

Hounslow Health and Social Care Self-Help Directory



London Borough
of Hounslow



Hounslow
Clinical Commissioning Group



Hounslow Health and Social Care Self-Help Directory

Why self-help?

Self-help is increasingly seen as an important part of recovery and prevention for health conditions. Many voluntary groups working in Hounslow provide 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 other people in similar circumstances. Long-term health conditions can also impact on other parts of life such as the ability to work, travel, take part in social activities and maintain self-confidence.

The Hounslow Health and Social Care Self-Help Directory is a resource for local people, their families and carers to find groups that can provide support on different physical and mental health issues. It is also intended as a practical tool for local GPs, GP Practice Managers, Community Nurses, Pharmacists, other NHS professionals, Council staff, Public Health staff and local Care Navigators.

This Directory is an online interactive document. This means we can maintain it as a live document should organisation details change or should new self-help groups start up in Hounslow. But if you would like a hard copy to have to hand in your organisation please email jain@ealingcvs.org.uk.

The Directory has been produced by Hounslow Voluntary Sector Support Service (HVSSS) with support from Hounslow Clinical Commissioning Group (CCG). HVSSS provides a range of other health related support, including a Hounslow Health and Social Care Forum, dedicated Health section on our website, monthly E-News to around 1000 local community contacts and advice to local Hounslow groups on applying for funding to run new local health projects. For details on all HVSSS services visit www.hounslowhub.org.uk.

The Directory is divided into three sections:

Section	Page Numbers
All Groups Organised by Category	3-5
A-Z of Local Self-Help Groups (serving Hounslow residents)	6-32
A-Z of National Health Support Groups	33-42

How to navigate this Directory.

- Scan through the Category list
- Click on the organisation name you are interested in. This will take you straight to the correct A-Z section for that organisation.
- If you are looking for a particular word (e.g. a particular health condition), press “Ctrl+F” to open a search box and type in your key word to find it in the Directory.

If you have any difficulties in using or searching the Directory please email: iain@ealingcvcs.org.uk.

Feedback and Updates

The Directory is intended as a document which can be updated over time. Contact details are correct at the time of publication in August 2016 but if you have any updates, know of additional self-help groups or have any general comments on the Directory please email: iain@ealingcvcs.org.uk.

We would like to thank Hounslow Clinical Commissioning Group for commissioning this practical self-help resource for local patients and residents, for NHS and Council staff, and for local voluntary groups and to our dedicated volunteers who have provided help in complying content.

Other Support

This Directory mainly covers community based self-help groups. However local public sector organisations also offer an excellent range of self-help services. See below:

- For Hounslow Clinical Commissioning Group please contact: houccg.communications@nhs.net
- For Hounslow Council Adult Services including Supporting People, Adults First Contact Service and Adult Safeguarding please contact: Heidi Shearn Heidi.Shearn@hounslow.gov.uk
- For Hounslow Council Children and Young People Services please contact: Heidi Shearn Heidi.Shearn@hounslow.gov.uk
- For Hounslow Council Public Health Team please contact: publichealth@hounslow.gov.uk
- For West London Mental Health Trust please contact: communications@wlmht.nhs.uk
- One You Hounslow offers free local support to help people eat well, move more, stop smoking or drink less: oneyouhounslow.org.uk
- Care Place is an online portal providing a wide range of information on local health services in Hounslow www.careplace.org.uk
- Hounslow Healthwatch acts as a voice for local patients please contact: info@healthwatchhounslow.co.uk

All Groups by Category

Use this section to help you navigate the Directory. Local organisations are in plain text- some of these are based in neighbouring boroughs but provide support and activities for Hounslow residents.

National organisations with free- self- help information or advice phone lines are highlighted in bold and underlined.

Alcohol and Substance Misuse	Children & Young People	Disabilities	Families
<u>Addiction Support and Care Agency</u>	<u>ABC Mother & Baby Group</u>	<u>2000 Club</u>	<u>Golden Opportunity Skills & Development (GOSAD)</u> <u>Hounslow Toy Library</u>
<u>Al-Anon Family Groups</u>	<u>Alf King Under-5s Playcentre</u>	<u>Disability Network Hounslow (DNH)</u>	<u>Liesel Angel Trust</u>
<u>Alcoholics Anonymous</u>	<u>Barnado's</u>	<u>Feltham Bees Disabled Sports Club</u>	<u>Sahan Somali Society Centre</u> <u>West London Twins Club</u>
<u>EACH</u>	<u>Bell Farm Christian Centre</u>	<u>Hounslow Siblings Group</u>	
<u>Families Anonymous</u>	<u>Hounslow Siblings Group</u>	<u>Library at Home Service</u>	
<u>ihear</u>	<u>Kidscape</u>	<u>Scope</u>	
<u>Second Chances</u>	<u>Phab Hounslow (Thursday Club)</u>	<u>WeAre1</u>	
<u>Tasha Foundation</u>	<u>West London YMCA</u>		
<u>Visions</u>	<u>Young Epilepsy Group</u>		
Cancer	Counselling	Domestic Abuse	General Advice
<u>Mulberry Centre</u>	<u>Anchor Counselling</u>	<u>Southall Black Sisters</u>	<u>Centre for Armenian Information</u>
<u>Macmillan Cancer Support</u>	<u>Asian Family Counselling Service</u>	<u>Refuge</u>	<u>Citizen's Advice Bureau</u>
<u>Marie Curie Cancer Care</u>	<u>Phoenix Counselling Psychotherapy</u>		<u>Citizens Trust</u>
	<u>Relate London SW</u>		<u>Society of Afghan Residents in the UK</u>
<u>Carers</u>	<u>Tasha Foundation</u>		<u>United Somali Community</u>
<u>Carers Trust Thames</u>			<u>Victim Support</u>
<u>Carers UK</u>	Dementia	Ex- Offenders	
<u>Centre for Armenian Information</u>	<u>Alzheimer's Society</u>	<u>Prison Advice and Care Trust</u>	
<u>Community Partnership Hounslow</u>	<u>Culture Dementia UK</u>		
<u>Homelink Day Respite Centre</u>			

Health & Wellbeing	Improving Access	Mental Health	Older People
Activebase All Afghan Association All Souls Ivybridge Alliance Dance Unit Brahma Kumaris Meditation Centre CB Hounslow Sports Club Conservation Volunteers Flourish Feltham Arts Association Hounslow Community Food Box Indian Gymkhana Club Ivybridge Food Bank Ogaden Community Association Refugees in Effective & Active Partnership (REAP) Riana Development Foundation Samaritans Sustrans Watermans	Community Partnership Hounslow Healthwatch (Hounslow) Hounslow Community Transport (HCT) Patients Association Shopmobility Hounslow VoiceAbility LGBT Opening Doors SPECTRA The Gender Trust Galop UK (Domestic Violence) Learning Disabilities 21 & Co Hogarth Gateway Club Hounslow West Mencap Impact Theatre Company Our Barn in the Community Parents in Touch Selective Mutism West London Parents Speak Out in Hounslow VoiceAbility	Anxiety Alliance Depression UK EACH Floating Support Service Friends of Cathja Hestia Housing and Support MIND in Ealing and Hounslow MindFood Rethink Mental Illness Samaritans Together as One Twining Enterprises Neurological / Brain Conditions Action for M.E. Behind the Gray (Stroke) Different Strokes Hounslow Headway West London (Brain Injury) Integrated Neurological Services (INS) Network MESH West London Meningitis Trust Motor Neurone Disease Association Multiple Sclerosis Society Richmond and Kingston ME Group Young Epilepsy Group	Age Link Age UK Hounslow Apricot Over 55's Group Bedfont Darby and Joan Club Bell Farm Christian Centre Frances Taylor Foundation Library at Home Service Multicultural Centre Lunch Club Navnat Centre – Gujarati Community Neighbourly Care Retired Members Association Silverline Volunteer Link Scheme Pregnancy Choices Crisis Service Crossway Pregnancy Crisis Centre LIFE Hounslow National Childbirth Trust Sensory Impairment Action on Hearing Loss Middlesex Association for the Blind Royal Association for Deaf People Royal National Institute for the Blind
Homelessness			
Groundswell			

Sexual Health	Blood Conditions	Respiratory Conditions	Unemployment
Living Well – HIV Support Service NAZ – HIV prevention BME groups	Haemophilia Society Hounslow Thalassaemia & Sickle Cell Support Group Sickle Cell Society	Asthma UK British Lung Foundation	Citizens Trust Twining Enterprises
Specific Conditions			
Birth Conditions	Heart Conditions	Skin Conditions	Women
West London Sands (stillbirth & neonatal death) Multiple Birth Foundation Twins and Multiple Birth Association	British Heart Foundation Cardiac Risk in the Young	National Eczema Society Psoriasis Association	Feltham Asian Women's Support Group Refuge

Local Health Self-Help Groups

Quick section search: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Numbered Groups

Group	Description	Services	Location	Website & Contact
2000 Club	The Club provides opportunities for people with learning needs and physical disabilities to break through barriers in sports.	The Club provides a wide variety of sporting opportunities for disabled people aged 18+.	144 Sutton Lane Hounslow, TW3 4JR	www.the2000club.org tanniemoon@yahoo.co.uk
21&Co	Support for children and young adults with Down's syndrome and their families.	Monthly Stay and Play, monthly swimming, weekly speech and language classes, weekly drama club, monthly youth club and weekend family events.	Langdon Down Centre 2a Langdon Park Teddington TW11 9PS See website for activity locations	www.21andco.org.uk tatty@21andco.org.uk louise@21andco.org.uk

