

NO:	NAME	ADDRESS	POST CODE	CONTACT DETAILS	SERVICES	CQC WEEKLY REPORT
1	Alzheimer's Disease Society			020 7423 3500	Information and support for anyone living with dementia including younger people with dementia	
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	Breathe Easy Westminster	Ada Court, 10-16 Maida Vale, London	W9 1TD	020 7834 0894, breatheasywestminster@talktalk.net, https://www.blf.org.uk/BreatheEasy/Detail/ Paddington	Breathe Easy groups provide support and information for people living with a lung condition, and for those who look after them. Groups achieve this by holding a regular meeting, usually monthly. People can meet and to talk to others, share their experiences and learn from each other. Regular speakers can also share information about living with their condition and coping with the emotional aspects of having a lung condition. They also raise awareness locally about lung conditions, their group and the BLF.	
5	British Heart Foundation			0300 330 3311	Provide information and support about heart health	
6	Henna Asian Women's Group	Abbey Community Centre, 222c Belsize Road, London	NW6 4DJ	020 7372 9860, raj@hennaorg.co.uk www.hennaorg.co.uk	It is a Women-Only community based organisation in Kilburn to support Asian women to overcome their isolation. Encourage ladies who are lonely due to language, cultural or health barriers to attend our women only services. Membership fees are £5.00 annually. Exercise classes are £1.00 per class. Provides Health Awareness, run three exercise classes a week and skill based classes where women can learn new skills, become healthier and make friends. Once confidence is built, support women to use external services to improve their life choices. We arrange home visits by volunteers who offer a service of friendship while connecting our older women to services. Advice service, offers one to one support on an appointment basis to our members on varied issues	

7	Migrants Resource Centre	24 Churton Street, London	SW1V 2LP	020 7834 2505, info@migrants.org.uk, www.migrantsresourcecentre.org.uk	Health Inclusion Project provides information, advice and support to migrants, refugees and asylum seekers to reduce inequalities in accessing health care services. These are the activities that we deliver through the project: Workshops in MRC and outreach locations on: how NHS system works; Explanation of Primary & Secondary care; How to register with a GP/dentist; rights & entitlements according to status; Healthy lifestyles workshops in partnership with other health service providers. 1:1 health services information & support - signposting and making referrals to relevant health service providers. Weekly in-house counselling in Spanish, Italian & English. Wellbeing activities such as yoga
8	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
9	North Westminster Drug and Alcohol Service	474 Harrow Road, London	W9 3RU	020 7266 6200, www.cnwl.nhs.uk/service/north-westminster-drug-and-alcohol-service	Provides a free confidential service for individuals and their families who are affected by drug and alcohol problems. Offer information, advice & support, Drop-in for assessment, needle exchange and harm reduction service
10	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.
11	South Westminster Drug & Alcohol Service	1st, 2nd & 3rd Floors, 32/32A Wardour Street, Soho, London	W1D 6QR	020 7287 8743, www.turning-point.co.uk/south-westminster	They provide a service for people requiring support around drug and alcohol issues, including specialist support such as one to one key work sessions, counselling and group work. They can also support people concerned about someone else's drug or alcohol issues.
12	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
13	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
14	The Gate@Westminster - Westminster Crisis Pregnancy Centre	The Gate, Citibase, Millbank Tower, London	SW1P 4QP	02072227770, www.thegatewestminster.org	The Gate at Westminster has been set up to provide support to women and men living or working in London who may be facing an unplanned pregnancy, or who are struggling emotionally due to a previous termination of pregnancy. The Gate offers free pregnancy testing, confidential one-to-one support regarding an unplanned pregnancy, pre & post abortion or following a miscarriage. They also offer a befriending service to provide emotional and practical support during an unplanned pregnancy.

					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	
15	Well Happy App					
16	Westminster Health Trainers	Living Well, St Charles Centre for Health and Wellbeing, Exmoor Street, London	W10 6DZ	020 7099 3333, westminster@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.	
17	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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