

Ealing Health and Social Care

Self-Help Directory

July 2017



Ealing Health and Social Care Self-Help Directory

Self-help is being recognised as an important part of the recovery and prevention of numerous health conditions. Many local groups in Ealing support people's health and wellbeing and offer routes to self-help. They provide invaluable support for people who may be newly diagnosed or living with long-term health conditions, and need advice on how to better manage their own health.

In any one borough there won't be a self-help group for every condition. But there are many national organisations for specific conditions who offer excellent free fact sheets, online information, or free telephone advice and counselling lines.

If you or a family member have been diagnosed with a health condition, it can be a real benefit to talk to or meet up with other people in similar circumstances. Long-term health conditions can also impact on other parts of life such as ability to work, travel, take part in social activities, and maintain self-confidence.

The Ealing Health Self-Help Directory is a resource for local people, their families and carers to find relevant groups that can provide support on physical and mental health issues, and related social needs. This Directory can also be used to signpost patients and service users who need additional help and practical advice above and beyond direct medical treatment. It is an excellent resource for professionals who regularly work with the public such as local GPs, GP Practice Managers, Community Nurses, Pharmacists, other health professionals, Care Coordinators and Care Navigators, Social Workers, Housing Workers, Ealing Council staff and local voluntary groups.

This directory is an online interactive document. Use the build-in links to navigate the document on screen, and use the Category index to help find what you are looking for. We recommend that you open the document in Adobe PDF Reader to ensure that the links work as intended.

The Directory is divided into three sections:

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All Groups Organised by Category	3-5
A-Z of Local Self-Help Groups (serving Ealing residents)	6-36
A-Z of National Health Support Groups	37-45

How to navigate this Directory

This is an interactive resource.

1. Scan through the Category lists on pages 3-5.
2. Click on the organisation name you are interested in. This will take you straight to the correct A-Z section for that record.
3. If you are looking for a particular word, press “Ctrl+F” to open a search box and type in your keyword to find it in the Directory.
4. If you are looking for a particular organisation or service, you don’t need to scroll through pages. Just click the first letter of the organisation name in the “Quick Section Search” at the start of the local and national sections to jump to that letter.

Feedback and updates

The Directory is intended as a living online document which can be updated over time. Contact details are correct at the time of publication (March 2016) but if you have any updates or know of additional support organisations which could usefully be added please email angela@ealingcvs.org.uk. Further information about Ealing CVS can be found at www.ealingcvs.org.uk. If you have general comments or suggestions on the Directory email angela@ealingcvs.org.uk

This directory has been produced by Ealing Community and Voluntary Service (ECVS). ECVS is the core local charity supporting voluntary and community groups in Ealing. We have over 800 local groups on our database. Through Ealing Community Network we support partnership work with Ealing Clinical Commissioning Group, Ealing Council, West London Mental Health Trust and other stakeholders. We have a dedicated Health Section on our website and a regular Health Bulletin eNews. We also run a busy Volunteer Centre supporting local people who wish to volunteer, either with local voluntary groups or within local health organisations. For more information on services provided by ECVS visit www.ealingcvs.org.uk.

We would like to thank Ealing Clinical Commissioning Group and Ealing Council for commissioning this practical self-help resource for local patients and residents, for NHS and Council staff, and for local voluntary groups.

Other support

This directory mainly covers community based organisations and self-help groups run by patients and services users themselves. Local public organisations also offer self-help services, for more information:

- **Ealing Council Adult Services:** Cath Attlee (Head of Integrated Commissioning, Ealing Council and Clinical Commissioning) attleec@ealing.gov.uk
- **Ealing Council Children and Young People:** Maggie Wilson (Head of Children’s Commissioning, Ealing CCG/London Borough of Ealing) wilsonm@ealing.gov.uk
- **NHS Ealing Clinical Commissioning Group:** Frances Horne (Head of Integration NHS Ealing Clinical Commissioning Group) frances.horne@nhs.net
- **Ealing Council Public Health:** Jackie Chin chinj@ealing.gov.uk
- **West London Mental Health Trust:** <http://www.wlmht.nhs.uk/service/single-point-access/>
- **CarePlace** is an online portal providing a wide range of information on local health and social care services www.careplace.org.uk
- **Ealing Children and Families Directory** www.ealingfamiliesdirectory.org.uk

All Groups Organised by Category

Use this section to help you navigate. **Local organisations** are in plain font, and **national organisations** are highlighted in bold and underlined.

Alcohol & Substance Misuse	Ealing Centre for Independent Living	<u>Young Epilepsy</u>	PACE
<p>Al-Anon (family support)</p> <p><u>Alcoholics Anonymous</u></p> <p><u>Battling Against Tranquillizers</u></p> <p>Cassiobury Court</p> <p>EACH Counselling and Support</p> <p><u>Frank</u></p> <p>Polish Support (drug & alcohol)</p> <p>RISE</p> <p>Smokefree Ealing</p>	<p><u>Ealing Parent and Carer Forum</u></p> <p><u>Ealing Specialist Advice Service (ESAS)</u></p> <p>Young Carers Project</p>	Counselling	<u>Scope (Children)</u>
Cancer	Children & Young People	<p>Asian Family Counselling Service</p> <p>Bereft Bereavement Support</p> <p>EACH Counselling and Support</p> <p>Ealing Abbey Counselling Service</p> <p>Hate Crime (True Vision)</p> <p>Relate Ealing</p> <p>Samaritans (Ealing)</p> <p>Victim Support (Ealing)</p> <p>The Jasmine Project</p>	Domestic Abuse
<p>Asian Cancer Support Group</p> <p><u>Haven (Breast Cancer)</u></p> <p><u>Leiomyosarcoma</u></p> <p><u>Leukaemia CARE</u></p> <p><u>Macmillan Cancer Support</u></p> <p><u>Marie Curie Cancer Care</u></p> <p><u>Mouth Cancer Foundation</u></p>	<p>Allergy Support Group</p> <p>Contact A Family Ealing and Southall</p> <p>Ealing HELP</p> <p>Family Action in ISAID</p> <p>Golden Opportunity Skills And Development (GOSAD)</p> <p>Home-Start Ealing</p>	Dementia	<p>Ealing Survivors Group</p> <p>Hate Crime (True Vision)</p> <p>Hestia Ealing Domestic Abuse Services</p>
Carers	<u>Kidscape</u>	<u>Alzheimer's Society</u>	<u>Kidscape</u>
<p>Ashra Asian Carers Project</p> <p>Carers Trust Thames</p> <p><u>Carers UK</u></p> <p>Ealing Carers Service</p>	Log Cabin	<u>Culture Dementia UK</u>	<p>Southall Black Sisters</p> <p><u>True Vision</u></p>
	Music Therapy Project	Disabilities	Ex-Offenders
	P.E.S.T.S	<p><u>Asian People with Disabilities</u></p>	Citizens Trust
	Safeguarding Project	<p>Ealing Centre for Independent Living</p> <p>Ealing Specialist Advice Service</p> <p>Ealing HELP</p> <p>Horn of Africa Disability and Elderly</p> <p>Log Cabin</p>	<u>Prison Advice and Care Trust</u>
	<u>Scope</u>		Families
	Somali Youth Helpline		<p>Ealing Parent & Carer Forum</p> <p>Family Action in ISAID</p> <p>Gingerbread</p> <p>Havelock Family Centre</p> <p>Parents Self-Help Training Scheme</p>
	United Anglo Caribbean Society		 <p>Click a name to quickly navigate</p>
	Uplift (raise self-esteem)		
	West London YMCA		
	Young Carers Project		
	Young Ealing		

<p>General Advice Services</p> <p>BMER Advice Centre for Armenian Information Citizens Trust Ealing Advice Service <u>Gingerbread</u> Havelock Family Centre Hate Crime (True Vision) Healthwatch (Ealing) <u>Irish Support and Advice Service</u> Lido Centre <u>Patients Association</u> <u>Poles in Need UK CIC</u> Victim Support (Ealing) <u>VoiceAbility Ealing</u></p>	<p>Healthy Walks Project <u>Hypnotherapy Directory</u> <u>Keyring Living Support Network</u> Lido Centre Mediation Service (Ealing) <u>National Childbirth Trust</u> Neighbourly Care PACE Pain Exchange Poles in Need UK Safeguarding Project Self-Management Programme <u>Sexual Health Support</u> Smokefree Ealing United Anglo Caribbean Society VCS Self Care Consortium Victim Support (Ealing) Volunteer Centre Ealing <u>West London Eating Disorder Service</u></p>	<p>Learning Disabilities</p> <p>Certitude Down Syndrome Group Ealing Mencap Impact Theatre Key Ring - Living Support Network Log Cabin Treat Me Right!</p> <p>LGBT</p> <p><u>Gender Trust</u> Hate Crime (True Vision) LGBT Youth Project Mosaic LGBT Older People (Opening Doors) <u>Opening Doors</u> Spectrum Support for Trans People</p>	<p><u>Rethink Mental Illness</u> The Forward Project in Ealing <u>Together Working for Wellbeing</u> Treat Me Right! Twining Enterprise VoiceAbility Ealing</p>
<p>Health & Wellbeing Support</p> <p>Asian Health Agency Cardiac Fitness Group Ealing Centre for Independent Living EASE Exercise Referral Scheme (Everyone Active) GLL (aka Better) Health and Wellbeing Hubs Health Champions (Ealing) Healthwatch (Ealing)</p>	<p>Improving Access</p> <p>Ealing Community Transport Healthwatch (Ealing) <u>Patients Association</u></p> <p>Homeless</p> <p>Acton Homeless Concern</p>	<p>Mental Health</p> <p>Action West London <u>Anxiety Alliance</u> <u>Bipolar UK</u> Certitude <u>Community Activities Project CAPE</u> <u>Depression UK</u> Ealing Mencap Mind in Ealing and Hounslow MindFood</p>	<p>Older People</p> <p>Age Link Age UK Ealing Armenian Senior Citizens Club East African Asian Senior Citizens Hanwell Neighbourly Care Horn of Africa Disability and Elderly People Association (HADEA) Mael Gael Project Neighbourly Care Regenerate-RISE <u>Silverline</u> Southall Day Centre United Anglo Caribbean Society Volunteer Link Scheme</p> <p>Pregnancy</p> <p>Choices Ealing <u>National Childbirth Trust</u></p>

