

Health Champion Directory



Found a person
who needs
signposting?



Need advice from
a professional
organisation?



Tapestry
prevention, care and support

 **Havering**
LONDON BOROUGH

Tapestry in partnership with Havering Council

 @TapestryCare

 TapestryCare

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Foreword

MY HEALTH MATTERS

My Health Matters is a community health project which has been commissioned and funded by Public Health Havering. Its aim is to promote healthier, more active lifestyles throughout the borough thereby helping people to lead longer, healthier and more fulfilling lives.

The My Health Matters team attend events around the borough, most often in prominent locations and have a table of health related information including literature related to any current health campaigns. In addition to talking to the public on any health-related topics they wish to discuss, we signpost to appropriate local services to provide additional support and information as needed.

We also recruit potential Health Champions from the community and offer a free, one-day training course which leads to a QCA Level 2, RSPH accredited award in Understanding Health Improvement. Anyone living or working (in a paid or voluntary capacity) in the borough, aged 18 + with an interest in health and wellbeing is eligible for the free training to become a community health champion.

Once qualified, Health Champions are given this directory of local services to assist them with signposting then additional free training modules are offered on a variety of health related topics including healthy eating and physical activity. We also provide ongoing support and the opportunity to attend focus groups to share ideas, give feedback and network with other health champions.

If you wish to become a Health Champion and/or have any questions or require further information please don't hesitate to get in touch either by email at myhealthmatters@tapestry-uk.org or by calling our office number 01708 797705.

Alcohol and Drugs

Addaction

T: 0207 251 5860

W: www.addaction.org.uk

E: info@addaction.org.uk

Supports adults, children and young people to make positive behavioural changes around alcohol, drugs and mental health and wellbeing.

Al-Anon Family Groups UK & Eire

T: 0207 403 0888

Helpline 10am – 10pm, 7 days per week

W: www.al-anonuk.org.uk

E: enquiries@al-anonuk.org.uk

Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Also, run self-help groups for relatives and friends of alcoholics.

Cocaine Anonymous

T: 0800 612 0225 (Helpline)

T: 0300 111 2285 (Mobile callers Helpline)

W: <https://cocaineanonymous.org.uk/>

E: helpline@cauk.org.uk

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem, and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Please contact CA for further information and details of local group meetings.

Drinkaware

T: 0207 7669900

W: drinkaware.co.uk

E: contact@drinkaware.co.uk

Provides information on sensible drinking, drinking and the law etc Add: Finsbury Circus (Salisbury House), 3rd Floor (Room 519) London EC2M 5QQ

WDP (Westminster Drug Project) Havering

T: 01708 747614

Out of hours (freephone) 0808 168 1116

W: wdp.org.uk

E: Havering@wdp.org.uk

Offers a free and confidential support service for individuals and their families affected by drug and alcohol problems.

For opening hours see website – please note access to services are by appointment only – currently there is no drop in service.

The service is free and open to anyone living in Havering. Address: Ballard Chambers, 26 High Street, Romford, RM1 1HR

Wize Up – Havering (formerly Young Addaction)

**T:07909097621/0773052
9052**

W:www.changegrowlive.org/young-people/cgl-wize-up-havering

E:WizeupHavering@cgl.org.uk

Wize Up is a free and confidential drug and alcohol service for young people aged 10 – 18 (including young offenders) and families who live in Havering.

It is an outreach service happy to meet in schools, colleges, local libraries or anywhere the client feels comfortable. Anyone can refer themselves or someone else by calling, emailing or visiting the service in person. They are based at Elm Park Children's Centre, Diban Avenue, Hornchurch

Cancer Awareness

Apple (Association of prostate patients in London and Essex)

T: 07505 816973

E:info@appleprostate.co.uk

W:www.appleprostate.co.uk

Apple was set up in 2000 to provide information and support to anyone affected by prostate cancer. The group are committed to raising public awareness about prostate cancer, thus encouraging men to seek advice early as the condition is responsive to treatment if detected soon enough. The group meet monthly at the Fullwell Cross Library, Ilford, IG6 2EA.

Cancer Rehab Exercise Class

T: 01708 463190

Taking part in regular physical activity can help people throughout their cancer journey and aid recovery. Anyone pre-treatment, undergoing or who have completed their cancer treatment may benefit from this group exercise class. Admission onto the class is via referral either from a GP, oncologist or other medical health professional. For

further information and to check eligibility call the number given. There is a cost involved. Classes take place on Thursdays 1.45 – 2.30pm at Everyone Active, Sapphire Ice & Leisure Centre, Romford.

