

Community Connections



NON STATUTORY MENTAL HEALTH ADULT SERVICES

Working with residents to access
local resources

Working with all agencies to improve and
create support networks

Information mainly taken from <http://lewisham.blmind.org.uk/>

Please; If you have any other information on community services; contact:

Trevor Pybus

Trevor.pybus@ageuklands.org.uk

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For more information on community services available in Lewisham please see the Older People's Information Network Directory for Lewisham.

What Community Connections does:

- Sign post and refer people to community services that support their wellbeing
- Where available, source volunteer be-frienders for clients
- Share information on provision to health professionals.
- Run referral surgeries for your staff.
- Support voluntary/community organisations to increase their provision.
- We do not act as escorts but can possibly source escorts from community provision
- We do not provide benefit advice but can direct the client to the relevant service

What Community Connections don't do:

- Act as carers
- Act as personal assistants
- We do not provide personal care or domestic support

CONTACT DETAILS:

Telephone: 020 8314 3244

Email: communityconnections@ageuklands.org.uk

Bromley and Lewisham Mind

Mind Care Lewisham

Lewisham MindCare Dementia Support, 91 Granville Park,
Lewisham SE13 7DW
Tel: 020 3228 5960

Description: The Dementia Information and Support Service, run by MindCare, is an integrated part of the Lewisham Memory Service, which also includes the South London and Maudsley NHS Foundation Trust, Lewisham Healthcare NHS Trust (UHL) and Carers Lewisham.

Community Mental Health Support

<http://www.blmind.org.uk/lewisham-services/community-mental-health-support/>

The Community Support Service in Lewisham supports adults with mental health problems. In addition, specialist support is available for black and minority ethnic (BME) communities and adults over 65 years old.

Support is available for an initial 12 weeks with an option for extension up to 6 months, subject to review.

Lewisham Bereavement Counselling.

Deptford Methodist Mission, 1 Creek Road, London, SE8 3BT
Telephone: 020 8692 6252

Description: Confidential counselling support and advice to all bereaved over 18's in the Lewisham borough

Voluntary Services Lewisham

300 Stanstead Road, London, SE23 1DE

Tel: 020 8291 1747

<http://www.voluntarycarecentre.co.uk/services.php?tab=5#happiness-and-wellbeing-programme>

Description: Drop-in centres for people with severe and enduring mental health issues in Lewisham. Aim is to promote social inclusion and reduce isolation

The Cassel Centre

<http://www.casselcentre.org/>

Telephone: 0208 291 3436

4 Waldram park Road, London, SE23 2PN

Description: GP or self-referral counselling, interventions and therapy. Free and low cost services based on a sliding scale.

Carers Lewisham

Waldram Place, Forest Hill, London SE23 2LB

020 8699 8686 Email: info@carerslewisham.org.uk

Description: Mental Health Drop-in for carers of adults with mental health problems. First Weds of each month from 10.30-12.30

Lewisham Disability Coalition

111 Randlesdown road, Bellingham SE6 3HB

Telephone: 0208 6979920 or 0208 697 0100

Description: Information and advice for people with physical and mental health needs. Including welfare rights, independent living and drop in.

Quo Vadis Trust

Head Office 12a Gardner Industrial Estate Kent House Lane
Beckenham Kent BR3 1QZ Tel: 020 8778 4546

Quo Vadis Trust is a specialist housing charity in South East London. Providing a service to people whose mental health has deteriorated and who need support with their housing.

Equinox Lewisham

146-148 New Cross Road, New Cross, Lewisham, SE14 5BA

Telephone: 020 7740 9800

Based in New Cross and Sydenham, with dispersed housing across the borough; the service is for people enduring mental health problems and complex needs. Service users usually have secondary issues such as offending, substance misuse and homelessness. Many of the service users are considered high risk and have had multiple periods in custody or hospital.

Family Action

Supported Housing Service

219 Stanstead Road; Lewisham; SE23 1HU

Tel: 020 8690 4422

Description: We provide practical and emotional support to help people challenged by mental health issues to retain their independence, choice and community involvement as well as services that support general wellbeing in order to prevent escalation to more severe mental health issues.

Samaritans of Lewisham, Greenwich & Southwark

Telephone: 020 8692 5228

Address: 1-5 Angus Street, London, New Cross, SE14 6LU

Description: Counselling services to people aged 16 years and over who feel in need when life's difficulties make it hard to cope.

Lighthouse Social Club

Telegraph Hill Centre, Kitto Road, SE14 5TY

Description: They aim to reintegrate the socially isolated (whether through mental health issues, learning disabilities; substance misuse, homelessness, elderly etc) into mainstream society. They are a social club which offers excluded adults a safe and warm place to socialise and network and provides hot meals, volunteering services, indoor sports and board games, internet facilities and an annual trip to the seaside.

999 Centre Deptford

Address: 21 Deptford Broadway, London, SE8 4PA

Tel: 020 8691 7734

Description: Where do you go when you are desperate and lonely and have no one to turn to? With an open door policy the 999 club offers immediate support in any situation by providing links with professional agencies, and giving friendship, help and advice to the most vulnerable in the community. It is staffed entirely by local people, who know the misery caused by homelessness, poverty and drug/alcohol abuse at first hand.

