life - with a focus on goal setting, problem solving and action planning. The programme is flexible and can be built around the needs of the young people involved. Sessions can also co-facilitated by trained peer facilitators and they run all over Kensington and Chelsea at different locations.	
15	Stroke Association	Stroke Association House, 240 City Road, London	EC1V 2PR	Helpline: 020 7566 0300, info@stroke.org.uk	Provides information and support about stroke	
16	Tell It parents Action Group	21 Dart Street London	W10 4NA	tellitparentsactiongroup@hotmail.co.uk	Service run by local parents and residents aimed at increasing family well being. We run a weekly Drop -In service which supports parents and families with a range of issues and signpost our users to a number of local organisations & services. The service is aimed at local parents, families & residents who need support with parenting and family wellbeing	

					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: http://www.youtube.com/watch?v=txWaTeeVbao	
17	Well Happy App					
18	West London Action for Children	15 Gertrude Street, London	SW10 0JN	020 7352 1155, team@wlac.org.uk, wlac.org.uk	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	
19	Woman's Trust	PO Box 70420, London	NW1Q 7QL	020 7034 0303/0304, admin@womanstrust.org.uk, www.womanstrust.org.uk	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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