Local Groups by A-Z

A

Group	Description	Services	Location	Website & Contact
ABC Mother & Baby Group (Brentford)	Free sessions run by members of the community, involving play, story time and craft sessions. For new mums to make friends and enjoy a coffee.	Mondays 10am-11:30am Baby room for under 1's. Separate toddler room.	Brentford Free Church, Boston Manor Road, Brentford, TW8 8DB We advise that you ring before planning a visit	http://www.netmums.com/hounslow/local/view/baby-toddler/parent-toddler-groups/abc-2 enquiries@blesscc.org 020 8560 7495
Activebase	Activebase are the new community charity established to provide community management of	Existing usage of the hall includes art classes, exercise classes, faith groups, play group, community meetings, theatre and social groups.	Isleworth Public Hall South Street, Isleworth TW7 7BG	ActivebaseIPH@gmail.com 07956 863790

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
	the Isleworth Public Hall. Activebase will be supporting and developing usage of the hall by existing and new community groups, particularly to meet the diverse needs of local residents.	Activebase and partners plan to increase usage particularly for youth activities and local voluntary and community groups.		
Addiction Support and Care Agency	Charity offering confidential, 1-to-1 counselling and advice. No fees are charged, but an appropriate weekly donation is suggested.	1-to-1 counselling for people affected by alcohol and substance misuse. Group therapy for carers and affected others. Mon: 8am to 4pm Tues: 8am to 8pm Wed: 8am to 7pm Sat: 10 am to 2pm	233 Lower Mortlake Road Richmond TW9 2LL	www.addictionsupport.co.uk info@addictionsupport.co.uk 020 8940 1160 (24 hour voicemail available)
Adult Autism Assessment and Diagnostic Service (Hounslow)	Provides specialist diagnostic assessments for adults residing in Hounslow. We have an open referral system, meaning that anyone can refer themselves or be referred by someone else, provided the person being referred has given consent.	Assessments carried out by Clinical Psychologists. Training provided on Autism Awareness and Working with Autism. Opening hours: Monday to Friday 9am to 5pm.	Hounslow Civic Centre Lampton Road Hounslow TW3 4DN	http://www.hrch.nhs.uk/our-services/services-directory/services-in-hounslow/autism/ 020 8583 4410
Age Link	Aims to eliminate loneliness among housebound elderly who do not live with their children or relations.	Health clinics, monthly outings, senior citizens' parties and coach trips.	9 Narborough Close, Ickenham, UB10 8TN	rajbalraj16@gmail.com 01895 676689
Age UK Hounslow	Provide a wide range of services promoting health and wellbeing for older people. An extensive range of information leaflets are also available from the Centre at Montague Hall.	Free Advice Outreach service every Wednesday between 9.30am and 12.30pm. Age UK Hearing Clinic - please phone for an appointment. Chiropody Foot Care Service each Thursday (paid-for service). Some wheelchairs for hire, both self-propelled and attendant types.	Montague Hall Montague Road Hounslow TW3 1LD	http://www.ageuk.org.uk/hounslow/info@ageuk.org.uk 020 8560 6969

[Back to top](#)

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
		Many social, craft and activity sessions.		
Al-Anon Family Groups	Providing family support to anyone whose life is affected by someone else's drinking.	Al-Anon Family Groups hold regular meetings where family members share their experience of living with someone with alcoholism. Podcast on website.	Check on website for local Hounslow meeting venues	www.al-anonuk.org.uk enquiries@al-anonuk.org.uk Helpline: 020 7403 0888
Alcoholics Anonymous	Provides support for individual alcoholics	Hosts AA meetings for recovering alcoholics. You just turn up. There's no signing in, no money to pay, no appointment to make.	Check on website for Hounslow meeting venues.	http://www.alcoholics-anonymous.org.uk help@alcoholics-anonymous.org.uk Helpline: 0800 9177 650
Alf King Under-5s Playcentre (Feltham)	Parent and Toddler Group offering integrated play for disabled and able-bodied children.	Look on website for calendar of events. Ring to book where applicable.	Alf King Centre 7 Hanworth Road Feltham, TW13 5AF	http://www.netmums.com/hounslow/local/view/baby-toddler/parent-toddler-groups/alf-king-under-5s-playcentre/felthamnorthcc@hounslow.gov.uk 020 8583 3922
All Afghan Association	Health information for the Afghani Community.	Information, advice and advocacy. Women's club, interpreting and translation services, sports and arts activities.	MS Studio Cambridge Road Hanwell, London W7 3PB	http://opencharities.org/charities/1110137/allafghanassociation@hotmail.com
All Souls (Ivybridge)	A church for people who don't want to go to church. There is a varied calendar of events which are non-faith based. See website for full details.	Bumps and babies: drop-in space for new parents, good quality second-hand baby clothes and supplies free of charge to families in financial crisis. Young At Heart Tuesday Club: for older people - meet new people, learn computing, share food.	Bridgelink Community Centre, 373 Summerwood Rd, Isleworth, TW7 7QR	http://www.allsoulsivybridge.org.uk/info@allsoulsivybridge.org.uk 020 8891 6820
Alliance Dance Unit	Aims to help individuals to maintain a healthy lifestyle, trains people to become performers and gives them	Dance classes regardless of background and gender.	Rose Community Centre, Hawthorn Road, Brentford TW8 8NT	www.alliancedanceunit.co.uk alliancedanceunit@gmail.com (apply to join via website)

[Back to top](#)

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
	the opportunity to perform at events.	Specialities include hip-hop, break dancing, krumping, house, African and contemporary.		
Alzheimer's Society (Hounslow and Ealing)	Provides information and support for anyone affected by dementia.	Community Support Service for people living with dementia and respite for carers. "Singing for the Brain' sessions to support memory and communication.	Westar House 690 Great West Road Osterley TW7 4PU Check website for local activities	http://www.alzheimers.org.uk hounslow@alzheimers.org.uk 020 8580 1057
Anchor Counselling	Anchor Counselling helps people improve their psychological well-being and mental health by providing accredited professional and confidential services tailored to your needs wherever you are from.	Counselling and psychotherapy services to individuals and businesses in accordance with the highest professional and ethical standards. We believe that good mental health allows people to grow and flourish, bringing immense benefits both to a person and to society as a whole.	Meadows Centre For Health, Chinchilla Drive, Hounslow, TW4 7NR	http://www.anchorcounselling.org/ info@anchorcounselling.org 020 8867 7660
APRICOT Over 55s Group	A church-based but "open" Older People's Group aimed at reducing loneliness and isolation for the elderly.	The main activity is a low cost monthly lunch, normally on the third Friday at 12.45, with a short talk afterwards. On the first Friday of each month we meet for tea and cakes, with social conversation and local news. Membership is free.	Maswell Park Church Heath Road Hounslow TW3 2NN	http://www.maswell.org.uk info@maswell.org.uk 020 8577 0436
Asian Family Counselling Service Back to top	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	http://www.asianfamilycounselling.org/ afcs@btconnect.com 020 8571 3933

Local Self-Help Groups

B

Group	Description	Services	Location	Website & Contact
Bell Farm Christian Centre (Bell Farm Estate)	Provides a number of services and activities for the community around Bell Farm.	Provides a carers and toddler group, toy library and holiday clubs, How to Drug Proof Your Kids Courses. Older persons lunch and social club. Hosts the 'Doorway Information Advice and Care Service'	Bell Farm Christian Centre, South Road, West Drayton, UB7 9LW	www.bfcc.org.uk info@bfcc.org.uk 01895 444406 See website for up to date information/opening times
Bedfont Darby And Joan Club	Social club for older members of community.	The Darby and Joan Club acts as a lifeline for many older people. Our weekly events feature quizzes, bingo, bring and buy sales, plant sales and entertainment	The Bedfont Club St Mary's Church Hall Hatton Road Bedfont TW14 8JR	Mrs. June Hedges 020 8890 4564
Brahma Kumaris Meditation Centre Back to top	Offering people of all backgrounds programmes that can enhance physical, mental and spiritual wellbeing.	Courses including: Raja Yoga Meditation Course Positive Thinking Course Stress Free Living Self Esteem Overcoming Anger Prison outreach and men's groups.	216 Bath Road, Hounslow, TW4 7DE	www.brahmakumaris.org/uk/hounslow hounslow@uk.bkwsu.org 020 8577 9529