Sensory Impairment	Headway (Brain Injury) ME - Network MESH <u>Meningitis Trust</u> <u>Motor Neurone Disease Association</u> MS - Ealing and District MS Society Parkinson's – Hanwell <u>Stroke Organisation</u> <u>Young Epilepsy Group</u>	<u>British Thyroid Foundation</u> <u>Keratoconus Self-Help</u> <u>Myasthenia Gravis Association</u> Pain Exchange <u>Parkinsons</u> <u>Sickle Cell and Thalassaemia</u> <u>Sickle Cell Society</u> <u>Thyroid Patient Advocacy Project</u> <u>West London Eating Disorder Service</u>
Sexual Health	Respiratory Conditions	Unemployed
Naz Project London <u>Sexual Advice Association</u> Sexual Health Support	<u>Asthma Society</u> <u>British Lung Foundation</u>	Action West London Twining Enterprise
SPECIFIC CONDITIONS	Gastric Conditions	Women
Blood Conditions	<u>Chron's and Colitis UK</u> ESSence (Ealing Stoma Support)	CAME Women and Girls Development Deaf and Hard of Hearing Women's Group Southall Black Sisters The Forward Project in Ealing (FGM)
Sickle Cell and Thalassaemia <u>Sickle Cell Society</u>	Skin Conditions	Uplift (raise self-esteem) West London Rape Crisis Centre Women's Directory (Ealing services) Women's Forum (Ealing)
Heart Conditions	<u>National Eczema Society</u> <u>Psoriasis Association</u>	
<u>British Heart Foundation</u> Cardiac Fitness Group Heartlink	Other Specific Conditions	
Neurological/Brain Conditions	<u>Anxiety Alliance</u> <u>Arthritis Care</u> Allergy Support Group <u>Asian People with Disabilities Alliance</u> <u>BEAT (eating disorders)</u> <u>Bipolar UK</u> <u>Diabetes UK</u>	
<u>Action for M.E</u> <u>Behind the Gray (Stroke)</u> <u>Epilepsy Action</u> Ealing Stroke Club		



Click a name
to quickly
navigate

Local Health Self-Help Groups

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A

Group	Description	Services	Location	Website & Contact
Action West London	Provides support for people with a wide range of health conditions to get back into employment.	Tailored one to one support and dedicated employment advisors.	16-18 Crown Street Acton W3 8SB	www.actionwestlondon.org.uk info@actionacton.com 020 8993 9605
Acton Homeless Concern	Drop-in day centre for the homeless.	Lunch, clothes and showers. Benefits and housing advice. GP, chiropody, optician and dentist. Alcohol and drug counselling.	1 Berrymead Gardens Acton W3 8AA	www.actonhomelessconcern.org actonhomelessconcern@yahoo.com 020 8992 5768
Age Link	Aim to eliminate loneliness among housebound elderly who do not live with their children or relations.	Monthly outings, senior citizens' parties and health clinics. summer day coach trips, lunch and entertainment.	9 Narborough Close Ickenham UB10 8TN	http://www.age-link.org info@age-link.org.uk rajbalraj16@gmail.com 01895 676689

Group	Description	Services	Location	Website & Contact
Age UK Ealing	Core local support group for older people.	<p>Information and advice on most subjects.</p> <p>Day Hubs offering lunch, exercise classes, arts and crafts, current affairs and social events for older people.</p> <p>Restore Plus is a service for people who need help regaining their confidence i.e. after coming out of hospital for a lengthy stay or who have lost their support network.</p>	<p>Greenford Community Centre, 170 Oldfield Lane South, Greenford UB6 9JU.</p> <p>Mondays, Wednesdays and Thursdays from 10.00am to 3.00pm</p>	<p>www.ageuk.org.uk/ealing</p> <p>reception@ageukealing.org.uk 020 8567 8017</p>
Al-Anon (Family Support)	Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.	Family groups share their own experience of living with alcoholism. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope.	Use the website to find nearest meeting	<p>www.al-anonuk.org.uk</p> <p>Helpline 020 7403 0888</p>
Alcoholics Anonymous	Provides support solely for the personal recovery and continued sobriety of individual alcoholics.	<p>Hosts AA meetings for recovering alcoholics, members tell their stories. You just turn up. There's no signing in, no money to pay, no appointment to make. There are no intrusive questions, no obligations.</p>	Various meetings located throughout Ealing. Please check website for details.	www.alcoholics-anonymous.org.uk
Allergy Support Group	Support for parents of food allergic children.	Meetings are held in an informal setting to enable parents to meet other parents, share experiences and useful tips, or ask allergy experts questions.	<p>7th Floor QEQM St Mary's Hospital Praed Street W2 1NY</p>	<p>Katherine Phillips 07749 475964</p>

Local Health Self-Help Groups

Group	Description	Services	Location	Website & Contact
Armenian Senior Citizens Club	The Senior Citizens Social Club is free to join and attend. It has over 150 members and hosts a variety of social, cultural and recreational activities. All Armenians over 50 are welcome. You do not have to be a member of the club to enjoy the facilities or the company of your peers.	The Club meets at Mill Hill Road, on Fridays: 12:30 – 16:00. Free transport can be arranged to the Centre for Armenian Information and Advice (CAIA).	Centre for Armenian Information and Advice (CAIA) 105a Mill Hill Road Acton W3 8JF	www.caia.org.uk info@caia.org.uk 0208 992 4621
Ashra Asian Carers Project	Provides respite care and support for Asian carers who look after older people and young adults with disabilities.	ASHRA provides flexible and culturally appropriate respite care service for Asian carers.	Dominion Centre, 112 The Green, Southall, Middlesex UB2 4BQ Contact by phone or email.	www.taha.org.uk/ ashra@taha.org.uk Mohammed Khurshid 020 8571 7928 07903 952841
Asian Cancer Support Group	Help cancer patients and their carers via telephone support, information and meetings. They also organise social activities and outings.	Meetings are held on the last Tuesday of each month. One-to-one meetings and telephone support is also available.	Dormers Wells Community Centre Dormers Wells Lane Southall UB1 3HX	Mon-Fri, 10:00 - 17:00 Saroy Sethi 0208 998 1216 07723 083007
Asian Family Counselling Service	Support group offering marital and family counselling to people from an Asian background.	Runs training courses in basic counselling skills, support groups and group therapy.	Suite 51 Windmill Place 2-4 Windmill Lane Southall UB2 4NJ	www.asianfamilycounselling.org afcs@btconnect.com 020 8571 3933 020 8813 9714
Asian Health Agency	Health support for the Asian community	Website contains information on services such as daycare, carer support and health education.	Contact by phone or email	www.taha.org.uk ashra@taha.org.uk 020 8571 7928

B

Group	Description	Services	Location	Website & Contact
Bereft Bereavement Support	Professional bereavement counselling and support for adults (over 16).	Counselling services. Weekdays throughout the day. Other venues available.	Studio 9, Hawco House 35 Horn Lane Acton W3 6NS Office hours Mondays: 15:30 – 17.30 Tuesdays: 12:30 - 17:30 Thursdays:13.30 – 16.30 Fridays: 09:00 – 13:30	www.bereftbereavementsupport.co.uk bereftbereavementsupport@hotmail.co.uk 020 8896 2800
BMER advice (Ealing Equality Council)	Provide advice and advocacy in both generalist and specialist areas.	Advice on debt, family, housing/tenancy, welfare and benefits, employment, immigration and general topics. Please ring to book an appointment	Lido Centre 63 Mattock Lane Ealing W13 9LA Opening hours: Monday to Friday 10.00 – 16.00	www.ealingequalitycouncil.org.uk enquiries@ealingrec.org.uk 020 8231 2575 020 8231 2576 020 8231 2550 0208 231 2574 020 8280 2255

C

Group	Description	Services	Location	Contact & Website
CAME Women and Girls Development Organisation	Organisation dedicated to improving the health and well-being of women in disadvantaged BMER communities.	Drop-in, advocacy, outreach and advice services.	Greenford Business Centre Station Approach Oldfield Lane North Greenford UB6 0AL	www.cawogido.co.uk cawogido@yahoo.co.uk 020 8422 3621 07931 873801

Group	Description	Services	Location	Contact & Website
Cardiac Fitness Group	A fitness group mainly for people who have heart conditions, their partners or people wanting to prevent heart disease.	All classes commence at 17.00 and finish about 18.15. Exercise classes are Monday and Thursday, Yoga is on Wednesday. To join, users need to be signed off by a GP, Cardiac Rehab, or contact organiser.	William Hobbayne Centre Lower Boston Road London W7 2NP	http://ecg.fitness Ian Renwick iangrenwick@gmail.com 07956 150200
Carers Trust Thames (Hillingdon/ West London)	Working with users to develop high quality care packages suitable for both the needs of the primary carer and the person being cared for.	All services are designed to promote independence, provide choice and increase mental and physical stimulation. They also run Ealing Carers Service	Key House 106 High St Yiewsley UB7 7BQ	www.carerstrustthames.org.uk info@carerstrustthames.org.uk 01895 258888
Cassiobury Court	Residential drug rehabilitation facility providing drug and alcohol detox programmes; also help with other addictions and compulsions such as gambling. Potential patients can be referred by GP's, psychiatrists or self-referred.	A dedicated staff team give support through all aspects of the addiction recovery programme, and needs are met in a dignified and respectful manner. Recovery programmes are offered for drug addiction and rehabilitation; alcoholism; eating disorders. Methods include rapid detox, psychotherapy, group therapy and stress management	Cassiobury Court, Richmond Drive, Watford Herts, WD17 3BH	http://www.cassioburycourt.com info@cassioburycourt.com Landline: 01923 804 139 Free Phone: 0800 500 3129
Centre for Armenian Information and Advice (CAIA)	Seeks to enhance the quality of life of Armenians, through the provision of welfare, educational and cultural services.	Advice on immigration issues and national asylum support services, accommodation, welfare and housing benefits, access to health services, domestic violence.	105a Mill Hill Road Acton W3 8JF	www.caia.org.uk info@caia.org.uk 0208 992 4621
Certitude	Ealing branch supporting people with learning disabilities and mental health needs.	Website has information on housing, activities and health.	3rd floor Westgate House Westgate Ealing, W5 1YY	www.certitude.org.uk info@supportforliving.org.uk 020 3397 3033