CRASE

Colorectal Advice Support and Education

T: 020 8970 8042

E: diane.cook@bhrhospital.nhs.uk

A support group for patients diagnosed with Bowel Cancer and their carers. Patients before, during or after treatment are all warmly invited. The group meets monthly on the last Thurs (ex Aug/Dec) between 7-9pm at the Keith Axon Centre, RM6 4XB. For more details contact Diane Cook or Jemma O'Reilly (Colorectal nurse specialists)

Moving Forward

T: 01708 770416

The Moving Forward scheme is run in partnership with the YMCA, Romford, and sees people with cancer offered a free 12-week activity programme, tailored to them, as the first steps to a healthier and more active life. Patients are referred to the scheme by their doctor or health professional, at a stage when

they are able to undertake light exercise. For any further information regarding the scheme please contact: Viki Bainsfair vikibainsfair@ymcatg.org; Rush Green Road, Romford RM7 0PH

PHASE

T: 0203 745 7318 Rob Cornes

W: phasehaving.org.uk

E: info@phasehaving.org.uk

Prostate Health, Advice, Support and Education is a local support group for anyone who has been affected by or is worried about prostate cancer. The group meet on the last Friday of every month (ex Aug and Dec) from 7-9pm at the Harold Wood Neighbourhood Centre, Gubbins Lane, RM3 0QA

Carer's

Carers UK

T: 0808 808 7777

W: carersuk.org

E: advice@carersuk.org

Advice and information for all carers.

Helpline Mon-Fri 10am-4pm

Carers Trust

T: 01708 757242

W: carerstrustcrossroads.ehr.org

E: info@carerstrustcrossroads.ehr.org

Provides the services that respond to the needs of family carers, young carers and the people they support.

Crossroads carer service

Having Branch

Victoria Centre, Pettits Lane

Romford RM1 4HP

Rainham Carers Support Group

T: 01708 553059

Provides a safe place for carers to meet up and find mutual help from other carers

Disability

Dial-a-ride

T: 0343 222 7777

E: DAR@tfl.gov.uk

Multi-occupancy door-to-door transport service for disabled people who cannot use buses, trains and the tube. It can be used for journeys such as: shopping, visiting friends and family, colleges, doctors, dentist appointments and going out at night.

Dial A Ride

Having Association for People with Disabilities

T: 01708 476554

W: hadhaving.co.uk

E: admin@hadhaving.co.uk

HAD works on behalf of local people who have a wide range of physical, mental and sensory disabilities. Supports families and groups on all aspects of caring.

Add: Whittaker Hall, 1a,

Woodhall Crescent,

Hornchurch, Essex RM11 3NN

Opening times: Monday to

Friday

9 a.m. to 4.00 p.m

Having Disabled Sports Association

T: 01708 443403

E: hdsabroxbill@live.co.uk

Provides sporting activities for all disabled people, including bowls, darts, archery and snooker. Located at The Broxbill Centre, Broxbill Road, Having-Atte-Bower, RM4 1XN

Macular Society Having Branch

See under Long Term Health Conditions

Royal Association for Deaf People

T: 0845 688 2525

W: royaldeaf.org.uk

Advocacy service to help deaf people access services, appointments, and help with personal budgets/payments.

Sight Action

T: 01708 448057

W: sightaction.org.uk

Provides a befriending service for sight-impaired people in Havering.

Sport for Confidence

T: 07394 564941

E: sophie@sportforconfidence.com

A team of Allied Health Professionals and Specialist Coaches from Sport for Confidence work within Havering to break down barriers that people face to participating in physical activity. Attending Sport for Confidence sessions reduces the risk of social isolation and inactivity to ultimately improve health and wellbeing. The sessions are inclusive, fun and accessible for everyone. For more information please get in touch with Sophie, Occupational Therapist, contact details above. Sophie (OT), Tom and Shannon (Coaches) deliver the

following sessions at Hornchurch Sports Centre, Harrow Lodge:
Wednesday
Boccia 1 – 2pm
Multi Sports 2.30 – 3.30pm
Friday
Wellness Group 10.30 – 11.30am
(Spaces available from May 2020)
Walking Football 1.30 – 2.30pm
All sessions cost £3 per person

The Partially Sighted Society Havering

T: 01708 448227

John Slattery, Chairperson
Peter.Slattery@blueyonder.co.uk

The service aims: to offer advice and information and: to provide opportunities for visually impaired people to socialise.