C

Group	Description	Services	Location	Contact & Website
Carers Trust Thames	Fully trained Care Support Workers visit clients' homes relieving the primary carer and allowing them time out to take a break.	Assistance with dressing, mobility, washing, incontinence care, medication reminders, help to get up in the morning and going to bed at night, and being present in the home overnight to provide assistance when needed. Specialist care for: dementia and Alzheimer's, palliative care and end of life care.	Key House 106 High Street Yiewsley UB7 7BQ	http://www.carerstrustthames.org.uk/services/hillingdon.php info@carerstrusthillingdon.org.uk 01895 258888
CB Hounslow Sports Club	Providing football activities both on and off the field for juniors, youths and adults.	Providing both competitive football and training. Encouraging all members, regardless of race, religious or sexual orientation. Well-resourced facilities and equipment.	CB Hounslow United FC, (Feltham ex-Servicemen Club) Bedfont Lane Feltham, TW14 9NW	www.pitchero.com/clubs/cbhounslowunitedfc/ 020 8574 7055
Centre For Armenian Information And Advice	Support for Armenian residents on health, welfare, and cultural services.	Advice on Welfare Benefits, Access to Health Services, Domestic Violence, Youth Club and other activities.	105a Mill Hill Road Acton, W3 8JF	www.caia.org.uk info@caia.org.uk 0208 992 4621
Choices Crisis Abortion Service	Free, confidential 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. Phone to make an appointment or drop in during office hours: Monday: 9am - 2pm Tuesday: 9am - 2pm Wednesday: 9am - 2pm Although Choices offers information about termination we cannot refer directly to abortion services or clinics.	St Mary's Church St Mary's Road Ealing, W5 5RH	http://choicesealing.org choicesealing@sky.com 020 8840 8034
Citizen's Advice Bureau	Self-help advice on many issues online, by phone or in person. There are also outreach centres.	Providing free advice on welfare benefits, debts and budgeting, housing matters, employment problems, family and relationship matters, immigration, and many other topics. Fact sheets available. See website for individual opening hours	CAB: 45 Treaty Centre, High Street, Hounslow TW3 1ES Appointment Only Outreach: Montague Hall,	http://www.hounslowcabs.org.uk/ 020 8572 1082

[Back to top](#)

Group	Description	Services	Location	Contact & Website
			30 Montague Road, Hounslow TW3 1LD Wednesday 9:30am to 12:30pm drop in	
Citizens Trust	Provides Welfare to Work programmes, specialising in services for people beyond the normal scope of employability provision.	Services include support on healthcare, debt and anger management, advice on housing, and benefits advice.	1-2 Craven Road Ealing, W5 2UA	http://www.thecitizenstrust.org.uk/information@the-citizen.info 020 8566 1206
Community Partnership Hounslow	Working together to maximise the health and wellbeing of adults in Hounslow.	Hounslow Community partnership is a collaboration of charities led by INS offering information, advice, individual support, carers support groups and training to adults who are either an unpaid carer or have a long-term health condition.	CAN Mezzanine 2 nd Floor, Treaty Centre High Street Hounslow TW3 1ES	http://www.cp-hounslow.org.uk/info@cp-hounslow.org.uk 020 83693 4003
Conservation Volunteers	Helping people to reclaim local green places. Also known as the Green Gym, it is an innovative way to keep fit and improve wellbeing.	In Hounslow Green Gym activities take place in Pevensey Road Open Space, alongside the River Crane. There is also a Biodiversity Action Team and Employee Volunteering Scheme.	Check website for Hounslow activities	www.tcv.org.uk/london/hounslow.n.ward@tcv.org.uk 020 8607 9890
Crossway Pregnancy Crisis Centre	A confidential service to help women facing an unplanned pregnancy, dealing with an abortion or miscarriage. We can't refer for abortion, but do signpost local services.	Monday to Thursday: 9:30am - 4:00pm Thursday evenings: (by appointment) Appointments can usually be made at short notice, and at other times, including Saturday mornings, in an emergency	The Crossway, Richmond Road, East Twickenham, TW1 2PD	www.crosswaypregnancy.org.uk/help@crosswaypregnancy.org.uk 020 8892 8483
Culture Dementia UK Back to top	Supports carers and people living with dementia among the BME communities	Visits to people living with dementia in care homes or their own homes, befriending people living with dementia, talks on dementia from the African/Caribbean perspective.	Stanmore Business and Innovation Centre Stanmore Place Howard Road, HA7 1BT	http://www.culturedementiauk.org/care@peaceofmindacs.co.uk 0800 014 8682

D

Group	Description	Services	Location	Website & Contact
Diabetes UK Hounslow	UK's leading diabetes charity that cares for and campaigns on behalf of every person affected by or at risk of diabetes.	Aiming to help prevent and screen for diabetes, early detection of symptoms and improving diabetes patient's self-care management.	Information Desk Montague Hall. Montague Road. Hounslow. TW3 1LD. See website for opening times	http://hounslow.diabetesukgroup.org/ davidcahill@onetel.com 020 8572 8959
Different Strokes Hounslow	Providing a unique service for younger stroke survivors. We are run by stroke survivors, for stroke survivors.	Well Being Group to help Young Stroke Survivors. Our activities include: Yoga, Zumba, Chair Based Exercises, Tai Chi, Reflexology and Aromatherapy.	Heart of Hounslow Clinic 92 Bath Road, Hounslow, TW3 3LN Wednesday - 2:00pm to 3:30pm Saturday - 1:00pm to 3:30pm	www.differentstrokeslondonwest.co.uk Coordinator for London West Group Email: vijayrai@hotmail.co.uk Zumba Gold & Tai Chi Teacher Email: johnsuppiah@yahoo.co.uk
Disability Network Hounslow	Support for anyone in Hounslow who has a disability and their carers.	Advice services: Mondays by appointment, Fridays 1.00-4.30: drop in at Hounslow Sikh Gurdwara. Deaf Community Worker supports people who rely on British Sign Language. Social events: Saturday coffee mornings and afternoon activities including a monthly crafts cafe.	The Star Centre, 63-65 Bell Road, Hounslow TW3 3NX (entry strictly by appointment)	www.dnh.org.uk ceo@disabilitynetworkhounslow.org 020 8577 0956 Minicom: 020 8569 5445
Doorway (Bell Farm Estate) Back to top	Advice, Information and Care Service for local residents.	Offering help with benefits, rent arrears, filling out forms, difficulties accessing a GP, or the need to see a Ward Councillor. Drop in service: Tuesdays 10:00 am to 1:00 pm Thursdays 10:00 am to 1:00 pm	Bell Farm Christian Centre, South Road, West Drayton, UB7 9LW	http://www.bfcc.org.uk/adviceinformationandcareservice.htm info@bfcc.org.uk 01895 444406

E

Group	Description	Services	Location	Website & Contact
EACH Floating Support Service	Provides information and support to individuals with substance abuse issues.	Experienced team of counsellors and drug and alcohol workers offering services for parents and families, LGBT people, older people, people leaving prison, people with learning disabilities, mental health needs and homeless people.	EACH Floating Support Service CAN Mezzanine 2nd floor The Treaty Centre Hounslow TW3 1ES	http://www.eachcounselling.org.uk/ eachfss@eachcounselling.org.uk 020 3096 4280 and 020 3096 4281
East European Information and Advice Centre	Frontline delivery of information, advice and advocacy for disadvantaged Eastern European migrants in need of help to navigate British systems, develop confidence and skills, and improve integration within British society.	Drop-in advice (Mon, Fri). Advice and casework by appointment (employment rights, welfare, housing, homelessness, immigration advice). KNOW YOUR RIGHTS workshops, outreach, one-stop-shop surgeries, volunteering opportunities and factsheets.	Room 18 238 – 246 King Street London W6 ORF	www.eeac.org.uk info@eeac.org.uk . 020 8741 1288 Free Advice Line 0800 121 4226

F

Group	Description	Services	Location	Website & Contact
Families Anonymous Back to top	A support network of family members and friends affected by mind-altering substances.	Helping the family and friends of people with a current, suspected or former drug problem.	See website or ring office/helpline for local Hounslow group	www.famanon.org.uk office@famanon.org.uk Tel: 0845 1200 660 (lo-call) or: 020 7498 4680 Calls are answered Monday to Friday, 1:00-4:00pm and 6:00-10:00pm and at weekends 2:00-4:00pm and 6:00-10:00pm.

Group	Description	Services	Location	Website & Contact
Feltham Arts Association	Engaging with the arts to improve health and wellbeing.	Wide-ranging activities for children, young people and adults, including costume making, dance, drama, mosaic and sewing. We also work intensively with community associations on local estates.	c/o Feltham Library The Piazza The Centre Feltham, TW13 4GU	<u>http://www.feltham-arts.co.uk/</u> <u>faa_felthamarts@yahoo.co.uk</u> 020 8844 1802
Feltham Asian Women's Support Group	Social, wellbeing and fitness support for Asian women.	Tuesdays 12 – 3pm Alternate Keep fit and Yoga.	Bedfont Lane Community Association Proctors Close Bedfont Lane Feltham TW14 9NB	<u>annu.maskara@googlemail.com</u> 020 8751 5464
Feltham Bees Disabled Sports Club	Sporting activities for disabled people. The Club is a collaboration between local parents, the College and Brentford F.C. Football in the Community.	Predominantly football, but other activities include Indoor Golf, Bowls, Swimming, Cycling, Ten Pin Bowling, Rugby, Table Tennis, Boccia and Boxing.	Feltham Community College Sports Hall Browells Lane, Feltham, TW13 7EF	<u>http://www.felthambees.co.uk/ ray.coleman@felthamcc.org</u> 020 8831 3032
Flourish	Hounslow based service promoting health, wellbeing and resilience of older people.	Health and wellbeing group activities, including GoVintage dance classes for the over 50's.	CAN Mezzanine 2nd floor The Treaty Centre Hounslow TW3 1ES	<u>Flourishltd8@gmail.com</u> 020 3096 4270
Frances Taylor Foundation St. Mary's Convent	Supporting people to lead independent lives. Our services are open to people of any religious belief, or none.	Providing social care support for people who need extra support because of a physical or sensory disability, epilepsy, or dementia and support for people living through their last days.	Taylor House, 2-4 The Butts, Brentford, TW8 8BL	<u>http://www.ftf.org.uk</u> <u>Office.FTF@psmgs.org.uk</u> 020 8569 7646
Friends of Cathja	The Cathja is a fully converted 38 metre Dutch Barge on a Thames mooring in Old Isleworth supporting people with mental health issues.	Provides a unique venue and range of activities for people who have experienced mental health problems.	Rear of 20 Church Street, Isleworth, TW7 6BG	<u>www.cathja.org</u> <u>cathja99@hotmail.com</u> 020 8560 8360

