



Ealing Community Network

Ealing Health Self Help Directory

Many people in Ealing come together to provide self-help support for people with different health conditions. They provide invaluable help for people who may be newly diagnosed or who are living with long-term health conditions and need advice on how to better manage their conditions

If you have been diagnosed with a health condition it can be a real help to talk to or meet up with other people with the same condition. As someone who has myself had both heart problems and been diagnosed with diabetes I can say from personal experience how helpful it can be to contact a local self-help group

The new Ealing Health Self Help Directory is a resource for local people, their families and carers to find relevant groups that can provide support on both physical and mental health issues. We hope it will also be used by local GPs and other health professionals and by staff at Ealing Council to signpost patients and service users who need additional help and practical advice above and beyond direct medical treatment

The Directory is divided into three sections:

- Local health self-help groups in Ealing
- National health organisations (many of who provide free advice phone lines and fact sheets)
- Wider health and social care voluntary groups in Ealing who can provide additional support

This is the printable, downloadable version of the Directory. An online searchable version is also coming soon via Ealing Involved (www.ealinginvolved.org)

The Directory is intended as a living online document which can be updated over time. Contact details are correct at the time of publication (May 2013) but if you have any updates or know of additional support organisations which could usefully be added please email Heather Kennedy heather@ealingcvs.org.uk

The Directory has been created by [Ealing Community Network](http://www.ealingnetwork.org.uk) –which brings together voluntary and community groups in Ealing. For more information visit www.ealingnetwork.org.uk

I would like to thank the new Public Health Team at Ealing Council for their support to produce this new Directory

A lot of work has gone into compiling the Directory and I would like to thank Heather Kennedy in the ECN Team and especially our volunteer Iain Elliot for putting it together

Andy Roper

Chair, Ealing Community Network

Useful general voluntary sector contacts

Funding advice for community health groups?

Contact Antony Bewick-Smith at Ealing CVS antony@ealingcvs.org.uk 020 8280 2232

Help recruiting volunteers for community health projects?

Contact Wendy Sender at Ealing Volunteer Centre wendy@ealingcvs.org.uk 020 8280 2242

Improve local health services with Health Watch?

Healthwatch Ealing (formerly Ealing Link) is the local independent consumer champion for the public to promote better outcomes in local health and social care.. Whether it's improving them today or helping to shape them for tomorrow. Healthwatch Ealing is all about local voices being used to influence the delivery and design of local services. Contact Suzanne Lyn Cook suzanne.lyn-cook@hestia.org 020 8280 2270

Health partnerships work with the local voluntary sector?

ECN elects representatives to sit on partnership boards with the local statutory sector including the Health and Well Being Board and a range of other partnership boards with Ealing Council and Ealing NHS. To find out more email Health Kennedy heather@ealingcvs.org.uk 020 8280 2246

Find out local voluntary sector health news?

[Click here](#) to find out more about local voluntary sector health news or visit the Ealing Community Network website

Get involved in your local community?

Volunteer your time, donate money or surplus goods to local charities or community projects or speak out on local issues that matter to you via the new Ealing Involved project- visit www.ealinginvolved.org

Useful general public sector health contacts

Ealing Council Public Health Team Dorota Juskiewicz juskiewicz@d@ealing.gov.uk 0208 825 6308 www.ealing.gov.uk

Ealing Clinical Commissioning Group 0203 313 9444 or www.ealingccg.nhs.uk

West London Mental Health Trust www.wlmhtnhs.uk . patient advice service 0800 064 3330 or pals@wlmht.nhs.uk

Ealing Hospital www.ealinghospital.nhs.uk patient services **020 8967 5329**

Click below to view

- [Local health self-help groups](#)
- [National health support groups](#)
- [Local health and social care groups](#)