Group	Description	Services	Location	Contact & Website
Choices Ealing (Pregnancy)	Free, confidential, caring and practical response to women and their partners facing an unplanned pregnancy.	Free pregnancy testing, pregnancy crisis counselling, pre-abortion counselling, post-abortion counselling and adoption advice for birth mothers. No drop in service available at the moment: please ring for an appointment.	St Mary's Church St Mary's Road Ealing W5 5RH	www.pregnancychoicesdirectory.com choicesealing@sky.com 07597 377109.
Citizens Trust	Providers of Welfare to Work programmes for people from many different backgrounds, especially those who are hardest to reach.	Offers guidance and counselling on personal subjects such as debt, anger management, legal matters, advice on housing, benefits and healthcare. There are several specific programmes, including Second Chance which aims to address barriers faced by ex-offenders. Produce the 'Disability Times' newspaper.	1-2 Craven Road Ealing W5 2UA	www.thecitizenstrust.org.uk information@the-citizen.info 020 8566 1206
Community Activities Project Ealing (CAPE)	Ealing based group providing a range of services to people suffering from a mental illness.	Advice, advocacy drop in and outreach services. Group activities devised to increase and gain confidence, as well as general wellbeing.	239 a/b High Street Acton W3 9BY	www.c-a-p-e.co.uk sarah@capeproject.org.uk 020 8896 2552
Contact a Family Ealing and Southall	Charity for families with disabled children.	Information and support for parents and carers of disabled children and professionals working with families. Also one-to-one advice sessions for families. Please call to book an appointment. They also run support groups such as a carer's group and an Autism group for people in the area.	St. Georges Community Centre, 8-12 Lancaster Road, Southall, UB1 1NW	www.cafamily.org.uk ealingandsouthall@cafamily.org.uk 020 8571 6381

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D

Group	Description	Services	Location	Website & Contact
Deaf and Hard of Hearing Women's Group	Support and information for deaf and hard of hearing women and BSL language learners.	Voluntary group meets every Wednesday 10:30 - 13:30.	Ealing Centre for Independent Living Bayham Road W13 0TQ	http://deafwomenealing.org.uk https://www.facebook.com/Deaf-Women-Ealing-916451448380411/ deafwomenealing@hotmail.co.uk 07847 624905
Deafplus	Information and advice for deaf, hard of hearing, visually impaired and deaf/blind people.	Equipment assessment /home visits Information and advice given Assistance with form fillings e.g. benefits, housing benefits. Drop-in enquiries Mondays and Fridays: 10:00 - 13:00. Appointments available	Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.deafplus.org mary.hicks@deafplus.org sue.brown@deafplus.org charlie.kenny@deafplus.org 0208 280 2280 07772 842569 (text only)
Dementia Café	Offering a relaxed, friendly environment for those living with dementia or caring for someone with dementia. An opportunity for support, information and the sharing of experiences.	FREE Friday mornings (fortnightly) Join us for a cup of tea, coffee & refreshments. Dates for June—August 2017 Friday 30th June Friday 14th July Friday 28th July Friday 11th August Friday 25th August	Greenford Community Centre 170 Oldfield Lane South, Greenford, UB6 9JS	For information or if you would like to attend the café contact Age UK Ealing: Restoreplus.Coordinator@AGEUKEaling.org.uk 020 8578 2712
Dementia Concern	Core local group for people with dementia and their carers.	Assessment, advice and information, advocacy, day care, short breaks for carers, dementia cafes, carers' information evenings and Carer's Voice newsletter.	223 Windmill Road Ealing W5 4DJ	www.dementiaconcern.co.uk enquiries@dementiaconcern 020 8568 4448

Group	Description	Services	Location	Website & Contact
Down Syndrome Group (Ealing 21)	Support group for families with children who have Down Syndrome.	Four meetings each year for parents and their children to support, encourage, educate and socialise. If a parent is new to the group, or indeed new to having a child with Down Syndrome, they can meet separately to talk through issues.	Contact by phone or email.	www.ealinghelp.org.uk/Information/Local-Support-Groups/Detail/ArticleId/945/Ealing-21 020 8810 6224 Paola Nono 0777 9101097 paolanono@hotmail.com Samantha Hibbert 07971 610541 samanthalhibbert@gmail.com

E

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Group	Description	Services	Location	Website & Contact
EACH Counselling and Support	Offers specialist services to individuals and families to address their alcohol, drug, mental health and domestic violence concerns. See also The Jasmine Project	Provides culturally sensitive services to meet the needs of Black, Asian, Minority Ethnic and Refugee communities. Gender specific groups on alcohol, drugs and domestic violence are provided to Asian, Somali and Tamil women as well as on alcohol and drugs to Asian men.	Vine House 1 & 2 Factory Yard Hanwell W7 3UG	www.eachcounselling.org.uk info@eachcounselling.org.uk 020 8577 6059

Group	Description	Services	Location	Website & Contact
Ealing Abbey Counselling Service	Offers confidential, professional counselling help and support.	<p>Offers individual counselling / psychotherapy on a weekly basis for up to one year, from 8:00 – 21:00 Monday to Friday or on Saturday mornings.</p> <p>It is mostly a self-referral service but referral letter needed from community mental health team if service user in secondary care. Fees on a sliding scale from £5 to £35.</p> <p>They also provide a small psychosexual / relationship counselling service to couples and individuals</p>	<p>1A Montpelier Ave Ealing W5 2XP</p> <p>Office hours: Monday - Wednesday 08.30 - 13:00 Thursday 08.30 - 12:00</p> <p>Individual face to face assessments: Monday and Wednesday am/pm. Fee £10 - £20.</p>	<p>www.eacs.org.uk</p> <p>counselling@eacs.org.uk 020 8998 3361</p> <p>Fees are listed on the website, but check when making contact</p>
Ealing Advice Service	Tailored advice for residents of the London Borough of Ealing.	Website offering advice on housing, welfare benefits, debt, immigration, employment, mental health and community care, consumer, family and education.	Website only	<p>www.ealingadvice.org</p> <p>manager@ealingadvice.org</p>
Ealing (Middlesex) Association for the Blind	Support for the blind, partially sighted and deaf/blind.	<p>Offers home visits, information and advice, computer training, visual awareness training, and access to a resource centre.</p> <p>First Thursday of the month 10:00 - 13:00.</p>	<p>William Hobbayne Centre Lower Boston Road Hanwell W7 2HB (for other centres, see website)</p>	<p>www.aftb.org.uk</p> <p>karen@aftb.org.uk 07387 101631.</p>

Group	Description	Services	Location	Website & Contact
Ealing Carers Service	Provides information, advice and signposting for unpaid carers across Ealing	Very informative online Ealing Carers Servicer Calendar details what activities are running and how to sign up for them.	<p>Sycamore Lodge 1 Edgecote Close Acton, W3 8PH Monday to Friday 9am – 5pm</p> <p>Elm Lodge 4 Marley Close Greenford, UB6 9UG Wednesday and Friday 9am – 5pm</p>	<p>http://carerstrustthames.co.uk/ealing-carers-service/ info@carerstrustthames.org.uk ealingcs@carerstrustthames.org.uk 01494 568981.</p>
Ealing Centre for Independent Living (ECIL)	Core organisation supporting disabled people and carers of all types and of any age.	Provides advice, information and advocacy. Organises social events, courses and activities, campaigning and also manages ShopMobility.	1 Bayham Road West Ealing W13 0TQ	<p>www.ecil.org</p> <p>ecil@ecil.org 020 8840 8717</p>
Ealing Community Transport	Providing safe, accessible and affordable transport in local communities.	They offer transport for older and disabled people. Vehicles are fully wheelchair accessible and all drivers are trained to the nationally accredited MiDAS (Minibus Driver Awareness Scheme) standard.	Greenford Depot Greenford Road UB6 9AP	<p>www.ectcharity.co.uk/services/areas/ealing</p> <p>ealing@ectcharity.co.uk 020 8813 3210</p>
Ealing HELP	A website guide to all the services provided by Ealing Council for disabled children in the key areas of Health, Housing, Education and Social Services.	Website also has information on a single point of information with improved access to referral, assessment and appropriate interventions for children and young people with disabilities.	ESCAN Carmelita House 21–22 The Mall Ealing W5 2PJ	<p>www.ealinghelp.org.uk</p> <p>info@ealinghelp.org.uk 020 8580 0575</p>