[Back to top](#)

G

Group	Description	Services	Location	Website & Contact
Golden Opportunity Skills and Development	Founded by a group of young people to support people from refugee backgrounds.	Health projects (currently Khat users and Diabetes Awareness), football project and employment advice for refugees.	Resource Centre Featherstone Terrace Southall, UB2 5AL	www.gosad.org.uk admin@gosad.org.uk 020 8571 9529

H

[Back to top](#)

Group	Description	Services	Location	Website & Contact
Headway West London	Assistance and services to people with brain injuries and their families.	Monthly support group for any adult with brain injury, as well as their family members and friends. West London Group meet on the 3rd Thursday of every month, 7-9pm.	St Andrews' Church Centre Mount Park Road Ealing W5 2RS	http://www.headwaywestlondon.org.uk/ Free Helpline: 0808 800 2244
Healthwatch (Hounslow)	Independent voice for patients and residents on health and social care. We also signpost people to information to help them make choices about health and social care services.	Making sure that the views of the public and patients are taken into account at national, regional and local level.	Access via Hounslow Civic Centre Lampton Road Hounslow, TW3 4DN	http://www.healthwatchhounslow.co.uk info@healthwatchhounslow.co.uk 020 36032 438
Heathrow Special Needs Farm	A small charitable community farm whose aim is to give people with various special needs and disabilities the opportunity to come into contact with farm animals and the joy of gardening.	Activities include: Horse Riding. Help look after 70+ animals including mucking out, grooming and learning about animal health. Gardening and Horticulture - help to plant and harvest plants and vegetables.	Heathrow Special Needs Centre, Bath Road, Longford, UB7 0EF Opening Times: Monday to Friday 10am till 2pm.	http://www.heathrowspecialneedscentre.org/ info@heathrowspecialneedscentre.org 01753 680330
Hestia Housing and Support Hounslow	Delivering high quality housing and support services for vulnerable people	We provide housing support for service users with mental health needs and for vulnerable young people.	55 Thornbury Road Isleworth Hounslow, TW7 4LE	http://www.hestia.org/ info@hestia.org 020 856 03274
Hogarth Gateway Club	A social club for adults with a learning disability.	Meetings on Fridays 6.45pm to 8.45pm Various activities, from art and crafts to	Hogarth Youth and Community Centre Duke Road	amandaboo1975@hotmail.com 020 8748 5168

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
		sports - boccia, keep fit and drama. Entry fee is £2 a week.	Chiswick W4 2JR	
Homelink Day Respite Centre	Homelink is a nurse-led day respite care centre for adults staffed by qualified nurses and trained volunteers. We are here to give carers a well-earned day's respite each week.	Health promotion, psychological support, and personal care including chiropody. We also provide support for carers-including regular meetings, advice and peer support.	Hospital Bridge Road Whitton, TW2 6DE	www.homelinkdaycare.co.uk sue.hodder@homelinkdaycare.co.uk 020 8255 1992
Hounslow African Youth Association (HAAYA)	Offers a wide range of health and sporting initiatives tailored to young African people.	Our activities include sports and arts clubs, study groups, training for young volunteers, education and employment workshops and Duke of Edinburgh Award.	41a Ivy Road Hounslow, TW3 2DH	www.haaya.com info@haaya.com 020 8569 6350
Hounslow Bereavement Support	Support to bereaved people by relieving suffering, which may cause depression and other emotional problems.	Individual counselling sessions in central Hounslow or at the client's home if appropriate. Sessions last for 50 minutes on a weekly basis over 12 weeks. We also offer advice and information by telephone or email. Office hours are Monday to Friday - 10am to 4pm.	Willesden Centre for Health & Care Robson Avenue NW10 3RY	http://www.bbsonline.org.uk/ info@bbsonline.org.uk 020 8459 6818
Hounslow Community Food Box	A community-run food project for anybody who is in need and cannot afford to feed themselves or their family.	We work on a voucher system and receive referrals from professionals and other charities. The service operates 7 days a week and referrals are usually processed within 24 hours. In exceptional circumstances we can provide a home delivery service.	Hounslow Community FoodBox Brickfield Community Centre, Brickfield Close, Brentford TW8 8JN	www.hounslowfoodbox.org.uk info@hounslowfoodbox.org.uk 07718 263614 or 07850 402419
Hounslow Community Transport	Local charity providing wheelchair accessible transport. HCT also runs the Hounslow Furniture Recycling Project and the Shop Mobility service in central Hounslow.	Wheelchair accessible minibuses that can be hired at affordable rates. Shop Mobility service provides battery - powered scooters and manual wheelchairs that can be hired at affordable rates. Monthly Minibus Driver Awareness training courses, which can be run on the organisations' own premises.	Head Office: 9 Montague Road Hounslow TW3 1JY (see website for other locations)	www.hounslowct.org.uk enquiries@hounslowct.org.uk 020 8572 8204

[Back to top](#)

Group	Description	Services	Location	Website & Contact
Hounslow COPD Support Group	Assistance and support for sufferers of COPD (chronic obstructive pulmonary disease) which covers two lung diseases – chronic bronchitis and emphysema. It does not include other obstructive pulmonary diseases such as asthma.	There is a meeting on the last Wednesday of each month at the White Hart Inn, and two meetings each month at the Heart of Hounslow, 92 Bath Road, Hounslow TW3 3EL. The dates vary, but the times are the same: 12.00 and 6.00pm	The White Hart Inn, Kneller Road, Twickenham TW2 7DY	hounslowcopd.vpweb.co.uk hounslowcopd@gmail.com helpline: 07933 993263 Steve England Chairman Roger Smith Executive Officer
Hounslow Siblings Group	Support for children and young people who have a brother or sister with special needs.	Held once a year, there is a 6 week programme of Wednesday drop in sessions for children aged 7 to 11 and then a further 6 weeks for ages 12 to 16. Activities include: art and crafts, physical activities and coping strategies. Plus outings, usually one per term for both age groups.	Redlees Park, Worton Road, Isleworth, TW 7 6DW, (exact venue details given on enquiry)	hounslowsiblingsgroup@yahoo.co.uk
Hounslow Thalassaemia & Sickle Cell Support Group	Support group for sufferers and carers of people with Sickle Cell and Thalassaemia. Specialist nurse for work with families and individuals to prevent complications and reduce hospital admissions.	Partner testing for antenatal women who have carrier/trait status and counselling for couples found to be at risk; health promotion advice to parents whose children have been found to be carriers/trait; health care plans for children in nursery or school.	Heart of Hounslow Centre for Health, 92 Bath Road Hounslow, TW3 3EL Opening times: Monday to Friday 9am to 5pm	http://hrch.nhs.uk/our-services/services-directory/services-in-hounslow/specialist-nurse-for-haemoglobinopathies/ 020 86303363
Hounslow Toy Library	Children with disabilities or their parents can borrow toys to take home. It is open to all children with disabilities who live in Hounslow or nearby.	Opening hours: Wednesdays 9:30 am to 12:30 pm Thursdays 1:30 pm to 5:00 pm A range of information on disability services is available and the chance to meet other parents whilst enjoying a cuppa.	Hounslow Toy Library, Inwood Park, Inwood Road Hounslow, TW3 1XA	www.hounslowtoylibrary.co.uk hounstoylib@btconnect.com 020 8569 5451
Hounslow Voluntary Sector Support Service Back to top	Support, information and advice for voluntary and community sector (VCS) groups operating in Hounslow.	Practical support and advice for local community groups about setting up, fundraising, training and how to become a registered charity. Also coordinates Hounslow Health and Social Care Forum and Hounslow Community Network.	CAN Mezzanine 2nd Floor, Treaty Centre High Street Hounslow, TW3 1ES	www.hounslowhub.org.uk iain@ealingcvss.org.uk 020 8579 6273

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
Hounslow West Mencap	Support for people with a learning disability.	Day centre open Mondays to Fridays 9am to 3pm. Activities include bingo, karaoke, hand massages and outings.	Harle House, Cardinal Road, Feltham, TW13 5AL	harlehouse@hotmail.co.uk 020 8890 1617