Local health self-help groups

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A

Name of group	Description	Tel.	Email	Website
Acton Homeless Concern	Drop-in centre for the homeless, providing meals, clothing and access to a G.P. Further services include drug & alcohol advice, literacy classes and referrals for housing and accommodation.	020 8992 5768	actonhomelessconcern@yahoo.com	www.acton-olol.com
Acton African Well Woman Service	Support on women's health issues. They have a specialist Counsellor and a Somali and Arabic speaking Health Advocate	0208 383 8712	Juliet.albert@nhs.net	-
African Support Network	Local support network for people of African origin including health issues	07985 199815	m_ige@hotmail.com	-
Age UK Ealing	Core local support group for older people. Day centres offering lunch, exercise classes, health clinics, arts and crafts and social activities for older people. They also offer computer training for older people	020 8567 8017	reception@ageukealing.org.uk	www.ageuk.org.uk/ealing/
Allergy Support Group	Support for parents of food allergic children living in London.	07749 475 964	info@allergysupportgroup.org.uk	www.allergysupportgroup.org.uk
Allergy Support-Ealing Allergy Support Group	Supports people and parents of children, with allergies by enabling them to share experiences and advice in an informal environment. Regular meetings are run alongside family fun days and trips	-	ealingallergysupportgroup@hotmail.com	-
Asian Cancer Support	Helps cancer patients and their carers via telephone support, information and meetings.	07723	asiancancersgw1@yahoo.co.uk	-

Group (West London)	They also organise social activities and outings.	083 007		
Asian Men's Support Group	Provides self-help support for people in recovery from alcohol and substance abuse based on self-reliance and self-responsibility	020 8577 6059	agill@each-e.org.uk	http://bit.ly/13b831g
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.	020 8459 1030	apdmcha@aol.com	www.apda.org.uk
Autism- Contact a Family Autism Group	Support, advice and information for families who have a child or young person on the autistic spectrum	020 8280 2267	asha.yadav@cafamily.org.uk	www.cafamily.org.uk
Autism/Aspergers- National Autistic Society- Acton Service	Support group for people over 18 with autism and asperger's, offering specialised educational programmes.	020 8992 6611	acton@nas.org.uk	www.autism.org.uk

B

Name of group	Description	Tel.	Email	Website
Bereft Bereavement Support	Offers bereavement support including counseling for people in Ealing who are coping with losing a loved one	020 8896 2800	bereftbereavementsupport@hotmail.co.uk	http://www.bereftbereavementsupport.co.uk/
Blind People- Ealing Association for the Blind	Support group for the blind, partially sighted and deaf/blind in Ealing; including home visits, training and access to a resource centre.	020 8992 4458	karen@aftb.org.uk	-
Blind People- Social Club For The Blind	A club for blind and partially sighted people in Ealing to share information and socialise	020 8997 5641	karielclifford@hotmail.com	-

(Ealing)				
Breast Cancer Ealing Support Group	Support group people whose lives have been affected by breast cancer (including families, partners and friends) and a chance to share with others who are in a similar situation.	020 8574 7939	etaylorjones@aol.com	www.canceractive.com

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Name of group	Description	Tel.	Email	Website
Carers Centre (Ealing)	Provides support to all unpaid carers in the borough. Services include free exercise classes, advice and holistic therapies	020 8840 1566	ecil@ecil.org	www.ecil.org
Carers- Ashra Asian Carers Project	Provides respite care and support for Asian carers looking after older people and young adults with disabilities in Ealing	020 8571 7928	ashra@taha.org.uk	www.taha.org.uk/carers.aspx
Carers- Crossroads Care West London	Practical and emotional support for carers for those with physical, mental or sensory impairment, chronic or life limiting conditions. Support can be provided in the home to give carers a much needed break	020 8728 7000	ealing.info@crossroadscarewestlondon.org	www.crossroadscarewestlondon.org
Carers- Ealing Parent Carer Forum	A forum for parents or carers of children (under 25) with additional needs. They have a newsletter and bring people together to discuss local policies and issues and influence policies and services for the benefit of their members.	-	ealingpf@yahoo.com	www.ealingparentcarerforum.org.uk/
Carers- Ealing Rethink Carers Support Group	Monthly meeting providing peer support for carers living in Ealing	01895 441 898	ealingcarers@rethink.org	www.rethink.org
Choices Pregnancy Centre	Free, confidential and practical help for women and their partners facing an unplanned pregnancy. They also offer post	020 8840 8034	london-ealing@careconfidential.com	www.careconfidential.com

	abortion support with a one-to-one programme			
Contact a Family Ealing and Southall	Advice, support and information to families with disabled children. One-to-one advice sessions are held as well as group meetings.	020 8571 6381	alex.mync@cafamily.org.uk	www.cafamily.org.uk