Group	Description	Services	Location	Website & Contact
Ealing Mencap	Core local support group for people with learning difficulties and their carers.	Ealing Mencap run a range of projects to help people with learning disabilities and their carers. Runs a range of support groups. The website contains information on events and projects.	Enterprise Lodge Stockdove Way Greenford UB6 8TJ The Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.ealingmencap.org.uk info@ealingmencap.org.uk 020 8566 9575 020 8280 2285
Ealing Parent & Carer Forum	Support group for parents or carers of someone under the age of 25 who have a disability or additional need	Receive useful news and information. Share your views in surveys and focus groups at a level you are comfortable with.	Please see website.	www.epcf.org.uk info@epcf.org.uk
Ealing Social Club for the Blind	A social club for blind and partially sighted people who live in and around Ealing.	The club meets on the fourth Thursday of the month, from 19:00 – 21:30	Ealing Centre for Independent Living 1 Bayham Road London W13 0TQ	www.ealingscb.org karielifford@hotmail.com 020 8997 5642
Ealing Specialist Advice Service (ESAS)	Advice for people with additional needs. To qualify for support you need to be a carer or adult who lives in Ealing and has additional needs.	Free confidential advice and support on areas such as housing, benefits, employment, travel, disability right and health and social care advice. ESAS offers appointments in West Ealing and offers out-of-hours support Thursday evening and Saturday mornings. They also have advice surgeries in Northolt, Greenford, Action and Southall. Call to book an appointment.	Age UK Ealing 135 Uxbridge Road West Ealing W13 9AY Opening times: Monday 10:00am – 4:00pm Tuesday 10:00am – 4:00pm Wednesday closed all day Thursday 10:00am – 4:00pm Friday 10:00am – 1:00pm	www.ealingsas.org.uk info@ealingsas.org.uk 020 8579 8429 Text: 07837 189 733

Group	Description	Services	Location	Website & Contact
Ealing Stroke Club	Provides an opportunity for people who have had a stroke to have a chat and a bit of fun.	Puts on quizzes and word games, goes on occasional outings and lunches. Runs Mondays 10.30 -12.30. Monthly visits by professional actors and there is occasional musical entertainment.	St John's Church Hall Mattock Lane West Ealing W13 9LA	www.stroke.org.uk/finding-support/ealing-stroke-club johnhillman76@hotmail.com 020 8868 5941
Ealing Survivors Group	An educational/therapeutic group for women victims and survivors of domestic abuse.	Subjects covered are trauma & loss, anger, boundaries, relationships, self-esteem & assertion skills.	Northolt	https://www.ealingfamiliesdirectory.org.uk/kb/5/ealing/directory/service.page?id=zNS0w75Y5Mo Barbara Shears barbaras@blueyonder.co.uk 07842 117916
Ealing Talking Newspapers	Audio cassettes for blind and partially sighted people.	Weekly cassette of the Ealing Gazette and monthly Punjabi cassette taken from various Punjabi newspapers.	39 Broughton Road Ealing London W13 8QT	www.ealingtalkingnewspapers.org.uk post@ealingtalkingnewspapers.org.uk 020 8840 2313
EASE	Empowering Action and Social Esteem	Runs a range of healthy lifestyles, healthy eating and fitness activities for residents in and around Copley Close Estate, Hanwell.	Hanwell Community Centre Westcott Crescent Hanwell W7 1PD	www.easecharity.btck.co.uk michelle.bailey@empowering-action.org.uk reception@empowering-action.org.uk 0208 575 6139 07903 228 993
East African Asian Senior Citizens Association	Support group for older people of East African Asian heritage.	Meetings every Thursday 11:00 - 13:00 Also offers outings, day trips and welfare advice.	Dominion Arts Education Centre 112 The Green Southall UB2 4BQ	www.eaasca.co.uk contact via website

Group	Description	Services	Location	Website & Contact
ESSence (Ealing Stoma Support) Group	Support group for people who have had stoma surgery.	An Informal, friendly group of ostomates if you have an leostomy, colostomy or urostomy. Meetings are on the second Thursday of every other month from 10:00 – 12:00.	Cafe Rendezvous Horsenden Lane South Perivale UB6 7NT (next to Perivale Library)	Wendy 07717 335884
Exercise Referral Scheme (run by Everyone Active)	A 12 week tailor made package of exercise sessions, especially for people with, or at risk of developing health problems. Initial consultation fee: £10.00 Pay per month: £25.00 Paid in full for 12 weeks: £58.20 Additional payment options are available.	Qualified instructors will help identify a programme that you enjoy. No specialist clothing is needed, just loose comfortable clothing and a pair of flat shoes or trainers. For water based activity swimwear will also be required. To access the scheme, you need to have the support of a GP or other healthcare professional, who will contact us and then once a referral form is received, we will contact you for your first appointment.	Acton Centre Acton Town Hall High Street, W3 6NE 020 Tel:8825 9001 Southall Sports Centre Beaconsfield Road Southall, UB1 1DP Tel:020 8571 8871 Northolt Leisure Centre Eastcote Lane North, Northolt, UB5 4AB Tel: 020 8423 7436	https://www.everyoneactive.com/exercise-referral-ealing/ austinlumley@everyoneactive.com 07740 433240

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Group	Description	Services	Location	Website & Contact
Family Action in ISAID	Previously known as ContinYou Ealing Parent Partnership service. They now support families of young people up to age 25.	They can work directly with young people; give support on issues relating to (Special Education Needs Disabilities) and health or social care.	Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.family-action.org.uk/isaid isaidealing@family-action.org.uk 020 8280 2251

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Group	Description	Services	Location	Website & Contact
Gingerbread	Support group for lone parents including helpline, online forum and local friendship groups.	The Single Parent Helpline is open: Mondays: 10:00 - 18:00 Tuesdays, Thursdays, Fridays: 10:00 - 16:00 Wednesdays: 10:00 - 13:00 and 17:00 - 19:00. Provides Information on child maintenance, employment, education, welfare benefits, tax credits, housing and debt.	Use website to find nearest local group	www.gingerbread.org.uk 0808 802 0925
GLL (aka Better)	A charitable social enterprise, promoting healthy and active lifestyles by giving communities access to facilities and participation in a variety of sport, leisure and fitness facilities at a range of prices to suit every budget.	See website and links to each Leisure Centre to see what is offered. In addition, there are swimming lessons across Ealing through the Better Swim School for children to learn to swim in well-maintained pools. In addition to swimming lessons, we also run the 'Kids for a Quid' scheme that offers entry to swimming pools for children aged under 16 years old for just £1.00	Gurnell Leisure Centre Ruislip Road East Ealing W13 0AL Tel:020 8998 3241 Dormers Wells Leisure Centre Dormers Wells Lane Southall UB1 3HX Tel:020 8571 7207	http://www.gll.org/b2b http://www.better.org.uk 020 8317 5000 e/mail via website

Golden Opportunity Skills And Development (GOSAD)	GOSAD works with disadvantaged young people and adults in West London.	GOSAD aims to support the integration of young people and adults, in particular but not exclusively people from Black Minority Ethnic and Refugee communities	Resource Centre Featherstone Terrace Southall UB2 5AL	http://gosad.org.uk/ admin@gosad.org.uk 020 8571 9529
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Group	Description	Services	Location	Website & Contact
Hanwell Neighbourly Care	Offers support to older people in the Hanwell area.	Provide help in an emergency and encourage contact between people in need and those willing to help. We develop Pop-Ins to help maintain independence and nurture friendships among active older people.	Cuckoo Avenue Pop In Mondays 10.30 – 12.00 North Hanwell Baptist Church Hall, Cuckoo Ave, W7 1BN Hobbayne Centre Weds 10.00 – 12.00 Lower Boston Road, W7 3UA Boston Manor Friday 10.00 – 12.00 St Thomas' Church Hall, Boston Road, W7 2AD	www.hanwellncs.org.uk hanwellncs@googlemail.com 020 8813 1225 07969561042
Hate Crime (True Vision)	Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards that person's disability; race or ethnicity; religion or belief; sexual orientation; transgender identity	Hate crime can be committed against a person or property. A victim does not have to be a member of the group at which the hostility is targeted: anyone could be a victim. Hate crimes and incidents hurt; they can be confusing and frightening. By reporting them, you might prevent them happening to someone else.	The website has details of online reporting and very helpful information	http://report-it.org.uk IN AN EMERGENCY: call 999 or 112. If you cannot make voice calls, you can contact the 999 emergency services by SMS text from your mobile phone. See website for details of how to register for this service. Local police contact: Natalie Morris Natalie.Norris@met.pnn.police.uk 020 8721 7096

Group	Description	Services	Location	Website & Contact
Havelock Family Centre	Empowering individuals, families and communities. Southall organisation working on the Havelock Estate. Provides of a range of services including, advice, information, counselling, preventative work and practical support.	Specialises in providing culturally sensitive services to families. Staff and volunteers speak: Hindi, Punjabi, Urdu, Czech and Polish. Opening Times: Monday – Friday 9:30 - 16.30	Aleka House 10b Havelock Road Southall UB2 4PD	www.havelockfamilycentre.org.uk info@havelockfamilycentre.org.uk 020 8574 2443
Headway West London	A branch of Headway UK, the national brain injury charity. It is run by volunteers from a range of professional backgrounds as well as brain injury survivors and carers of injured survivors.	Monthly support group meetings are for any adult who has experienced brain injury, as well as their family members and friends. Daytime in Hammersmith, evening in Fulham Broadway.	Phone for details: leave a voicemail message and get a response on Monday, Tuesday or Thursday when the phone is monitored.	www.headwaywestlondon.org.uk info@headwaywestlondon.org.uk 07562 341 460

Group	Description	Services	Location	Website & Contact
Health and Wellbeing Hubs	Ealing Area Consortium has a network of area hubs across the borough with a range of public information about health issues, healthy lifestyle advice and local services.	<p>Information and advice on health and wellbeing; signposting to local services and activities; run outreach events on local estates; regular displays and notice boards at community venues. Also coordinate a range of activities including workshops, exercise sessions and healthy eating classes.</p> <p>Available to promote health messages and services to local residents and community groups.</p>	<p>Various locations around the borough. Contact your local area for details.</p>	<p>Acton Community Forum www.actonforum.org 020 8993 6158</p> <p>Greenford, Northolt and Perivale Community Federation www.gnpcommunityforum.org.uk info@gnpcommunityforum.org.uk Health activities zeina@gnpcommunityforum.org.uk Community Champions anne-marie@gnpcommunityforum.org.uk Director michael@gnpcommunityforum.org.uk</p> <p>Lido Centre (Ealing and Hanwell) www.lidocentre.org.uk Sasha Rhoden sasha@lidocentre.org.uk, 0208 280 2222</p> <p>Southall Community Alliance www.southallcommunityalliance.org 020 8574 8855</p> <p>Ealing CVS (general enquiries) www.ealingcvs.org.uk Angela Dodwell angela@ealingcvs.org.uk, 020 8280 2287</p>