Group	Description	Services	Location	Website & Contact
iHEAR	Drug and alcohol service for young people	Treatment including group and key work, needle exchange and prescribing and recovery support including complimentary therapies, mutual aid and peer mentoring	Pharmacia House, 1 Prince Regent Road, Hounslow, TW3 1NE	http://www.ihearpartnership.org/referrals@ihearpartnership.org 020 8538 1150
Ilays	Help for socially marginalised and disadvantaged refugees, asylum seekers, and immigrant communities in West London. The majority of the service-users are refugee and asylum seeker Somalis from East Africa.	Employment and Training, Education Health Promotion, Youth Development Advice and Guidance, Translation and Interpretation, Community Development Research, Assessments and Promoting Culture.	38 Bensington Court, New Road Bedfont, Feltham, TW14 8HX	www.ilays.org.uk ilays@hotmail.co.uk 020 8890 5385 07404 492382
Impact Theatre Company	Promoting positive images of disability and developing self-confidence, through participation in performing and creative arts.	Conducting workshops/short performances, promoting disability arts and other activities for adults with learning disabilities.	Ealing Central Sports Ground Horsenden Lane South Perivale UB6 8GP	www.impacttheatre.co 020 8997 8979
Indian Gymkhana Club	The largest and longest-standing multiracial Sports Club in the United Kingdom.	A combined Cricket, Football and Hockey Club. There is also a Gym and Healthy Living for Seniors.	Indian Gymkhana Club Thornbury Avenue Osterley TW7 4NQ	www.indiangymkhanaclub.co.uk manager@indiangymkhanaclub.co.uk 020 8568 4009
Integrated Neurological Services	A registered charity providing long term support to people with a neurological condition (e.g. stroke) and their family and carers. You must live in, or have a GP in the London borough of Hounslow to receive our services.	Individual therapy, long term and short term therapy groups and regular reviews of changing needs for adults with a neurological condition. INS can also offer support and advice to carers.	82 Hampton Road, Twickenham TW2 5QS	http://www.ins.org.uk/ admin@ins.org.uk 020 8755 4000

[Back to top](#)

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
Isleworth Explorers Club	Activity programmes for young people aged 6 to 18 years including football, cricket, hockey, rope swing, wall climbing and computers.	<p>Transitions Club Mondays 7.00pm – 9.00pm</p> <p>Junior Club: Tuesday & Thursday 6.15pm - 8.30pm</p> <p>Senior Club: Friday 7pm - 9.30pm</p> <p>Mixed Ability Club: Saturday 10am - 1.00pm</p> <p>There is also a term-time After School Club. A small charge is made for each session.</p>	<p>Isleworth Explorers Club Twickenham Road Isleworth TW7 7EU</p>	<p>http://www.isleworthexplorers.co.uk/ isleworthexplorers@hotmail.co.uk 020 8560 4552</p>
Ivybridge Food Bank (Isleworth)	Supporting local families who may be struggling to feed themselves owing to illness, benefit delay, domestic violence, debt and family breakdown. People are referred by frontline care agencies and support charities.	<p>A satellite operation of Richmond Foodbank, run by volunteers from All Souls Church Thursday mornings from 9.30-11.30am.</p> <p>Running alongside the foodbank is the drop-in advice service, Refresh@Bridgelink.</p>	<p>Bridgelink Community Centre, 373 Summerwood Rd, Isleworth, TW7 7QR</p>	<p>http://www.allsoulschurch.org.uk/community/all-souls-ivybridge/foodbank ivyfoodbank@vineyardcommunity.org 020 8891 6820 For Refresh@Bridgelink: fi.budden@gmail.com</p>

[Back to top](#)

L

Group	Description	Services	Location	Website & Contact
Library at Home Service	Free service for Hounslow residents of any age who are unable to visit their local library due to permanent or temporary disability or those who are infirm, frail or ill.	Approximately once every five weeks, a member of staff will deliver books, audio books, magazines, jigsaws, DVDs or CDs to your home. Items can be selected in advance and when items are collected we will deliver a new box for you.	All locations in Hounslow	www.hounslow.info adam.toms@carillionservices.co.uk 0845 456 2901
Liesel Angel Trust	Provides practical support for critically sick children and their families and especially children with terminal illness. Advocacy, free transportation services, free meal vouchers, counselling and educational support.	One Touch Transport Services to transport critically ill children to and from hospital appointments. We pick up siblings to and from school and run errands for families. We offer help with domestic chores and free massage therapy in hospital or home to provide parents of a terminally sick child a means of stress relief. We also provide bereavement support.	The Vista Business Centre 50 Salisbury Road Hounslow TW4 6JQ	www.lieselangeltrust.org info@lieselangeltrust.org 020 8538 0185
LIFE Hounslow	Charity providing free, confidential support and advice related to pregnancy or miscarriage.	Free help to anyone affected by a pregnancy or pregnancy loss. Free and confidential pregnancy test with immediate results and someone to help you explore all your options as you decide what to do about your pregnancy. If you have suffered a miscarriage we can support you or your partner through feelings of loss and grief.	20 Vicarage Farm Rd Hounslow West TW3 4NW Drop in Tuesdays and Fridays: 11am - 2 pm and at other times by appointment	http://www.lifehounslow.org.uk/ help@lifehounslow.org.uk 020 8570 7717
Living Well – HIV Support Service Back to top	Support for people living with HIV		Twickenham House West Middlesex University Hospital Twickenham Road Isleworth TW7 6AF	Alice Williams alice@livingwellcic.com

M

Group	Description	Services	Location	Website & Contact
Meditation and Counselling Ltd-Family Bridges Project	Specialising in family breakdown, with our main focus on children who are caught in the middle.	We offer counselling to adults and a one-to-one service to children and young people. The Project can also help with post separation problems particularly following family court proceedings.	Templeton Lodge 114 High Street Hampton Hill, TW12 1NT	www.midmediation.org.uk admin@midmediation.org.uk 020 8891 6860
Middlesex Association for the Blind	Provides support for people with a visual impairment to help them to lead full, active and independent lives.	Home Visiting Service for people who are blind, partially sighted or deaf/blind. Counselling support to those having difficulty adapting to their sight loss. Employment service for those intending to start or resume a career. Information service for patients attending eye clinics	Suite 18, Freetrade House Lowther Road Stanmore HA7 1EP	www.aftb.org.uk info@aftb.org.uk 020 8423 5141
Mind in Ealing and Hounslow (Includes The Lotus Centre)	Local support group for people with mental health issue, their families and carers	Advocacy services are free and operate independently of social services. Lotus Activity Centre for people with mental health problems. BMER Community Outreach Service for people with mental health needs from BMER communities.	48 Hartington Road Southall UB2 5AX	www.mind-eh.org.uk info@mind-eh.org.uk 020 8571 7454
Mind Food	Mind Food supports people with mental health issues to recover through growing and selling food.	We run a sensory market involving people with a wide range of mental health issues. We sell 'food that's good for your mood' into local communities.	Growing site address: Cleeveley Crescent, Ealing, W5 1DZ Postal address: 1 Rosemont Road London, W3 9LT	www.mindfood.org.uk ciaranbiggins@mindfood.org.uk
Mulberry Centre Hounslow Back to top	Charity providing support and information for anyone affected by cancer.	Services include relaxation therapies, one to one support, drop-in advice, counselling and support groups, plus a wide range of outreach activities.	The Mulberry Centre, West Middlesex University Hospital Isleworth, TW7 6AF	www.themulberrycentre.co.uk laura.elliott@themulberrycentre.co.uk 020 8321 6300

Local Self-Help Groups

Multicultural Centre Lunch Club	Lunch club for older people from different communities.	Two course hot meals costs £5.00 and are served from 12.30pm. Monday Tuesday, Wednesday, Friday. Can be collected or delivered to anyone who is housebound.	49-53 Derby Road, Hounslow, TW3 3UQ	http://tvhhub.co.uk/local-service/multicultural-centre-lunch-club 020 8577 2702
--	---	---	-------------------------------------	---

N

Group	Description	Services	Location	Website & Contact
National Autistic Society Day Services	The Acton Centre is a day service for people with autism, including Asperger Syndrome, aged 18 years and over and is open to Hounslow residents.	Drama, art, pottery, woodwork, facilities for horticulture and a teaching kitchen.	Ealing Hammersmith & West London College, Woodlands Building, Mill Hill Road, W3 8RR	http://www.autism.org.uk/directory/search-results/pg=1~sid=527180~s=1/resources/20847.aspx se.services@nas.org.uk 020 8992 6611
Navnat Centre – Gujarati Community	Primarily for members of the Gujarati Community, but anyone is welcome. Membership with guest fees. Waiting list for some activities.	Bridge and Badminton on a number of weekdays and sessions on Fridays & Tuesdays for the over 60's with activities such as yoga, lunch and talks. See website for times.	Navnat Centre, Printing House Lane, Hayes, UB3 1AR	http://navnat.com info@navnat.com 020 8848 3909
NAZ	HIV prevention for BMER groups in Hounslow.	Rapid HIV testing and counselling		Rebecca Mbewe Rebecca@naz.org.uk
Neighbourly Care	Support centre for older people in West London.	Services include healthy living advice and exercise classes, such as Yoga. Plus a volunteer led befriending service and English language classes.	32 Featherstone Road Southall, UB2 5AQ	www.neighbourlycare.org.uk nc.southall@btinternet.com 020 8571 1929
Nepalese Ladies Community, London Borough of Hounslow Back to top	This ladies community is not affiliated to any religion, caste, tribe or political ideology. It was formed for purely philanthropic purposes, to resolve the problems faced by each other, to share the happiness and show the identity of Nepal in society.	Teej Festival: 3 September 2016. Various meetings before then: phone or e/mail for further details	61 Buckingham Ave. Feltham, TW14 9LF	devirani004@hotmail.com 07557 448341 website under construction