D

Name of group	Description	Tel.	Email	Website
Deafplus	Information and advice for the deaf and hard of hearing	020 3008 2541	mary.hicks@deafplus.org	www.deafplus.org
Dementia Concern	Ealing based service for people with dementia and their carers, Services include independent advocacy, weekend day care and social activities.	020 8568 4448	rogerbeckett@dementiaconcern.co.uk	www.dementiaconcern.co.uk
Disability Advice Bureau	Support group for people with disabilities offering help with; advocacy, form filling, debt advice, housing, CV's and more	020 8840 8573	fran.elkington@ecil.org	www.ealingmencap.org.uk
Down Syndrome Group (Ealing)	Support group for families with children who have Downs Syndrome. It meets throughout the year and organises trips, events and expert advice	020 8566 5589	paolanono@hotmail.com	-

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Name of group	Description	Tel.	Email	Website
East African Senior Citizens Association	Support group for older people of East African heritage with a weekly meeting at the Dominion Centre in Southall. They organise outings, day trips and welfare advice.	020 8572 8059	-	-

EACH Counselling and Support	Counselling service for Black, Minority Ethnic and Refugee communities facing alcohol, drug, mental health and domestic violence concerns. The support includes one-to-one counselling, group and family therapy, advice and home detox	020 8579 4529	info@eachhealing.org.uk	www.eachcounselling.org.uk
Ealing Centre for Independent Living	Core local support organisation for people living with a disability. Services include workshops, meetings and free use of computers and photocopying	020 8840 8573	ecil@ecil.org	www.ecil.org
Epilepsy Action West London	National organisation with website, helpline and a West London Branch offering support and information about epilepsy.	020 8997 8852	-	www.epilepsy.org.uk/
Ealing Survivors Group	Support group for people who have suffered from domestic violence.		barbaras@blueyonder.co.uk	-

G

Name of group	Description	Tel.	Email	Website
Gingerbread	Support group for lone parents including helpline, online forum and local friendship groups meeting in informal environments	020 7488 9300/ ext. 210	-	www.gingerbread.org.uk

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Name of group	Description	Tel.	Email	Website
Hanwell Neighbourly Care	Offers support to older people in the Hanwell area. Website contains information on outings and weekly social gatherings in	020 8567 1177	info@hanwellncs.org.uk	www.hanwellncs.org.uk

	various local venues			
Havelock Family Centre	Southall based organisation providing information in Punjabi, Hindi, Urdu and English. Areas for advice include health, housing, education and advocacy for isolated families	0208 574 2443	info@havelockfamilycentre.org.uk	-
Headway West London	Monthly support groups, in Fulham and Ealing, for people who have suffered from a brain injury. Welcomes family, friends and carers of people with a brain injury	07948 709784	info@headwaywestlondon.org.uk	www.headway.org.uk
Heartlink	Support group for people with heart problems and their carers including meetings, trips and social activities	020 8843 0723	raymond.carley@googlemail.com	-
Horn of Africa Disability and Elderly Association (HADEA)	Southall based group providing support to older people and the disabled with a Somalian heritage. Services include advocacy, drop-in centres and outreach programmes.	020 3110 0022	hadea05@hotmail.com	-

L

Name of group	Description	Tel.	Email	Website
Lesbian, Gay, Bisexual and Transgender Project	Advice and signposting on LGBT health issues plus wider advice and support for LGBT people in Ealing	020 8280 2286	peter@ealingcvvs.org.uk	www.ealingcvvs.org.uk