Group	Description	Services	Location	Website & Contact
Health Champions (Ealing CVS)	Ealing CVS coordinates a network of volunteer Ealing Community Health Champions.	Help others to enjoy healthier lives. We support people to achieve a national certificate and hold regular Champions Briefings. Contact the service if you are interested to become a Health Champion.	Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.ealingcvs.org.uk/health/public-health/health-champions/ Samantha Stotland on 020 8280 2241 samantha@ealingcvs.org.uk .
Healthwatch (Ealing)	Independent consumer champion created to gather and represent the views of patients In Ealing.	Making sure that the views of the public and patients are taken into account at national, regional and local level.	Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.healthwatchealing.co.uk info@healthwatchealing.co.uk 020 8280 2276
Healthy Walks Project	Catering for walkers of all abilities.	Walks are arranged at different locations including: Northolt Fields, Gunnersbury Park, Southall Park, North Acton, Spikes Bridge Park, Perivale and South Acton.	Southall Town Hall 1 High Street Southall UB1 3HA	www.southallcommunityalliance.org southallcommunityalliance@hotmail.com 020 8574 8855
Heartlink	Heart Support Group consisting of Doctors and specialist who are involved in the Cardiac Rehabilitation Programme for patients suffering from heart ailments.	Heart Support Group Programmes and activities helping patients in their road to recovery/ support patients. First Thursday of the month.	Lecture Theatre Level 3 Ealing Hospital Uxbridge Road Southall UB1 3HW	020 8575 6119
Hestia Ealing Domestic Abuse Services	Ealing based branch supporting women, men and children suffering from domestic abuse.	Website contains free 24 hour helpline, forum and events calendar.	Correspondence: PO Box 68270 London W5 9LF	www.hestia.org rasheda.malcolm@hestia.org 020 8991 1007
Home Start Ealing	Support for families experiencing difficulties with at least one child under the age of five.	Trained volunteers visit families in their home once a week.	21 Cowings Mead Northolt UB5 5SA	www.homestartealing.org admin@homestartealing.org 020 8842 1617

Group	Description	Services	Location	Website & Contact
Horn of Africa Disability and Elderly Association (HADEA)	Empowering people from the Horn of Africa with disabilities and illness to assert their rights.	Provides a drop-in centre for Somali people with disabilities. Extended outreach services, including a home visiting, befriending service and referrals to other appropriate agencies.	Southall Community Alliance 10 High Street Southall UB1 3DA	hadeaoptions@gmail.com 020 8567 2268 07980 614391

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Group	Description	Services	Location	Website & Contact
Impact Theatre	Organisation involved in promoting a positive image of disability and to develop communication and self-confidence, though participation in performing and creative arts.	Conducting workshops/ short performances promoting disability arts and other projects and activities for adults with learning disabilities.	Ealing Central Sports Ground Horsenden Lane South Perivale UB6 8GP	www.impacttheatre.co.uk info@impacttheatre.co 020 8997 8979

J

Group	Description	Services	Location	Website & Contact
The Jasmine Project	Free and confidential women-only support Counselling and support	If you are a resident of Ealing, aged 18+ and are affected by any of the	EACH Ealing Vine House 1 & 2	http://www.eachcounselling.org.uk/help-and-information/how-we-can-

Local Health Self-Help Groups

groups for women to help build confidence and wellbeing There is a referral form on the website.	following issues the groups will cover: Domestic violence; Trauma; Mental health issues; Problematic drug & alcohol use; Building self-esteem; Dealing with anxiety & depression; Healthy relationships; Positive psychology; Mindfulness	Factory Yard, Hanwell W7 3UG	help-you/specialist-services-for-women jasmine@eachcounselling.org.uk 020 8579 4529
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Group	Description	Services	Location	Website & Contact
Key Ring - Living Support Network	Volunteer network supporting people with moderate learning disabilities to live independently	Website contains information on how to become a member.	Unit 21 St Olav's Court Lower Road London SE16 2XB	www.keyring.org enquiries@keyring.org 020 3119 0960

L

Group	Description	Services	Location	Website & Contact
LGBT Older People	Biggest provider of information and support services with and for	Monthly sessions in Ealing. Regular social and other activities, including men's, women's and mixed social events. Supports	Age UK Camden	www.openingdoorslondon.org.uk

Local Health Self-Help Groups

Group	Description	Services	Location	Website & Contact
(Opening Doors London)	older Lesbian, Gay, Bisexual and Transgender (OLGBT) people in the UK.	older LGBT people to find practical help and appropriate services. LGBT volunteers to provide befriending to older LGBT people.	Tavis House 1-6 Tavistock Square WC1H 9NA	Info@openingdoorslondon.org.uk 020 7239 0400
LGBT Youth Project Mosaic	Friendly youth centre offering specialist services to LGBT people aged 19 and under.	Provides a Youth Club to meet other LGBT young people. A Summer Camp offering a week away filled with great fun packed activities. Events: LGBT Youth Prom, Winter ball and trips to theatre and cinema. Mentoring to address any issues. Bullying advice and guidance.	Ealing branch is in Hanwell - please contact them for address as it is withheld for security reasons.	www.mosaicyouth.org.uk Info@mosaicyouth.org.uk 07550 124 393 0800 161 5428
Lido Centre	Core base for Ealing charities; working closely with local community organisations.	Key base for many key health organisations in Ealing. Runs a wide range of health outreach activities, affordable meeting, training and interview rooms for both voluntary groups and public sector organisations.	Lido Centre 63 Mattock Lane London W13 9LA	www.lidocentre.org.uk info@lidocentre.org.uk 020 8280 2222
Log Cabin	Ealing centre offering respite care for families of children and young people with disabilities and additional needs.	The website contains information on registering your child and upcoming events.	259 Northfield Avenue London W5 4UA	www.logcabin.org.uk info@logcabin.org.uk 020 8840 3400

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Group	Description	Services	Location	Website & Contact
Mael Gael Project	An elderly and youth project serving all sections of the community, working to build social cohesion through mutual support and enrichment of cultural traditions.	Day centres, walk in advice services and group activities. Elderly projects cater for senior men and women of varying religious and cultural backgrounds. Cookery, light exercise, yoga, computer literacy, wrestling and English classes. See website for full schedule	Norwood Hall, Norwood Green Road, Southall. Middlesex. UB2 4LA	maelgael.org info@maelgael.org 020 8571 6888 Daljit Singh Grewal 0773 3105020.
ME - Network MESH	Support group for people and families affected by myalgic encephalopathy (ME) and chronic fatigue syndrome in West London.	Quarterly newsletter and regular social meetings	9 Priory Avenue Chiswick W4 1TX	www.networkmeshwl.org.uk Tony@networkmeshwl.org.uk 020 8400 1904 (weekdays) 020 8994 0989 (evenings and weekends)
Mediation Service (Ealing)	Support group for people involved in community disputes.	Covering disputes between neighbours, tenants and landlords and the public and organisations.	Room 17 Greenford Community Centre 170 Oldfield Lane South Greenford UB6 9JS	www.ealingmediation.org.uk admin@ealingmediation.org.uk 020 8575 9500

Group	Description	Services	Location	Website & Contact
Mind in Ealing and Hounslow	Promoting good mental health in the local community and empowering people to lead independent lives through raising awareness and through advocating for change.	Community and In Patient Advocacy support people in addressing their concerns, asserting their rights and helping them gain access to health, legal and social care services The Lotus Centre is a day centre for people with mental health problems. Pathways provides independent and impartial information, advice and signposting service for mental health users transferring from Secondary Mental Health Services to Primary care services (GPs). It is a One-Stop-Shop providing a range of support such as: welfare benefit, housing, debt management, peer support and access to other support services.	48 Hartington Road Southall UB2 5AX	www.mind-eh.org.uk info@mind-eh.org.uk 020 8571 7454 e/mail or phone for a booklet with more information and up to date individual contact details
MindFood	An ecotherapy social enterprise based in Ealing supporting people from West London with mental health issues such as depression and anxiety to improve their wellbeing through growing and selling food.	We offer a range of nature-based, therapeutic courses that help people to manage and improve their wellbeing: we equip people with practical skills in how to grow food and horticulture; we provide opportunities to build new social connections and social capital through our courses and through selling our 'good mood food' at farmers markets	Growing site address: Cleveley Crescent Allotments, Ealing, W5 1DZ Postal address: 1 Rosemont Road London W3 9LT	www.mindfood.org.uk info@mindfood.org.uk 020 8571 7454

Group	Description	Services	Location	Website & Contact
Mind Hoarding Project	Ealing and Hounslow Mind Hoarding Peer Support which aims to support residents of the boroughs to overcome hoarding disorder and also to improve the general wellbeing of those affected by hoarding disorder	Bi-monthly peer support groups run by facilitator Bi-monthly one-to-one telephone support for group members (facilitator, volunteers, peers) Declutter action plans developed with facilitator support Declutter buddies to provide one-to-one practical and emotional support	48 Hartington Road Southall, Middlesex UB2 5AX	https://www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding ssmith@mind-eh.org.uk 0208 571 7454 0208 745 3380 (direct line)
Motor Neurone Disease Association	Website with helpline and information on Motor Neurone Disease	West London branch provides practical help and support.	Contact by phone or e/mail	www.mndassociation.org mandyjgarnett@hotmail.co.uk 020 8971 2104
MS - Ealing and District MS Society	Help and support to people with Multiple Sclerosis (MS).	There are funds available for mobility aids, counselling sessions, respite care or whatever might assist someone with MS.	Contact by phone or email.	www.mssociety.org.uk ealingsupport@mssociety.org.uk Judy Veasey 0208 579 4385 07564 413481
Music Therapy Project (Ealing)	Provides a music therapy service to children who have special needs or any emotional difficulty.	Website contains information on services being offered.	149a Argyle Road Ealing London W13 0DB	www.ealingmusictherapy.org whadcoat@ntlworld.com 020 8248 2258