Group	Description	Services	Location	Website & Contact
Network Mesh West London	Support group for people and families in West London affected by ME or Chronic Fatigue Syndrome.	Quarterly newsletter, regular social meetings and guest speakers.	9 Priory Avenue Chiswick, W4 1TX	www.networkmeshwl.org.uk tony@bedfordpark.demon.co.uk 020 8400 1904 (weekdays) 020 8994 0989 (evenings and weekends)

O

Group	Description	Services	Location	Website & Contact
OCD support	Hounslow IAPT see people with OCD who are offered either a Fighting Fear group or individual Cognitive Behavior Therapy. There are also workbooks on OCD so people can be seen for guided self-help.	A referral system operates, including self-referral. Initial contact should be made via the website or by phone and there are locations borough wide to which you can be directed thereafter.	Hounslow IAPT The Isleworth Centre 146 Twickenham Road Isleworth, TW7 7DJ	http://www.hounslowiapt.nhs.uk/who-we-see/problems-we-treat/obsessive-compulsive-disorder 0300 123 0739
Ogaden Community Association	Support group for refugees from the Ogaden region of Ethiopia.	Activities include counselling, life skills, football, culture and tradition events.	16 Merrick Road, Southall, UB2 4AU	http://www.ogadencommunity.co.uk/ ogadenuk@yahoo.co.uk 020 85745334
Our Barn In The Community	Community based activities for young people aged between 16 and 25 with learning difficulties or other disabilities.	Activities providing life skills and social interaction for young people with learning difficulties or other disabilities. Our flagship is the Sunday Youth Club at Redlees Play Centre in Isleworth. We also run a gardening project at Osterley Park, football and yoga.	Our Barn Youth Club CAN Mezzanine 2nd Floor Treaty Centre High Street Hounslow, TW3 1ES	http://www.ourbarn.org.uk/community@ourbarn.org.uk 0300 777 2800

[Back to top](#)

P

Group	Description	Services	Location	Website & Contact
Parents in Touch	Parent led organisation providing support to parents/guardians of children with special needs.	Membership organisation which is free to join. Members receive a newsletter six times a year by post, plus a regular email newsletter. Also a helpline during term time (Tuesday to Thursday 10.00am to 2.00pm).	St Denys House Church Street Chiswick W4 2PD	https://sites.google.com/site/parentsintouch/Home parentsintouch@btconnect.com 020 8994 9602
Phab Hounslow (Stars On Saturdays)	Youth club for young people on the Autistic Spectrum Disorder and with MLD.	Start the Week Right sessions with preparation of healthy snacks. Sports Club for young people who are deaf or have learning or physical disabilities. Siblings welcome.	Hounslow Youth Centre, Kingsley Road Hounslow, TW3 1NX	http://hounslowphab.phab.org.uk Lornastph@btinternet.com 020 8572 8842
Phab Hounslow (Thursday Club)	For young people ages 11-25 with additional needs.	Activities include sports, arts & crafts, pool, games consoles, seasonal activities,	Hounslow Youth Centre, Kingsley Road Hounslow, TW3 1NX	http://hounslowphab.phab.org.uk Lornastph@btinternet.com 020 8572 8842
Phoenix Counselling and Psychotherapy Service	Phoenix is a self-funding service, open to people of any age. There is a sliding scale fee structure aiming to make our counselling available to everyone, regardless of income.	Support for children, young people, parents and families seeking help with emotional or psychological issues.	1-3 Hanworth Road Feltham, TW13 5AF	www.phoenixcounselling.org office@phoenixcounselling.org 020 8890 3133

R

Group	Description	Services	Location	Website & Contact
Refugees in Effective and Active Partnership (REAP)	REAP is an independent, refugee-led organisation that campaigns for refugees and asylum-seeker in West London.	Community Interpreters' training and Service, Health Connectors Growing Grass Roots Community English Group.	Key House, High Street, Yiewsley, UB7 7BQ	http://www.reap.org.uk enquiries@reap.org.uk 01895 441 530

[Back to top](#)

Group	Description	Services	Location	Website & Contact
RELATE London South West	Relationships advice	Relationship Counselling, Sex Therapy, Children and Young People's Counselling and Family Counselling. Languages spoken: English, Spanish, German, Croatian, Gujarati, Punjabi, Urdu.	1A Hill Street (entrance on Water Lane) Richmond TW9 1SX	www.relatelondonsw.org counselling@relaterkh.org 020 8940 8578
Retired Members Association (Asian Elders-Men's Group)	Aims to reduce isolation among the Asian elderly community. Provides health and wellbeing activities and presentations on preventable diseases.	Members meet on Tuesdays and Fridays, 11.00am to 1.00pm. Gentle exercise, yoga, health walks in local park. Members and their guests join on special occasions such as cultural and social functions.	Heston Community Centre, Vicarage Farm Road Heston, TW5 0EE	bhagat@btinternet.com
Riana Development Foundation	Community programmes to build self-reliance through a people centred approach.	Mentoring programme for young people. A community allotment providing a safe and secure community garden. Courses are offered to help children develop literacy skills, maths and ICT. Football and a photography project.	The Alf Chandler Centre, Benson Close, Hounslow, TW3 3QX	www.riana.org.uk info@riana.org.uk 020 3693 9757
Richmond and Kingston ME Group Back to top	Support group for people with Myalgic Encephalomyelitis (ME). If you have or know someone who has this condition and need support, you are very welcome to join us. Open to residents of Hounslow.	Support via website, telephone helpline, Facebook and Twitter, private (closed) email chat group in Google Groups. Coffee meetings for members and their carers, signposting to professional help, lectures and talks on ME.	Initial contact by phone or email	www.richmondandkingstonmegroup.org.uk randkmegroup@yahoo.co.uk 07984 860309

S

Group	Description	Services	Location	Website & Contact
Sahan Somalian Society Centre	Serving the needs of vulnerable members of the local Somali community. Enhances the health and well-being of Somali and other BMER vulnerable mothers and children.	Health and leisure, information advice and advocacy, training and skills.	18-20 East Avenue, Hayes, UB3 2HP	http://www.sahancares.co.uk/ sahancentre@yahoo.co.uk 020 8848 1380
Samaritans	Support for people experiencing emotional distress, despair or feeling suicidal.	24 hour helpline and open for face-to-face callers most daytime and evenings, but call ahead to check availability.	26 Junction Road Ealing W5 4XL	www.samaritans.org/branches/samaritans-ealing-branch jo@samaritans.org 020 8560 2345 (local) 116 123 (national/free)
Second Chances	Provides a community based parenting assessment and drug/alcohol intervention service to families.	Offers a 12 week intensive assessment model to parents alongside childcare and/or therapeutic play. We also offer stand-alone parenting assessments and can facilitate contact sessions where children have been removed from the care of their parents.	11 Braid Close Hanworth, TW13 5LP	second.chances2009@googlemail.com 020 8898 4049
Selective Mutism West London Parents and Carers Group	Support group for parents and carers in West London who care for a child, or have a relative with Selective Mutism, an anxiety disorder in which affected people speak fluently in some situations but remain silent in others.	An informal group of parents who regularly meet up at venues and stay in touch on line to support each other through Facebook.	Contact through website for Hounslow details	selective.mutism@virginmedia.com
Shopmobility Hounslow Back to top	Shopmobility is a service available to anyone living, working or visiting the London Borough of Hounslow who finds mobility difficult.	Shopmobility hires out battery powered scooters, battery powered wheelchairs and manual wheelchairs. Full training is offered to people wishing to hire battery powered scooters for the first time.	Blenheim Centre, Prince Regent Road, Hounslow, TW3 1NL	http://hounslowct.org.uk/shopmobility/ peter@hounslowct.org.uk 020 8570 3343

Local Self-Help Groups

Group	Description	Services	Location	Website & Contact
Sickle Cell Society	Formed by a group of patients, parents and health professionals concerned about the lack of understanding and the treatment for sufferers of sickle cell disorders.	Access to information about support in the community. We provide 'in-house' support, guidance, assistance with welfare benefits, housing matters and other issues.	See website for Hounslow activities	http://www.sicklecellsociety.org/info@sicklecellsociety.org 020 8961 7795
Society of Afghan Residents in the UK	Provides services to Afghan residents.	We provide the community with information and guidance relating to health, housing, immigration and legal matters. Social, religious and cultural activities. Opening hours: 10am to 3pm, Monday to Friday Weekends: 2pm - 4pm.	West Acton Community Centre Churchill Gardens Acton, W3 0JN	www.sarinuk.com/home.htm sarinuk@live.co.uk 020 8993 8168
Southall Black Sisters	Support group providing a range of services to black and minority women.	Specialist advice on gender-related issues such as domestic violence, sexual violence, forced marriage, honour killings, health, welfare rights, homelessness and poverty.	21 Avenue Road Southall, UB1 3BL	www.southallblacksisters.org.uk info@southallblacksisters.co.uk Helpline: 020 8571 0800 General Enquiries: 020 8571 9595
Southall Day Centre	Day centre for older people, open to Hounslow residents.	Provide a range of activities including keep fit classes, cultural events and excursions.	20 Western Road Southall UB2 5DS	http://www.chg.org.uk/residents/supporting-comm... sdc.info@chg.org.uk 020 8574 0902
Speak Out in Hounslow	A charitable company that supports adults with learning disabilities to Speak Out and affect change	We support people with learning disabilities to speak up with Campaigning, Outings, Empowerment "The Voice of Us" drama group	Speak Out in Hounslow 2-03 West 1110 Great West Road London TW8 0GP	http://speakoutinhounslow.org See website for individual staff contact details