M

Name of group	Description	Tel.	Email	Website
Mencap (Ealing)	Core local support group for people with learning disabilities and their carers. Website	020 8567 9185	lesley.dodd@ealingmencap.org.uk	www.ealingmencap.org.uk

	contains information on events and projects.			
ME- Network MESH	Support group for people and families affected by ME/CFS in West London. Website has details of events planned.	020 8400 1904	tony@bedfordpark.demon.co.uk	www.networkmeshwl.org.uk/
Mind in Ealing and Hounslow	Core local support group for people with mental health issues. Website contains information on events and projects	0208 746 7676	info@mind-eh.org.uk	www.mind-eh.org.uk
Mind (Somerset Road Project)	Supported housing for people with mental health conditions in Ealing and Hounslow. The service consists of self-contained flats with a housing manager on call 24hrs a day.	020 8995 5125	o.okpako@mind-eh.org.uk	www.mind-eh.org.uk/housingsupport.html
MS- Ealing and District MS Society	Help and support to people with Multiple Sclerosis in Ealing. Funds available for mobility aids, counselling sessions and respite care and hold regular social events, coffee mornings and pub lunches	07985 779027	contact@msealing.org.uk	www.mssociety.org.uk

N

Name of group	Description	Tel.	Email	Website
Naz Project London	Support group providing sexual health and HIV prevention and support services to Black and Minority Ethnic (BME) communities in London	020 8741 1879	npl@naz.org.uk	www.naz.org.uk
Neuro Diversity Awareness Forum	Ealing support group for people suffering from ADHD, Dyslexia, Dyspraxia, Autism, Tourette Syndrome and Dyscalculia. Meetings are held every two weeks and also welcome parents	07970 698 739	wendy.smithmedia@btopenworld.com	www.ndaforum.org

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Name of group	Description	Tel.	Email	Website
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Out West	Support group for Lesbian, Gay, Bisexual and Transgender people in West London. Runs monthly meetings and offers advice on housing, immigration and health.	020 8892 5061	info@outwest.org.uk	www.outwest.org.uk

P

Name of group	Description	Tel.	Email	Website
Parkinson's - Hanwell	Hanwell support group for people and carers with parkinsons, offering support and social events. They meet on the second Friday of the month at the William Hobbayne Centre.	0844 225 9851	bvso.wlondon@parkinsons.org.uk	www.parkinsons.org.uk
P.E.S.T.S	Support group for parents with children under 5 with a disability; including play/activity sessions and specialist advice on issues such as speech therapy and benefits.	0208 571 9954	pests-ealing@hotmail.co.uk	www.pests-ealing.org.uk

S

Name of group	Description	Tel.	Email	Website
Samaritans (Ealing)	24 hour helpline for people experiencing emotional distress, despair or feeling suicidal.	020 8560 2345	ealing@samaritans.org	www.samaritans.org/branches/samaritans-ealing-branch
Sickle Cell and Thalassaemia Support Group (Ealing)	Support group for sufferers and carers of people with Sickle Cell and Thalassaemia, offering information and advice and support meetings every two months	020 8354 8022	sharon.mensah@ealingpct.nhs.uk	www.sickle-thal.nwlh.nhs.uk/

Southall Mental Health Support Project	Support centre for people with mental health problems. Services include benefits advice, health information, social activities and a lunch club.	020 8571 7454	-	-
Spinabifida and hydrocephalus (North West London Association)	Support group for parents of children with spina bifida and hydrocephalus. They provide information and a magazine to members and will refer people to head office if they require individual support.	020 8579 4685	-	-
Stoma Support Group (Ealing)	Support group for people who have had stoma surgery	07825 186783	-	www.ostomylifestyle.org
Stroke Club (Ealing)	Support group for people who have suffered a stroke including a day club, offering activities and relief for carers	020 8868 5941	johnhillman76@hotmail.com	www.stroke.org.uk

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Name of group	Description	Tel.	Email	Website
Together Working for Wellbeing	Support group providing services for people with mental health needs. These include; home-based support, advocacy work, criminal justice, mental health services and help with housing.	020 7780 7340	colin-burgess@together-uk.org	www.together-uk.org