Association For Pastoral Care in Mental Health

St Saviours Church Hall, Brockley Rise, London SE23 1JN

Weekly meeting: Wednesday 6.30 – 8.00

Description: Community led peer support group for those with mental health issues. This is a social opportunity.

Network Arts

The Lee Centre, 1 Aislibie Road, Lee, London. SE12 8QH.

<http://www.networkartslewisham.co.uk/contact.html>

Tele: 07817411382

Description: Network Arts was formed in 1996, offering creative services to people living in Lewisham who have severe and enduring mental health support needs.

Lee Oasis Drop-in

United Reformed Church Hall, 111 Burnt Ash Road, Lee SE12 8RD

Tele: 07948 838316

website <http://www.leeoasis.org.uk/drop-in.html>

Description: Tuesdays 10 – 12 noon Offering clothes, curtains, crockery, small household items. Tea, coffee and sandwiches, friendship and support.

Sydenham Garden Resource Centre

<http://www.sydenhamgarden.org.uk/>

28a Wynell Road London SE23 2LW

Tel: 0208 2911650 Email: info@sydenhamgarden.org.uk.

Sydenham Garden is an a charity in South East London providing gardening, nature conservation & creative opportunities for the well-being of local residents

One in Four

Address: 219 Bromley Road, Bellingham, London, SE6 2PG

Tel: 020 8697 2112 or 020 86978022

E-mail: admin@oneinfour.org.uk

Description: An organisation run for and by people who have experience of sexual abuse.

Lewisham Reach

Eros House, Brownhill Rd, London SE6 2EG

www.thamesreach.org.uk

freephone 0808 168 0710 or 020 3031 8310

Description: The service is open to anyone at risk of losing their home – whether they are in or out of work, living in social housing, renting from a private landlord or home owners

Deptford Reach

64 Speedwell Street; Deptford; London SE8 4AT

Tele: 020 8692 6548 Email: info@deptfordreach.org.uk

Description: Deptford Reach is a drop-in centre for adults over 16 years of age who are vulnerable through homelessness, mental ill-health, loneliness, social exclusion and severe poverty.

St Luke's Front Room Project

St Luke's Northover; Downham; Kent BR1 5JR

Tuesday & Friday 11 -2pm

Description: Empowering and valuing one another through friendship and kindness. Following the closure of the Downham 999 Club on the 23 December 2014; its members asked whether the Church could help. Many of the people involved are vulnerable and manage to live independently because of the support they get from being part of a club.

Lewisham Mental Health Connection

www.LewishamMentalHealthConnection.wordpress.com

Mobile: 07877 76 83 07 Email: g.davis@qvt.org.uk

Mobile: 07761 23 54 85 Email : c.tarrant@qvt.org.uk

Lewisham Mental Health Connection is a jointly coordinated strategic partnership of mental health providers to maximise resources and outcomes through joint working and co-production

Lewisham Mental Health Connection has responded to local and national strategies and made representations to Commissioners regarding a joint response to planned cuts to services in 2016

Quaggy Development Trust:

Quaggy Children's Centre, Orchard Hill Lewisham SE13 7QZ

Community Counselling Service

0208 465 9785 or catherine@quaggychildrenscentre.org.uk

Description: Low cost counselling services to address the mental and emotional health needs of adults 18+ in our communities. Over 18s living in the following postcodes can self refer: SE3, SE8, SE10 or SE13.

Isis Family Health

African Caribbean Mental Health Charity

<http://www.familyhealthisis.org/>

Telephone: **0208 695 1955**

The Lee Centre, 1 Aislibie Road, Lee, SE12 8QH

Description: individual support, group activities (art, sewing, music, exercise workshops, men's group, women's group, Ubuntu, social gatherings), advocacy, carer and family liaison, advice and information, training and awareness, AOT (for enhanced CPA), counselling.

170 Community Project

Telephone: 0207 773 9716

170 New Cross Rd, London, SE14 5AA

Description: A charitable organisation based in New Cross which helps marginalised individuals and groups that are marginalised from mainstream social, economic and cultural opportunities. The project offers basic skills support and confidence building, advice, volunteering opportunities and/or further training.

Deptford Action group for the Elderly

71 Deptford High Street, London, SE8 4AA

Telephone: 020 8691 2849

Description: Deptford Action Group for the Elderly (DAGE) combats social isolation for local pensioners through a daily pop-in facility for social contact and support, and an advice and information service. DAGE provides valuable volunteering opportunities for both young and older people of all communities to aid social inclusion promote citizenship and improve the quality of life for its beneficiaries

Certitude - Solidarity in a Crisis

www.certitude.org.uk

Freephone: 0300 123 1922

Text 07889 756087, 07889 756083

Current opening hours: Monday – Friday 6pm -12 am, Saturday and Sundays 12.00pm – 12.00am.

Description: supports people in distress by providing out of hours emotional support over the phone and in person.