[Back to top](#)

Group	Description	Services	Location	Website & Contact
Spectra (Previously West London Gay Men's Project)	Aiming to improve the health and well-being of diverse LGBT communities.	We provide peer-based services, including sexual health information, HIV testing, 24-hr condoms service and Spectrum Trans Group.	St Charles' Centre for Health & Wellbeing Exmoor Street, W10 6DZ STI testing: Every Thursday 6pm – 8pm (arrive by 7.30pm) Heart of Hounslow 92 Bath Road Hounslow, TW3 3EL	www.spectra-london.org.uk info@spectra-london.org.uk 0800 587 8302
Sustrans	A charity working with communities and partners so that people can choose healthier, cleaner and cheaper journeys and enjoy better, safer spaces to live in.	By 2020 we want four out of five local journeys to be made by bike, foot or public transport.	See website for Hounslow activities	http://www.sustrans.org.uk london@sustrans.org.uk 020 7017 2350

T

Group	Description	Services	Location	Website & Contact
Taha (The Asian Health Agency)	Specialises in the provision of support services to Asian communities whilst validating the concept of different but equal, in an anti-racist working framework.	Daycare, respite, personal care, carer support and advice. Professional carers and personal assistants.	Shanti Centre 89 Askew Road Shepherds Bush, London W12 9AS	www.taha.org.uk ashra@taha.org.uk 020 8811 1501
Tasha Foundation	Provides online counselling and resources via digital platforms for people with substance misuse issues or moderate mental health issues.	Counselling for clients with mild to moderate mental health difficulties who have completed treatment for drug and alcohol use and are now abstaining or stable. Counselling for carers.	Online service	www.tasha-foundation.org.uk enquiries@tasha-foundation.org.uk

[Back to top](#)

Together as One	Provides support for anyone experiencing loneliness or social isolation, particularly as a result of mental health issues.	Free drop-in service to meet new people in a safe and friendly environment and develop peer friendships.	The Pavilion Twickenham Green Twickenham, TW2 5TU Drop-in days are: Monday, Wednesday and Friday 11am - 4.30pm	http://togetherasone.co.uk carolajegbo@hotmail.co.uk
Twining Enterprises	Twining exists to improve wellbeing through helping people with mental health issues into work. We provide tailored support to individuals, employers and our community.	Supporting unemployed people to get into work and helping employed people to stay in work. Support for employers in helping businesses to address mental health at work positively.	84 Uxbridge Rd, Ealing, W13 8RA	www.twiningenterprise.org.uk info@twiningenterprise.org.uk 020 8840 8833

U

Group	Description	Services	Location	Website & Contact
United Somali Community Back to top	Support and advice to Somali residents.	Advice about health & well-being housing, education and community support. Also working to raise awareness about adoption, disability, drugs, fostering and mental health issues for Somali residents in Hounslow.	Can Mezzanine, 2nd Floor, Treaty Centre High Street Hounslow, TW3 1ES	http://www.unitedsomalicommunity.com/ unitedsomali@hotmail.com 020 3096 4274

V

Group	Description	Services	Location	Website & Contact
Victim Support	Practical information, advice and emotional support to victims of crime.	Victim Support is here to help anyone affected by crime, not only victims and some witnesses, but their friends, family and any other people involved.	See website for Hounslow contacts	www.victimsupport.org.uk supportline@victimsupport.org.uk 020 7259 2424 Support line: 08 08 16 89 111
Visions	Drug and alcohol support for young people	Support for young people includes cultural awareness, harm reduction, one to one support, group sessions, outreach and drop ins. Training for professionals including screening and identification, motivation and general awareness.	Pharmacia House, 1 Prince Regent Road, Hounslow, TW3 1NE	visions@hounslow.gov.uk 020 8583 6441
VoiceAbility	An advocacy service for all adult residents of Hounslow including: those with a learning disability, mental health need, deaf and hard of hearing clients.	In addition to advocacy, runs a referral line for all enquiries, enabling people to telephone, text or email the service.	See website for Hounslow activities	https://www.careplace.org.uk/Services/8744/Voiceability-Hounslow hounslowadvocacy@voiceability.org 0300 330 5471
Volunteer Link Scheme	Provides one-to-one befriending for people who are housebound and socially isolated as a result of disability or long term illness.	Volunteers receive ongoing training so they can provide support to vulnerable clients. They offer housebound people companionship, emotional support, assistance with correspondence, help the client to the park or shops if possible, and help carers to have time off.	Boundary House Boston Manor Road London, W7 2QE	http://volunteerlink.org.uk befriending@volunteerlink.org.uk 020 8434 3635

[Back to top](#)

W

Group	Description	Services	Location	Website & Contact
Watermans	Watermans is an established arts centre in Brentford, which provides a programme of film, visual and new media arts 7 days a week.	Watermans deliver an extensive arts participation programme catering for minority groups, disabled groups and marginalized groups.	40 High Street Brentford, Greater London TW8 0DS	http://www.watermans.org.uk info@watermans.org.uk 020 8232 1010
We Are 1	A 'Pan-Disability' organisation - offering professional help and support for those with a disability.	Services include a one-stop source of information for those who have a disability, or are caring for a person with a disability.	The Alf Chandler Centre Benson Close, Hounslow, TW3 3QX	www.weare1.org.uk contact@weare1.org.uk 020 8569 5833
West London Sands	West London Sands is the local group of the Stillbirth and Neonatal Death Charity, offering support for individuals and families affected by still neonatal birth or the death of a baby.	Holds regular monthly meetings and also works in partnership with local hospitals to improve bereavement services and to enhance staff training. Meetings are usually held on the 4th Thursday of each month, 8pm to 10pm and on the 2nd Friday, 11am to 1pm. Venues confirmed to parents on database. Also offers a phone support service to bereaved parents.	Evening meetings: Church Hall in Chiswick Morning meetings: Venues vary, but always in Chiswick See website for further information	westlondonsands.org wlschairs@gmail.com
West London Twins Club	The Club is a network and a support group for parents of twins, triplets and more.	We run play sessions every Thursday morning from 10-12 noon.	St Stephens Church, St Stephen's Road Ealing, W13 8HB	http://westlondontwinsclub.org/ westlondontwinsclub@hotmail.co.uk
West London YMCA	YMCA West London works with vulnerable and disadvantaged young men.	Supports housing projects, youth programmes, life skills, children's classes, nursery, adult fitness, and a community café.	25 St. Mary's Road, Ealing, W5 5RE.	http://www.westlondonymca.org/indexymcawestlondon.html enquiries@londonymca.org 020 8832 1500

[Back to top](#)

National Health Support Groups

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

See also the [NHS Choices](#) website.

A

Group	Description	Contact	Website
Action for M.E.	Website and helpline for people who suffer with ME.	admin@actionforme.org.uk 0117 927 9551	www.actionforme.org.uk
Action on Hearing Loss	Support for people with hearing loss or tinnitus.	informationline@hearingloss.org.uk Office Line: 020 7296 8000 Info Line: 0808 808 0123 Tinnitus: 0808 808 0123	http://www.actiononhearingloss.org.uk
Alcoholics Anonymous	Website and helpline for people with a drinking problem, including information on finding a local meeting group.	help@alcoholics-anonymous.org.uk 0800 9177 650 0845 769 7555	www.alcoholics-anonymous.org.uk
Alzheimer's Society	Website and helpline for people affected by dementia.	enquiries@alzheimers.org.uk 0300 222 1122	https://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 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, learning difficulty, depression and age related disabilities. Support includes home visits.	020 8459 1030	www.apda.org.uk
Asthma UK	Website and helpline for asthma sufferers.	info@asthma.org.uk 0800 121 6244	www.asthma.org.uk

[Back to top](#)

B

Group	Description	Contact	Website
Barnado's	Leading children's charity including counselling for children who have been abused, fostering and adoption services, vocational training and disability inclusion groups.	supportercare@barnados.org.uk 020 8550 8822	www.barnados.org.uk
Battling Against Tranquillizers	Provides advice, support and counselling to people with substance misuse issues.	support@bataid.org 0844 826 9317	http://bataid.org/
BEAT	Website and helpline for people with eating disorders.	help@b-eat.co.uk 0845 634 1414 Youthline fyp@b-eat.co.uk 0845 634 7650	www.b-eat.co.uk
Behind the Gray	Website and helpline for people who have suffered from a stroke or subarachnoid haemorrhage.	mail@behindthegray.net	www.behindthegray.net
Bipolar UK	Website and helpline for people with bipolar disorder and manic depression.	info@bipolaruk.org.uk 020 7931 6480	www.bipolaruk.org.uk
Blind Veterans	Lifelong practical and emotional support for Armed Forces and National Service veterans regardless of when they served or how they lost their sight. Helping veterans recover their independence and discover a life beyond sight loss.	Helpline 0800 389 7979 Office 01273 307811	https://www.blindveterans.org.uk/
British Heart Foundation	Website and helpline for people with heart diseases.	heartmatters@bhf.org.uk 0300 330 3311	www.bhf.org.uk
British Lung Foundation	Website and helpline for people with lung conditions.	helpline@blf.org.uk 0300 0030 555	www.blf.org.uk
British Thyroid Foundation	Website and helpline for people with thyroid disorders.	info@btf-thyroid.org	www.btf-thyroid.org