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Name of group	Description	Tel.	Email	Website
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Victim Support (Ealing)	Trained volunteers and staff offer emotional support and practical help with difficulties arising from crime.	0208 566 8298	vs.ealing@vslondon.org	www.victimsupport.org.uk
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Name of group	Description	Tel.	Email	Website
Young Carers Project	Support group for young carers living in Ealing, offering respite activities, including days out, advocacy and regular meetings.	020 8326 7044	ksobczak@brentfordfcst.co.uk	www.brentfordfc.co.uk/
Young Epilepsy Group Ealing	Support group for parents with children with epilepsy with the aim of sharing information and providing advice	01342 832243 ext 561	supportnetwork@youngpilepsy.org.uk	www.youngpilepsy.org.uk

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National health support groups

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A

Name of group	Description	Tel.	Email	Website
Action for M.E	Website for people who suffer with ME including information and an online forum.	0117 927 955	support@actionforme.org.uk	www.actionforme.org.uk
Alcoholics Anonymous	Website and helpline for people with a drinking problem, including information on finding a local meeting group.	0845 769 7555	help@alcoholics-anonymous.org.uk	www.alcoholics-anonymous.org.uk/

Anxiety Alliance	Website and helpline for people who suffer from anxiety.	0845 296 7877	anxietyalliance1@btinternet.com	www.anxietyalliance.org.uk/
Arthritis Care	Website and helpline with information and support for people with arthritis.	0808 800 4050	info@arthritiscare.org.uk	www.arthritiscare.org.uk
Asthma Society	Website and helpline with information and support for asthma sufferers.	020 8578 7824	info@asthma.org.uk	www.asthma.org.uk

B

Name of group	Description	Tel.	Email	Website
Battling Against Tranquillizers	Provides advice, support and counseling to people with substance misuse issues.	0117 969 0303	support@bataid.org	www.bataid.org/
BEAT	Website and helpline with information and support for people with eating disorders.	0845 634 1414	help@b-eat.co.uk	www.b-eat.co.uk
Behind the Gray	Website with forum and information for people who have suffered from a stroke or subarachnoid haemorrhage.	-	-	www.behindthegray.net
British Thyroid Foundation	Website with news and information on thyroid disorders.	01423 709707	info@btf-thyroid.org	www.btf-thyroid.org
British Lung Foundation	Website with helpline and information for sufferers of lung conditions.	03000 030 555	enquiries@blf.org.uk	www.blf.org.uk
British Heart Foundation	Website with helpline and information about heart diseases.	020 8840 3919	hopkinsonm@bhf.org.uk	www.bhf.org.uk
Bipolar UK	Website with information and support for people with bipolar disorder and manic depression.	020 7931 6480	info@bipolaruk.org.uk	www.bipolaruk.org.uk

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Name of group	Description	Tel.	Email	Website
Carers UK	Support service for carers, including a website with an advice line.	0808 808 7777	adviceline@carersuk.org	www.carersuk.org
Culture Dementia UK	Website and helpline providing information and support to sufferers of dementia and their carers from the African Caribbean community.	0800 014 8682	-	www.culturedementiauk.org/

D

Name of group	Description	Tel.	Email	Website
Depression UK	Website with information for depression sufferers, plus regular newsletter for members.	-	info@depressionuk.org	www.depressionuk.org/index.shtml

F

Name of group	Description	Tel.	Email	Website
Frank	Website and helpline with support and information about drugs and alcohol.	0800 776600	frank@talktofrank.com	www.talktofrank.com/

I

Name of group	Description	Tel.	Email	Website
Impotence Association	Website and helpline support for people suffering from sexual conditions	0207 486 7262	info@sexualadviceassociation.co.uk	www.impotence.org.uk

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Name of group	Description	Tel.	Email	Website
Leukaemia CARE	Website and helpline offering support for anyone affected by a blood or lymphatic cancer	08088 010 444	care@leukaemiacare.org.uk	www.leukaemiacare.org.uk