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Group	Description	Services	Location	Website & Contact
Naz Project London	A support group providing sexual health and HIV prevention services to Black, Asian and Minority Ethnic (BAME) communities in London.	The project provides sexual health services, including HIV testing; we support people living with HIV; and people who are LGBT (regardless of status). Counselling is offered for any sexual health, sexuality or relationship issue.	30 Blacks Road Hammersmith London W6 9DT	www.naz.org.uk naz@naz.org.uk 020 8741 1879
Neighbourly Care	Support centre for older people in West London.	Services include monthly social outings. Healthy living advice, discussions and exercise classes, such as Yoga. A volunteer led befriending service English language and literacy classes and access to computers and internet.	330-332 Ruislip Rd Northolt UB5 6BG	www.neighbourlycare.org.uk nc.southall@btinternet.com 020 8571 1929

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Group	Description	Services	Location	Website & Contact
PACE	Physical, social and leisure activities for young disabled people.	Using a wide range of adapted multi-sport and leisure activities as a means of challenging social exclusion and isolation, experienced by many disabled people when they leave school.	Havelock Community Centre Trubshaw Road Southall UB2 4XW	www.pacezone.org.uk sunil@pacezone.org.uk info@pacezone.org.uk 07983 392223
Pain Exchange	Aims to support people suffering from long term chronic pain.	Organises group services, activities and exercise based programme alongside advice on nutrition, links to social benefit etc. for people who suffer from chronic pain thereby providing low cost intervention solutions.	The Church of St Dunstan's with St Thomas Friars Place Lane Acton W3 7AW	https://www.facebook.com/thepainexchange/ http://www.thepainexchangeteam.org.uk/ admin@painexchangeteam.org.uk 020 8740 1383

Local Health Self-Help Groups

Group	Description	Services	Location	Website & Contact
Parents of Ealing Self-Help Training Scheme (P.E.S.T.S)	Support group for parents and children with additional needs.	Play and support group. Activities are led by an experienced and qualified Play Leader. Activity / play session every Tuesday and Friday in school term time from 10:30 - 12:30.	Windmill Children's Centre Windmill Lane Greenford UB6 9DZ	www.pests-ealing.org.uk info@pests-ealing.org.uk Joy Barton Project Manager 0208 571 9954 outreach@pests-ealing.org.uk Outreach Support Line 07914 311298
Parkinson's – Hanwell	Hanwell support group for people with Parkinson's.	Offering information, friendship and support to local people with Parkinson's, their families and carers. There are two exercise classes as well as Tai Chi and Pilates; Wellbeing Dance classes at the Arts Educational School and younger people's coffee mornings. Branch meetings are held on the second Friday of each month.	William Hobbayne Centre Lower Boston Road London W7 2NP	www.parkinsons.org.uk/local-support-groups/regions/london/hanwell-support-group vc.south4@parkinsons.org.uk Marilena Ricciardi, Volunteer Co-ordinator 0344 225 3704
Poles in Need UK CIC	Help and support for Polish people living in Ealing.	Consultations; wide range of leaflets of UK's and Polish organisations providing help and support (e.g. addictions, parenting challenges, domestic violence, racism, hate crime, emotional struggles)	238-246 King Street W6 0RF	www.pinuk.online info@pinuk.online 07976838571

R

Group	Description	Services	Location	Website & Contact
Regenerate-RISE	Regenerate-RISE support older people in Greenford, Northolt and Perivale.	Services include lunches, outings, activities, pastoral and practical support, outreach, hospital and home visiting.	Northolt Park Baptist Church Eastcote Lane Northolt UB5 4HN	www.regenerate-rise.co.uk ealing@regenerate-rise.co.uk Julie Nevitt 020 3302 1540
Relate Ealing	UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships.	Relationship Counselling Family Counselling Sex Therapy Children and Young People's Counselling Mediation. Opening times for enquiries: Monday to Thursday: 08.00 – 22.00 Friday 08:00 – 18:00 Saturday: 08:00 – 17:00	St Andrew's Centre Mount Park Road Ealing W5 2RP	www.relatelondonnw.org.uk info@relatelondonnw.org.uk 020 8427 8694 Mediation appointments: 020 8427 2076
RISE	RISE is an integrated drug and alcohol treatment and recovery service which offers a wide range of pharmacological and psychosocial interventions to Ealing residents 18 years and over, with drug and alcohol related issues.	Offers range of confidential advice and a range of intensive community based support, treatment and rehabilitation services.	Two locations: Central Hub: 99-103 Broadway West Ealing W13 9PB West Hub: 3-4 Featherstone Terrace Southall UB2 5AL	www.ealingrise.org.uk ealing@cgl.org.uk 0800 195 8100 020 8567 4772 020 8843 5900

S

Group	Description	Services	Location	Website & Contact
Safeguarding Project	Support, advice and training on safeguarding children.	Safeguarding guidance and law, children in specific circumstances, safe recruitment and disclosure, training events.	Lido Centre 63 Mattock Lane London W13 9LA	www.ealingcvs.org.uk/safeguarding jaspal@ealingcvs.org.uk 020 8280 2235
Samaritans (Ealing)	A 24-hour helpline for people experiencing emotional distress, despair or feeling suicidal.	Usual hours for callers at the door: Mondays: 10am - 9pm Tuesdays: 10am - 9pm Wednesdays: 10am - 3.30pm and 7pm - 9pm Thursdays: 10am - 9pm Fridays: 10am - 3.30pm and 7pm - 9pm Saturdays: 11am - 6.30pm Sundays: 11am - 2.30pm and 5pm - 9pm	26 Junction Road Ealing W5 4XL	www.samaritans.org/branches/samaritans-ealing-branch jo@samaritans.org 020 8560 2345 (local) 116 123 (free of charge)
Self-Management Programme (Ealing)	Self-management programme for people living with long term conditions.	Programmes are made up of six weekly sessions each lasting about 2½ hours. All facilitators are themselves living with long term conditions.	For further information and to book your free place on a programme contact Deamion.	For further information and to book your free place on a programme contact Deamion: deamion@livingwellcic.com 020 3137 3373
Sexual Health Support	Signposting to the Ealing Council page for information about a range of services.	Services cover a range of sexual health information and advice, contraception, STI testing, and HIV and AIDS support.	Can be found on the individual websites.	https://www.ealing.gov.uk/info/201202/healthy_lifestyles/1851/sexual_health
Sickle Cell and Thalassaemia	Support group for sufferers and carers of people with Sickle Cell and Thalassaemia.	The teams consist of specialist hospital and community based nurses, doctors and psychologists.	Ruskin Hall 16 Church Road Acton W3 8PP	www.ehfsicklecellsupportgroup.org ehfsicklecellsupportgroup@hotmail.co.uk 07932 236544

Group	Description	Services	Location	Website & Contact
Smokefree Ealing (now known as OneYouEaling)	Free local service offering advice and support for those who wish to quit smoking.	Trained advisors across the borough of Ealing who are available at different locations and times of day. They also speak a variety of different languages.	14A Alexandria Road West Ealing London W13 0NR	http://oneyouealing.org/smoking oneyouealing@nhs.net 0300 456 0556
Somali Youth Helpline	Support for vulnerable people, mainly among the Somali community and also from the Arabian and Pakistani communities.	Counselling, Mentoring, Job skills training, Art therapy, healthy eating, Somali/Arabic language classes and day trips to places of interest. Drop in sessions and one-to-one counselling and mentoring. Partnered with a training providing company to facilitate courses such as Health and Social Care, Security Guard, Teacher Assistant and Child Minding/Care.	The Resource Centre 18 Featherstone Terrace Southall UB2 5AL	www.syhelpline.org.uk syhelpline@gmail.com Office: 02030922946 Mobile: 07985121054
Southall Black Sisters	Southall based support group providing a range of advice and support services to black and minority women.	Specialist advice on gender-related issues such as domestic violence, sexual violence, forced marriage, honour killings and their intersection with the criminal justice, immigration and asylum systems, health, welfare rights, homelessness and poverty.	21 Avenue Road Southall UB1 3BL	www.southallblacksisters.org.uk info@southallblacksisters.co.uk Helpline: 0208 571 0800 General Enquiries: 020 8571 9595
Southall Day Centre	Day centre for older people in Southall.	Provide a range of activities including group discussions and seminars, keep fit classes, cultural events and excursions.	20 Western Road Southall UB2 5DS	www.chg.org.uk/residents/supporting-communities/southall-day-centre/ sdc.info@chg.org.uk 020 8574 0902

Group	Description	Services	Location	Website & Contact
Spectrum Support for Trans People	Spectrum's designated Trans Outreach Workers run a monthly group for trans people in West London to meet others in a safe and relaxed setting.	Each session includes social time and an activity. Activities have included make-up demonstrations from, short film screenings, topical discussions, presentations from local agencies etc. The Spectrum Trans Drop-in Group takes place on the last Friday of every month (except in December when the group meets a week earlier).	Contact by phone or email.	www.spectrum.support info@spectrum.support ellis@spectrum.support 0800 587 8302 020 3322 6920

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Group	Description	Services	Location	Website & Contact
The Forward Project in Ealing	Working primarily with women and girls of the African diaspora communities to tackle the practice of FGM in the UK through community engagement, youth activism and advocacy.	If you, or someone you know is at risk of FGM or has been affected by FGM contact us for information on services and one-to-one support. We are open Monday to Friday 9:30 am to 5:30 pm.	Suite 2.1 Chandelier Building 8 Scrubs Lane London NW10 6RB	http://forwarduk.org.uk/ For support: support@forwarduk.org.uk 0208 960 4000, extension 1 07834 168 141 For general enquiries: forward@forwarduk.org.uk 020 8960 4000
Treat Me Right!	Aim to improve health services for patients (adults) with learning disabilities.	Provides training and advice to health professionals, to help them communicate more successfully with patients with learning disabilities, and support them to make reasonable adjustments within a variety of health care settings.	3rd floor, Westgate House, Westgate, Ealing, W5 1YY	www.certitude.org.uk treatmeright@certitude.org.uk 020 3397 3033