[Back to top](#)

C

Group	Description	Contact	Website
Carers UK	Support services for carers, including a website with an advice line.	advice@carersuk.org 0808 808 7777	www.carersuk.org
Cardiac Risk in the Young	Website and helpline supporting young people diagnosed with potentially life-threatening cardiac conditions and offering bereavement support to families affected.	cry@c-r-y.org.uk 01737 363222	http://www.c-r-y.org.uk/
Crohn's and Colitis UK	Website and helpline for people who suffer from Colitis and Crohn's disease.	info@crohnsandcolitis.org.uk 0300 222 5700	https://www.crohnsandcolitis.org.uk/

D

Group	Description	Contact	Website
Depression UK	Website and helpline for depression sufferers, plus a regular newsletter for members.	info@depressionuk.org 0870 774 4320	www.depressionuk.org/index.shtml
Diabetes UK	Website and advocacy service to people with diabetes and also organises local training/workshops on diabetes awareness.	info@diabetes.org.uk 0345 123 2399	www.diabetes.org.uk
Down's Syndrome Association	Website information and support on all aspects of living with Down's Syndrome.	info@downs-syndrome.org.uk 0333 1212 300	www.downs-syndrome.org.uk

[Back to top](#)

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.	helpline@epilepsy.org.uk Epilepsy Action Helpline 0808 800 5050	www.epilepsy.org.uk

F

Group	Description	Contact	Website
Frank Substance Abuse Support	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
Galop UK LGBT Domestic Violence	Leading LGBT anti-violence & abuse charity. Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them.	info@galop.org.uk 020 7704 2040	http://www.galop.org.uk
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
Groundswell	Support and advice to enable homeless people to take more control of their lives, have a greater influence on services and play a full role in our community.	info@groundswell.org.uk 03000 039 600	www.groundswell.org.uk

[Back to top](#)

H

Group	Description	Contact	Website
Haemophilia Society	Website and helpline for everyone affected by a bleeding disorder.	info@haemophilia.org.uk 0207 939 0780	www.haemophillia.org.uk
Haven Breast Cancer Support	National charity providing personalised care and support for people with breast cancer.	londonreception@thehaven.org.uk 02073840099	www.thehaven.org.uk
Hearing Voices	Offers information, support and understanding to people who hear voices and those who support them.	nhvn@hotmail.co.uk 0114 271 8210	http://www.hearing-voices.org
Hypnotherapy Directory	A comprehensive database of UK hypnotherapists, with information on their training and experience, fees and contact details.	info@hypnotherapy-directory.org.uk 0844 803 0242	www.hypnotherapy-directory.org.uk info@hypnotherapy-directory.org.uk 0844 803 0242

K

Group	Description	Contact	Website
Keratoconus Self-Help and Support Association	Website for people with Keratoconus. They produce a regular newsletter and organise regular meetings for members.	info@keratoconus-group.org.uk 020 7486 7262	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	www.kidscape.org.uk

[Back to top](#)

L

Group	Description	Contact	Website
Leiomyosarcoma	Provides free online resource on causes and preventative treatments for Leiomyosarcoma.	info@leiomyosarcoma.org	www.leiomyosarcoma.org
Leukaemia CARE	Website and helpline for anyone affected by a blood or lymphatic cancer.	care@leukaemicare.org.uk 0808 801 0444	www.leukaemicare.org.uk
Livability Housing	A national Christian disability and community engagement charity	info@livability.org.uk 020 7452 2000	http://www.livability.org.uk/

M

[Back to top](#)

Group	Description	Contact	Website
Macmillan Cancer Support	Website and helpline providing support for people affected by cancer.	contactus@macmillan.org.uk 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	supporter.services@mariecurie.org.uk 0800 716 146	www.mariecurie.org.uk
Meningitis Trust	Website with 24 hour helpline providing information and support to sufferers of meningitis.	info@meningitisnow.org 0808 800 388	www.meningitis-trust.org
Motor Neurone Disease Association	Website and helpline for people with Motor Neurone Disease.	mandyjgarnett@hotmail.co.uk 020 8971 2104	www.mndassociation.org
Mouth Cancer Foundation	Website and helpline for people with mouth cancer.	info@mouthcancerfoundation.org 01924 950950	www.mouthcancerfoundation.org
Multiple Birth Foundation	National authority on multiple births supporting multiple birth families and advising professionals about their special needs.	mbf@imperial.nhs.uk 020 3313 3519 or 020 8313 3519	http://www.multiplebirths.org.uk/
Multiple Sclerosis Society	Website and helpline for people with MS.	helpline@mssociety.org.uk 0808 800 8000	www.mssociety.org.uk
Muscular Dystrophy Group	Charity bringing individuals, families and professionals together to beat more than 60 rare and very rare progressive muscle-weakening conditions.	info@muscular-dystrophy.org helpline: 0800 652 6352	http://hub.muscular-dystrophy.org/hub/near-you

Group	Description	Contact	Website
Myasthenia Gravis Association	Website with information and forum for people who suffer from Myasthenia Gravis.	steve.saunders@myaware.org 01273 581087	www.mga-charity.org

N

Group	Description	Contact	Website
National Childbirth Trust	Website and helpline offering information for new parents.	enquiries@nct.org.uk 0300 330 0700	www.nct.org.uk
National Eczema Society	Website and helpline supporting people with eczema.	helpline@eczema.org 0800 089 1122	www.eczema.org

O

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

[Back to top](#)

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 9111 0845 608 4455	www.patients-association.com
Positively UK	Peer-led support, advocacy and information for people living with HIV to manage any aspect of their diagnosis, care and life with HIV.	info@positivelyuk.org 020 7713 0444	http://positivelyuk.org
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 020 7735 9535 0808 808 3444	www.prisonadvice.org.uk
Psoriasis Association	Website and online forum for Psoriasis sufferers.	mail@psoriasis-association.org.uk 0845 676 0076 01604 251620	www.psoriasis-association.org.uk

R

Group	Description	Contact	Website
Refuge	Refuge provides 24 hour support for women and children affected by domestic violence.	info@refuge.org.uk 0808 2000 247 24-hour, every day helpline.	www.refuge.org.uk
Rethink Mental Illness	Online accredited advice and information for anyone affected by mental health issues.	info@rethink.org 0300 5000 927	https://www.rethink.org/
Royal Association for Deaf People	Website with information and support for deaf people.	info@royaldeaf.org.uk 0845 688 2525, Minicom: 0845 688 2527 SMS: 07851 423866	www.royaldeaf.org.uk
Royal National Institute for the Blind	Website with information, community forum and a helpline for the visually impaired and partially sighted.	helpline@rnib.org.uk 0303 123 9999	www.rnib.org.uk

[Back to top](#)

S

Group	Description	Contact	Website
Salvation Army	A wide range of services including advice about safeguarding, human trafficking and family tracing.	info@salvationarmy.org.uk 020 7367 4500	www.salvationarmy.org.uk
Scope	Website with information on supporting children and adults with disabilities and offering services including education and training.	helpline@scope.org.uk 0808 800 3333	www.scope.org.uk
Sexual Advice Association	A helpline and website to support people suffering from sexual conditions.	info@sexualadviceassociation.co.uk 020 7486 7262	www.sda.uk.net
Stroke Association	The leading charity in the UK that supports people affected by stroke and helping them rebuild their lives after strokes.	0303 3033 100 020 7566 0300	www.stroke.org.uk
Sickle Cell Society	Website and helpline for people with Sickle Cell Disease.	info@sicklecellsociety.org 020 8961 7795 / 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

[Back to top](#)

T

Group	Description	Contact	Website
Thyroid Patient Advocacy Project	Website and forums for thyroid sufferers.	info@tpauk.com 01535 636014	www.tpauk.com
Together Working for Wellbeing	Providing services for people with mental health needs. Home-based support is offered as well as advocacy work, criminal justice and help with housing.	contact-us@together-uk.org 020 7780 340	www.together-uk.org contact-us@together-uk.org 020 7780 340
Twins and Multiple Birth Association	TAMBA is the only UK-wide charity working to improve the lives of twins, triplets or more, and their families.	enquiries@tamba.org.uk 01252 332 344	https://www.tamba.org.uk/

Y

[Back to top](#)

Group	Description	Contact	Website
Young Epilepsy Group	Website and helpline for parents of children with epilepsy	helpline@youngepilepsy.org.uk 01342 831242	www.youngepilepsy.org.uk

[Back to top](#)



Hounslow Voluntary Sector Support Service

Created by Hounslow Voluntary Sector Support Service
Copyright Ealing CVS



**London Borough
of Hounslow**



**Hounslow
Clinical Commissioning Group**

Funded by:

London Borough of Hounslow

Hounslow Clinical Commissioning Group