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Name of group	Description	Tel.	Email	Website
Macmillan Cancer Support	Website with information and a free helpline providing support for people affected by cancer.	0808 808 0000	-	www.macmillan.org.uk
Marie Curie Cancer Care	Support for people suffering terminal illnesses with free nursing care provided to people in their own homes	0800 716 146	supporter.services@mariecurie.org.uk	www.mariecurie.org.uk
Meningitis Trust	Website with 24 hour helpline providing information and support to sufferers of meningitis.	0808 80 10 388	AmyG@meningitis-trust.org	www.meningitis-trust.org
Motor Neurone Disease Association	Website with helpline and information on Motor Neurone Disease. West London branch provides practical help and support.	0208 971 2104	mandyjgarnett@hotmail.co.uk	www.mndassociation.org/
Mouth Cancer Foundation	Website providing information and support to sufferers of mouth cancer. Includes helpline and community forum.	01924 950 950	info@mouthcancerfoundation.org	www.mouthcancerfoundation.org/
Myasthenia Gravis Association	Website with information and forum for people who suffer from Myasthenia Gravis. They also provide benefits advice and specialist nurses.	020 8842 3304	maria.martin@mga-charity.org	www.mga-charity.org

N

Name of group	Description	Tel.	Email	Website
National Childbirth Association	Website offering detailed information for new parents and support including an online forum and helpline	0870 770 3236	enquiries@national-childbirth-trust.co.uk	www.nct.org.uk/
National Eczema Society	Website supporting people with eczema, including a helpline and advice on treatment.	0800 089 1122	helpline@patients-association.com	www.eczema.org/
National Association for Colitis and Crohn's disease	Website with information, helpline and support for people who suffer from Colitis and Crohn's disease.	0845 130 2233	info@crohnsandcolitis.org.uk	www.nacc.org.uk

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Name of group	Description	Tel.	Email	Website
Patients Association	Website with helpline for hospital patients who have a complaint or wish to navigate the healthcare system.	020 8423 9111 or 0845 608 4455	helpline@patients-association.com	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.	020 7735 9535	-	www.prisonadvice.org.uk/
Psoriasis Association	Online forum support for Psoriasis sufferers.	08456 760076	mail@psoriasis-association.org.uk	www.psoriasis-association.org.uk

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Name of group	Description	Tel.	Email	Website
Royal Association For Deaf People	Website with information and support for deaf people.	020 8749 8857	info@royaldeaf.org.uk	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.	0303 123 9999	helpline@rnib.org.uk	www.rnib.org.uk

S

Name of group	Description	Tel.	Email	Website
Sickle Cell Society	Website with information and support about Sickle Cell Disease. It includes research findings, pain management techniques and teaching resources.	020 8961 7795 / 4006	info@sicklecellsociety.org	http://bit.ly/bRUGjl
Scope	Website with information on supporting children with disabilities and offering services to adults with disabilities; including education and training.	0808 800 3333	response@scope.org.uk	www.scope.org.uk

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Name of group	Description	Tel.	Email	Website
Thyroid Patient Advocacy Project	Website for thyroid sufferers with information, advice and forums.	01535 636 014	info@tpauk.com	www.tpa-uk.org.uk/index.php

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Local health and social care groups

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A

Name of group	Description	Tel.	Email	Website
Asian Family Counselling Service	Support group offering marital and family counselling to people from an Asian backgrounds. Runs training courses in basic counselling skills, support groups and group therapy	020 8571 3933	afcs@btconnect.com	www.asianfamilycounselling.org/
Age-Link	Support group organising trips for older people.	020 8459 3380	cjagelink@gmail.com agelink77@gmail.com	www.age-link.org
Action Acton Wellbeing Centre	Healthy lifestyle activities to vulnerable adults, including people with physical disabilities, weight issues, health issues, mental health difficulties, carers and older people. The focus is on gentle exercise, including walking machines and yoga.	0208 9939 605	info@actionacton.com	www.actionacton.com/services-wellbeing
Asian Health Agency	Health support for the Asian community with a website containing information on services such as: daycare, carer support and health education.	020 8571 7928	-	www.taha.org.uk