Group	Description	Services	Location	Website & Contact
Twining Enterprise	Twining provides a range of services in to meet the differing of local residents, with mental health issues.	They offer confidential one-to-one meetings with an Employment Advisor and a series of employment workshops. They cover everything from writing a great CV to issues around disclosing a mental health problem at work.	Twining Enterprise 84 Uxbridge Road Ealing W13 8RA	www.twiningenterprise.org.uk info@twiningenterprise.org.uk 020 8840 8833

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Group	Description	Services	Location	Website & Contact
United Anglo Caribbean Society	Aims to improve the quality of Black African Caribbean life by offering advice/ support services.	Organises lunch, social meets and activities thereby providing support for young homeless people and the elderly.	George Doyley House 66-68 West End Road Southall UB1 1JL	georgedoyley@onetel.com 020 8843 1147 07718152671
Uplift	Uplift Course aims to raise self-esteem, helping people to understand themselves and their behaviour in a positive way.	All women can benefit from the course which runs in schools in the Ealing area. Along with the Adult Uplift there is also a course for children.	Contact by phone or email.	www.easecharity.btck.co.uk administrator@empowering-action.org.uk 020 8575 6139

V

Group	Description	Services	Location	Website & Contact
VCS Self Care Consortium	A partnership led by Southall Community Alliance involving local area hubs and Ealing CVS. Supports local people to access self-care information and take control of their health.	Works through local networks and health services to raise awareness of actions and services residents can use to look after their health and wellbeing. Aims to help local people stay fit and well, live independently and manage any long term health conditions. Also aims to up-skill community groups to support their service users on self-care.	A range of locations around the borough. Southall Community Alliance 10 High St Southall UB1 3DA	http://www.ealingcvs.org.uk/health/wellbeing-life/understanding-self-care-life/ janpal1967@hotmail.com 020 8574 8855
Victim Support (Ealing)	Trained volunteers and staff offer emotional support and practical help with difficulties arising from crime.	If you've reported a crime to the police you will hear from Victim Support, unless you have asked the police not to pass your details on, you can change your mind and contact them anytime. You don't have to report a crime to the police to get help. The crime that affected you doesn't have to be recent. Victim Support is an independent charity so you can talk to them confidentially.	Divisional office: 1 Morland Gardens NW10 8DY No office in Ealing, but outreach sites to see clients.	www.victimsupport.org.uk Victoria.harding@victimsupport.org.uk 0208 965 1141
VoiceAbility Ealing	Two services provided for Ealing: NHS Complaints Advocacy and Care Act Advocacy	The NHS Complaints Advocacy Service is a free and independent service that can help you make a complaint about local NHS services. Our dedicated website has a wide range of information to support you to make an NHS complaint by yourself. If you decide that you need more, VoiceAbility advocates can work with you to ensure you understand your options and help you to achieve the outcome you are seeking. You can ask for an advocate to assist you at any point in your complaint.	Postal address only: VoiceAbility, Suite 100G, Crown House, North Circular Road, London, NW10 7PN	www.voiceability.org www.nhscomplaintsadvocacy.org nhscomplaints@voiceability.org NHS Complaints Advocacy helpline: 0300 330 5454 (Mon-Fri, 9am-5pm).
VoiceAbility Ealing	Two services provided for Ealing: NHS Complaints Advocacy and Care Act Advocacy	Care Act Advocacy is for anyone who needs help to be involved in decisions about care needs. If you do not have any appropriate family or friends who can support you, you may be eligible for an independent advocate who is available to support you to plan for	Postal address only: VoiceAbility,	www.voiceability.org

Group	Description	Services	Location	Website & Contact
		and be involved in your care needs assessments, including self-assessments; Care and support planning; Care and support reviews; Safeguarding enquiries; Safeguarding adult reviews (previously known as serious case reviews). They will help you make your own decisions, support you to understand the care and support process you will be involved in and tell others about your wishes and feelings in discussions about your future care and support needs. Referral is required.	Suite 100G, Crown House, North Circular Road, London, NW10 7PN	careadvocacy@voiceability.org 0300 330 0642 Referrals: Speak directly with the Social Care Team to determine if a referral should be made to the advocacy service. Ealing's Social Care Team can be contacted at Adult Social Services 0208 825 8000
Volunteer Centre Ealing	Supports local residents to volunteer and local organisations, community groups and public sector partners to recruit new volunteers.	Volunteering can be very flexible and depending on your interests, time and skills, there are hundreds of different charities and community groups in Ealing. From being a befriender, to helping with administration there is a wide range of activities to suit you – from full-time volunteering to one-off activities.	Ealing CVS The Lido Centre 63 Mattock Lane West Ealing W13 9LA	www.ealingcvs.org.uk/volunteering volunteering@ealingcvs.org.uk 0800 652 3183
Volunteer Link Scheme	Links trained volunteer befrienders with isolated and housebound older people living across the borough of Ealing.	Volunteers make weekly social visits providing one to one support and help to alleviate severe loneliness that many isolated people experience.	Boundary House Boston Manor Road London W7 2QE	www.volunteerlink.org.uk befriending@volunteerlink.org.uk 020 8434 3635

W

Group	Description	Services	Location	Website & Contact
West London Eating Disorder Service	Specialist outpatient service which offers assessment, treatment and monitoring for people aged 18 and over with conditions such as anorexia nervosa, bulimia nervosa and binge eating disorder.	When you are referred to the service, we meet with you to make an assessment, and then give you and your doctor a detailed report with recommendations for treatment. We use different types of therapy depending on each patient's symptoms and individual needs. We accept referrals from GPs, psychiatrists and other mental health professionals.	South East House St Bernard's Hospital Uxbridge Road Southall UB1 3EU	http://www.wlmht.nhs.uk/service/eating-disorder-service wlm-tr.eatingdisorders@nhs.net 020 8354 8745
West London Rape Crisis Centre	Women and Girls Network (WGN) supports women and girls across London affected by gendered violence. WGN providing free specialist counselling /advice service for women (aged 14+) that have experienced recent or historic sexual violence.	Services include therapeutic and a holistic range of integrated services for women with experiences of sexual violence. Specialist support: individual counselling with a female therapist, group work, young women's workshops, body therapies, ISVA and young women's advocacy, specialist advice and helpline.	PO Box 56663 Ealing W13 3BJ See website for times that phone lines are open	www.wgn.org.uk Advice Line 0808 801 0660 Sexual Violence Helpline 0808 801 0770 West London Rape Crisis Centre rcc@wgn.org.uk 020 8567 7347 Main office info@wgn.org.uk 020 7610 4678
West London YMCA	Housing and support to vulnerable young people facing homelessness	Supported housing projects, youth programmes, training and life skills, children's activity classes and nursery, adult fitness, and a community café. Aim to give young people practical support to help them achieve their full potential.	25 St. Mary's Rd Ealing W5 5RE	www.westlondonymca.org enquiries@londonymca.org 0208 832 1500
Women's Directory (Ealing services)	A valuable directory listing national and regional organisations where professionals and residents can access services.	Information about services and support for women on a range of issues including domestic violence, female genital mutilation (FGM), housing, personal development, and women's empowerment.	Online resource	http://gnpcommunityforum.org.uk/womens-directory

Women's Forum (Ealing)	Bringing together Ealing based organisations supporting women and girls.	Forum to support local organisations working with women and girls. Produced the Ealing Directory of Services for Women and Girls (see above) Chairperson: Sam Llewellyn	http://gnpcommunityforum.org.uk/womens-forum/ samllewellyn@me.com 07702 116594
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Group	Description	Services	Location	Website & Contact
Young Carers Project	A support group for young carers living in Ealing, offering respite activities, including days out, advocacy and regular meetings.	This group includes children and young people who care for parents or siblings who suffer from chronic illness or disability.	37 Half Acre Half Acre House Brentford TW8 8BH	www.brentfordfcst.com ksobczak@brentfordfcst.com Kathryn Sobczak 020 8326 7044
Young Ealing	Designed for young people in Ealing aged 13-19 years and up to 25 years for those with additional needs, services to empower and inspire young people to make positive life choices.	Opportunities for young people to gain new skills and qualifications; have a say in issues affecting them; get advice and support to prepare for the future; have fun and make friends	See website for details of locations throughout the borough	http://www.youngealing.co.uk youngealing@ealing.gov.uk 020 8825 5777

National Health Support Groups

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For a more extensive list of national organisations please look at the [NHS Choices](#) website.