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C

Name of group	Description	Tel.	Email	Website
CAME Women and Girls Development Organisation	Organisation dedicated to improving the health and well-being for women in disadvantaged BMER communities	0208 5785265	cawogido@yahoo.co.uk	www.cawogido.org/
Community Interpreting, Translation and Access Service	Organisation providing translation services and allowing communication between minority groups and the public sector.	0845 521 0405 or 020 8600 3838	advice@carersuk.org	www.citas.org.uk
ContinYou Ealing Parent Partnership Service	Provides advice, support and information to parents and carers of children with special educational needs.	020 828 02251	cepps@continyou.org.uk	www.continyou.org.uk
Certitude	Ealing branch supporting people with learning disabilities and mental health needs. Website contains information on services covering housing, activities and health	020 8772 6222	info@supportforliving.org.uk	www.certitude.org.uk/
CAPE - Community Activities Project Ealing	Ealing based group providing a range of services to people suffering from a mental illness. These include drop-in, advocacy, outreach and advice services.	020 8896 2552	sarah@capeproject.org.uk	www.c-a-p-e.co.uk

E

Name of group	Description	Tel.	Email	Website
Ealing HELP	A website designed to support the parents and carers of children and young people with disabilities in Ealing.	020 8580 0575	info@ealinghelp.org.uk	www.ealinghelp.org.uk
Ealing Healthwatch	Ealing based group offering support to people registered with a GP in Ealing, who have	020 8280 2275	ealinglink@hestia.org	www.ealinglink.org

	concerns about local health and social care services. Website contains information on consultations, events and newsletters			
Ealing Talking Newspapers	Produces an audio cassette version of the Ealing Gazette every week for blind and partially sighted people. There is also a monthly Punjabi cassette taken from various Punjabi newspapers.	020 8840 2313	post@ealingtalkingnewspears.org.uk	www.ealingtalkingnewspears.org.uk/

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F

Name of group	Description	Tel.	Email	Website
Female Genital Mutilation Project	Providing support to people affected by female genital mutilation as well as training and advocacy.	020 8574 8855	bishara_mo@hotmail.com	http://southhallcommunityalliance.org

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H

Name of group	Description	Tel.	Email	Website
Hestia Women's Aid	Ealing based branch of national charity supporting women and children suffering from domestic abuse. Website contains free 24 hour helpline, forum and events calendar	020 8991 1007	tafia.byfield@hestia.org	www.womensaid.org.uk
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	020 884 21617	admin@homestartealing.org	www.homestartealing.org/

I

Name of group	Description	Tel.	Email	Website
Irish Support and Advice Service	Offers welfare, advice and day services for the Irish community. It also runs Irish cultural events and is a music venue.	020 7916 2222	info@londonirishcentre.org	www.londonirishcentre.org

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K

Name of group	Description	Tel.	Email	Website
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	020 7749941 4	enquiries@keyring.org	www.keyring.org

L

Name of group	Description	Tel.	Email	Website
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.	020 8840 3400	info@logcabin.org.uk	www.logcabinuk.org

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M

Name of group	Description	Tel.	Email	Website
Mediation Service (Ealing)	Support group for people involved in community disputes: between neighbors, tenants and landlords and the public and organisations	020 8575 9500	Admin@ealingmediation.org.uk	www.ealingmediation.org.uk /
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	020 8248 2258	whadcoat@ntlworld.com	www.ealingmusictherapy.org/

N

Neighbourly Care - Southall	Support group for older people in West London, offering social events, advice and healthy living.	020 8571 1929	nc.southall@btinternet.com	http://bit.ly/YqIZM4
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P

Name of group	Description	Tel.	Email	Website
PACE	Support for young disabled people to take part in sports and leisure activities. They meet every second and fourth Saturday of the month, see website for details.	07930 748 280	krishna_birdy@yahoo.com	www.pacezone.org.uk/
Platform 51	For young mums and mums-to-be they run parenting skills workshops and offer support, information and the opportunity for accredited learning.	020 8574 5116	londonwest@platform51.org	http://platform51.org

R

Name of group	Description	Tel.	Email	Website
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Red Sea Health And Community Care Association	Organisation focusing on health issues for refugee communities from Horn of Africa and Somalia.	020 8843 9737	cafimad@yahoo.co.uk	-
Relate London North West	Information on relationship and family counselling Includes local services, training and workshops.	020 8427 8694	info@relatelondonnw.org.uk	www.relatelondonnw.org.uk

S

Name of group	Description	Tel.	Email	Website
Safeguarding Project	Support, advice and training on safeguarding children and vulnerable adults	020 8280 2235	karolina@ealingcvcs.org.uk	www.ealingcvcs.org.uk
Somali Youth Helpline	Website supporting Somali youth with free helpline and information on services including job skills training, drop-in support sessions, health and Somali language classes	0208 8139 155	syhelpline@gmail.com	www.syhelpline.org.uk
Southall Black Sisters	Southall based support group for black and minority ethnic women experiencing domestic abuse. Website contains helpline and information on services including: telephone advice, advocacy and counseling	020 8571 9595	Hannana@southallblacksisters.co.uk	www.southallblacksisters.org.uk
Southall Day Centre	They offer training, advice and support for older people. They also provide a range of activities including group discussions and seminars, keep fit classes, cultural events, excursions and day trips.	020 8574 0902	santosh.kanwar@chg.org.uk	www.chg.org.uk/residents/supporting-communities/southall-day-centre/
Southall Health Improvement Project	A walk in clinic to check blood pressure, weight, BMI, heart rate and other health measures associated with a risk of diabetes.	020 85743938	shipcharity@gmail.com	http://opencharities.org/charities/1113915
Southall Healthy Walks Project	Organised by Southall Community Alliance these walks will be arranged at different locations including : Northolt Fields, Gunnersbury Park, Southall Park, North Acton,	020 8574 8855	southallcommunityalliance@hotmail.com	http://southallcommunityalliance.org

	Spikes Bridge Park, Perivale and South Acton and will cater for walkers of all abilities.			
Stop Smoking (Ealing and Hounslow)	Free local service offering advice and support for those who wish to quit smoking. Includes drop-in clinics where you can have a one-to-one session with a trained advisor	0845 111 0155	stopsmoking@hounslowpct.nhs.uk	-

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T

Name of group	Description	Tel.	Email	Website
TASHA Foundation	Supports people with substance abuse and mental health difficulties	020 8571 9981	enquiries@tasha-foundation.org.uk	www.tasha-foundation.org.uk
Trinity Homeless Project	West London group supporting people who are homeless and excluded, with supported housing, training and employment projects.	020 8797 9500	steve.hedley@trinityhp.org.uk	www.trinityhomelessprojects.org.uk

V

Name of group	Description	Tel.	Email	Website
Voice Ability Ealing	Advocacy service for all patients based at St. Barnards Hospital medium and low secure sites. The advocacy service supports patients in understanding and making use of their legal rights	020 8354 8871	nasreen.gardee@voiceability.org	www.voiceability.org
Volunteer Link Scheme	Team of volunteers befriend housebound people in Ealing. They provide one to one support to people who are socially isolated as	020 8832 7422	befriending@volunteerlink.org.uk	http://volunteerlink.org.uk/

a result of disability or long term illness.			
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W

West London YMCA	Housing and support to vulnerable young people facing homelessness	0300 1111 500	various- see website	www.westlondonymca.org/
Women's Forum (Ealing)	User-led forum of women's voluntary groups who meet to share skills, provide training and raise awareness of women's issue including health and domestic violence.	0207 280 2247	heather@ealingcvs.org.uk	www.ealingnetwork.org.uk

Y

Name of group	Description	Tel.	Email	Website
Youth2Youth	Website and helpline for young people experiencing problems with bullying, emotional wellbeing, self-image, sexuality and sexual relationships.	020 8896 3675	office@youth2youth.co.uk	www.youth2youth.org.uk