A

Group	Description	Contact	Website
Action for M.E	Website for people who suffer with ME including information and an online forum.	admin@actionforme.org.uk 0117 927 9551	www.actionforme.org.uk
Alcoholics Anonymous	Website and helpline for people with a drinking problem, including information on finding a local meeting group.	help@aamail.org 0800 9177 650	www.alcoholics-anonymous.org.uk
Alzheimer's Society	Alzheimer's Society staff and volunteers provide both local information and over 2,000 services across England, Wales and Northern Ireland to people affected by dementia.	enquiries@alzheimers.org.uk 0300 222 1122	www.alzheimers.org.uk
Anxiety Alliance	Website and helpline for people who suffer from anxiety.	harris835@btinternet.com 0845 296 7877	www.anxietyalliance.org.uk
Arthritis Care	Website and helpline with information and support for people with arthritis.	info@arthritiscare.org.uk 0808 800 4050	www.arthritiscare.org.uk
Asian People with Disabilities Alliance	Support group for people of Asian heritage who care for those with disabilities including physical, visual, hearing, mobility, social difficulty, learning difficulty, depression and age related disabilities. Support includes home visits.	info@apda.org 020 8459 1030	www.apda.org.uk
Asthma Society	Website and helpline with information and support for asthma sufferers.	info@asthma.org.uk 0300 222 5800	www.asthma.org.uk

B

Group	Description	Contact	Website
Battling Against Tranquillizers	Provides advice, support and counselling to people with substance misuse issues.	support@bataid.org 0844 826 9317	www.bataid.org
BEAT	Website and helpline with information and support for people with eating disorders.	help@b-eat.co.uk 0808 801 0677 Youthline fyp@b-eat.co.uk 0808 801 0711	www.b-eat.co.uk
Behind the Gray	Website with forum and information for people who have suffered from a stroke or subarachnoid haemorrhage.	mail@behindthegray.net	www.behindthegray.net
Bipolar UK	Website with information and support for people with bipolar disorder and manic depression.	info@bipolaruk.org.uk 0333 323 3880 Youthline youth@bipolaruk.org 0333 323 4459	www.bipolaruk.org.uk
British Heart Foundation	Helpline and website with information about heart diseases.	heartmatters@bhf.org.uk 0300 330 3311	www.bhf.org.uk
British Lung Foundation	Helpline and website with information for sufferers of lung conditions.	helpline@blf.org.uk 0300 0030 555	www.blf.org.uk
British Thyroid Foundation	Website with news and information on thyroid disorders.	info@btf-thyroid.org 01423 810093	www.btf-thyroid.org

C

Group	Description	Contact	Website
Carers UK	Support service for carers, including a website with an advice line.	advice@carersuk.org 0808 808 7777	www.carersuk.org
Chron's and Colitis UK	Website with information, helpline and support for people who suffer from Colitis and Crohn's disease.	info@crohnsandcolitis.org.uk 0300 222 5700	www.crohnsandcolitis.org.uk
Culture Dementia UK	Website and helpline providing information and support to sufferers of dementia and their carers aimed at those from the African Caribbean community.	culture@culturedementiauk.org 0800 014 8682	www.culturedementiauk.org

D

Group	Description	Contact	Website
Depression UK	Website with information for depression sufferers, plus a regular newsletter for members.	info@depressionuk.org 0808 802 2020	www.depressionuk.org/index.shtml
Diabetes UK	Website and advocacy service providing information and support to diabetes sufferers and also organising local training/workshops on diabetes awareness courses.	info@diabetes.org.uk 0345 123 2399	www.diabetes.org.uk

E

Group	Description	Contact	Website
Epilepsy Action	Support for people with epilepsy. They offer e-learning – with tips for living with epilepsy. Support groups to share experiences and an online forum with members all supporting each other.	epilepsy@epilepsy.org.uk Epilepsy Action Helpline 0808 800 5050	www.epilepsy.org.uk

F

Group	Description	Contact	Website
Frank	A helpline and website with support and information about drugs and alcohol.	frank@talktofrank.com 0300 123 6600	www.talktofrank.com

G

Group	Description	Contact	Website
Gender Trust	An information centre for anyone with any question or problem concerning their gender identity, or whose loved one is struggling with gender identity issues.	info@gendertrust.org.uk 01527 894838	www.gendertrust.org.uk

H

Group	Description	Contact	Website
Haven	The Haven is a national charity providing personalised care and support for people with breast cancer, helping them to achieve the best possible quality of life.	london@breastcancerhaven.org.uk 0207 384 0099	www.thehaven.org.uk

Hypnotherapy Directory	A comprehensive database of UK hypnotherapists, with information on their training and experience, fees and contact details. The website gives information on the therapy, when it may be useful and provides a link for finding a local practitioner.	info@hypnotherapy-directory.org.uk 0333 3447 992	www.hypnotherapy-directory.org.uk
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I

Group	Description	Contact	Website
Irish Support and Advice Service	Offers welfare, advice and day services for the Irish community. It also runs Irish cultural events.	info@londonirishcentre.org 020 7916 2222	www.londonirishcentre.org

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Group	Description	Contact	Website
Keratoconus Self-Help and Support Association	Working to raise awareness of Keratoconus, they provide information and support for people with Keratoconus. They produce a regular newsletter and organise regular meetings for members.	Anne@keratoconus-group.org.uk 020 8993 4759	www.keratoconus-group.org.uk
Kidscape	The first charity in the UK established specifically to prevent bullying and child sexual abuse.	info@kidscape.org.uk 020 7730 3300 Parent Advice Line 020 7823 5430 (Mon-Tues, 10am-5pm)	www.kidscape.org.uk

L

Group	Description	Contact	Website
Leiomyosarcoma	Provides free online resource on causes and preventative treatments for Leiomyosarcoma.	Information on website	www.leiomyosarcoma.org
Leukaemia CARE	A helpline and website offering support for anyone affected by a blood or lymphatic cancer	care@leukaemiacare.org.uk 0808 801 0444	www.leukaemiacare.org.uk

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Group	Description	Contact	Website
Macmillan Cancer Support	Website with information and a free helpline providing support for people affected by cancer.	e/mail via website 0808 808 00 00	www.macmillan.org.uk
Marie Curie Cancer Care	Support for people suffering terminal illnesses with free nursing care provided in their own homes	via website with online chat or 0800 090 2309	www.mariecurie.org.uk
Meningitis Trust	Website with 24 hour helpline providing information and support to sufferers of meningitis.	info@meningitisnow.org 0808 80 10 388	www.meningitis-trust.org
Motor Neurone Disease Association	Website with helpline and information on Motor Neurone Disease.	mndconnect@mndassociation.org 0808 802 6262	www.mndassociation.org
Mouth Cancer Foundation	Website providing information and support to sufferers of mouth cancer. Includes helpline and community forum.	info@mouthcancerfoundation.org 01924 950950	www.mouthcancerfoundation.org
Myasthenia Gravis Association (Myaware)	Website with information and forum for people who suffer from Myasthenia Gravis. They also provide benefits advice and specialist nurses.	info@myaware.org 01332 290219	www.mga-charity.org

N

Group	Description	Contact	Website
National Childbirth Trust (NCT)	Website offering detailed information for new parents and support including an online forum and helpline.	enquiries@nct.org.uk 0300 330 0700	www.nct.org.uk
National Eczema Society	Website supporting people with eczema, including a helpline and advice on treatment.	helpline@eczema.org 0800 089 1122	www.eczema.org

O

Group	Description	Contact	Website
Opening Doors	Opening Doors London (ODL) aims to specifically meet the needs of older LGBT (Lesbian, Gay, Bisexual and Transgender). There is a very good calendar and events listing on the website.	Individual email addresses on website 020 7239 0400	www.openingdoorslondon.org.uk

P

Group	Description	Contact	Website
Patients Association	Website with helpline for hospital patients who have a complaint or wish to navigate the healthcare system.	helpline@patients-association.com 020 8423 8999	www.patients-association.com

Prison Advice and Care Trust	Website with information about supporting prisoners and their families both inside prison and on their release.	info@prisonadvice.org.uk 0808 808 3444 020 7735 9535	www.prisonadvice.org.uk
Psoriasis Association	Online forum support for Psoriasis sufferers.	mail@psoriasis-association.org.uk 0845 676 0076 01604 251620	www.psoriasis-association.org.uk

R

Group	Description	Contact	Website
Rethink Mental Illness	Expert, accredited advice and information to anyone affected by mental health problems.	advice@rethink.org 0300 5000 927	www.rethink.org
Royal Association For Deaf People	Website with information and support for deaf people.	info@royaldeaf.org.uk Voice Phone: 0845 688 2525 Fax: 0845 688 2526 Text Phone: 0845 688 2527 SMS: 07851 423 866	www.royaldeaf.org.uk
Royal National Institute for the Blind	Website with information, community forum and a helpline for the blind visually impaired and partially sighted.	helpline@rnib.org.uk 0303 123 9999	www.rnib.org.uk

S

Group	Description	Contact	Website
Scope	Website with information on supporting children with disabilities and offering services to adults with disabilities; including education and training.	helpline@scope.org.uk 0808 800 3333	www.scope.org.uk
Sexual Advice Association	A helpline and website support for people suffering from sexual conditions.	info@sexualadviceassociation.co.uk 020 7486 7262	www.sda.uk.net
Sickle Cell Society	Website with information and support about Sickle Cell Disease. It includes research findings, pain management techniques and teaching resources.	info@sicklecellsociety.org 020 8961 7795 020 8961 8346	www.sicklecellsociety.org
Silverline	Confidential, free helpline for older people open 24 hours a day, 365 days a year. It offers information, friendship and advice, including regular befriending calls and support for those suffering abuse and neglect. Links callers to local groups and services.	info@thesilverline.org.uk Helpline: 0800 470 8090 Office: 020 7224 2020	www.thesilverline.org.uk
Stroke Organisation	The leading charity in the UK that supports people affected by stroke and thereby helping them rebuild their lives after stroke.	info@stroke.org.uk 0303 3033 100 020 7566 0300	www.stroke.org.uk

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Group	Description	Contact	Website
Thyroid Patient Advocacy Project	Website for thyroid sufferers with information, advice and forums.	info@tpauk.com 01535 636014	www.tpauk.com
Together Working for Wellbeing	A support group providing services for people with mental health needs. Home-based support is offered as well as advocacy work, criminal justice, mental health services and help with housing.	contact-us@together-uk.org 020 7780 7300	www.together-uk.org
True Vision	Online hate crime reporting and information	see website IN EMERGENCY call 999 or 112	http://www.report-it.org.uk

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Group	Description	Contact	Website
Young Epilepsy	Support group for parents of children with epilepsy with the aim of getting advice and sharing information.	info@youngpilepsy.org.uk 01342 832243 Helpline: 01342 831242	www.youngpilepsy.org.uk



Ealing CVS

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Groups Organised by Category