Families/Children

Attention Deficit Disorders Uniting Parents (ADD+UP)

T: 01708 454040

W: addup.co.uk

A local support and action group for Havering, Barking & Dagenham to empower parents and families of children with ADHD (Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder)

and challenging behavior. They give their families hope, they celebrate their children's uniqueness and join their fight so that they improve their individual life chances. 59 Billet Lane Hornchurch RM11 1AX

Barnado's

T: 0208 554 2888

W: barnardos.org.uk

Aims to transform the lives of the UK's most vulnerable children – to make sure their needs are met and their voices heard. Barnado's also runs a Young Carers Service at MyPlace, 343 Dagenham Park Drive, Harold Hill, Romford, RM3 9EN

Family Information Group

T: 01708 378141

W: familyinformationgroup.co.uk

E: office@familyinformationgroup.co.uk

FIG helps parents and their children with a wide range of special needs.

Address: Taunton Hall, 90 Taunton Road, Harold Hill, Romford, Essex, RM3 7SU

First Step

T: 01708 556355

W: firststep.org.uk

E: enquiries@firststep.org.uk

First Step offers a range of services and sessions to support each family and enable their very young children with special needs and/or disabilities to maximize their individual potential. Add: Tangmere Crescent, Hornchurch, Essex, RM12 5PP

Havering Family Services Directory

T: 01708 431782

W: haveringfsd.co.uk

E: fsd@havering.gov.uk

HSFD (Havering Family Services Directory) is a guide to local services, organisations and activities for children, young people, adults, families, /carers and professionals. Add: LB Havering, Mercury Gardens, Romford, RM1 3DW

Home-Start Havering

T: 01708 455551

W: homestarthavering.co.uk

E: info@homestarthavering.co.uk

Local charity which supports families with at least one child under the age of five with postnatal illness, a child's disability, family breakdown or bereavement or maybe isolation and unable to connect with their local

community. Also run multiple Birth Groups for mums and dads to support one another with practical advice/emotional support.

Address: Home-Start Havering
Unit B, Ground Floor, Melville
Court, Spilsby Road, Harold
Hill, Essex, RM3 8SB

Positive Parents

T: 01908 524627
W: positiveparents.havering.org.uk

Support families and children with Special Educational Needs and disabilities.

Rainham Foodbank

T: 01708 397484
M: 07367 335970
W:
rainham.foodbank.org.uk
E:info@rainham.foodbank.org.uk
Facebook. Rainham Foodbank

Providing emergency food parcels to people at crisis points. Embarking on 'More than Food' providing restorative, preventative and recoverable measures to the underlying issues behind food poverty. Services also include Free counselling, Advocacy, Basic English Skills, Clothes

Bank, Employability Skills and a Sewing Project.

Romford Autistic Group Support (RAGS)

T: 01708 564871
W: rags-havering.org.uk
E:info@rags-havering.org.uk

RAGS provides information, guidance and support as well as many opportunities for parents and carers to get together in a supportive, non-judgmental environment. RAGS, Taunton Hall, 90 Taunton Road, Harold Hill, Romford RM3 7XSU

Sycamore Trust

T: 020 8517 9317/0208 262 5330
W: sycamoretrust.org.uk
E:enquiries@sycamoretrust.org.uk

Support for families and individuals affected by Autism and/or Learning Difficulties
27-29 Woodward Road
Dagenham RM9 4SJ
The trust also runs an **Autism Hub** at Unit H14, Laurie Walk, Romford RM1 3RT
T: 01708 749816
E:Autismhub@sycamoretrust.org.uk

Opening times: Wed-Fri
10am-4pm, Sat 9am-12pm

Health Services

Barking, Havering and Redbridge University Hospitals Trust (BHRUT)

T: 01708 435000 –

Queen’s Hospital

T: 020 8983 8000 – King George Hospital

W: bhrhospitals.nhs.uk

NHS Services

GP’s Urgent Appointments

T: 020 3770 1888

To help people who need to be seen urgently by a local doctor same day appointments are available every weekday evening between 6.30pm and 10pm, 12pm and 5pm on Saturday and 12pm and 4pm on Sunday. The appointments are available to everyone registered with a GP in Havering.

Telephone line opens between 2pm and 9pm weekdays, and 9am and 3pm weekends all year round. Alternatively you can be booked via your own GP or via NHS 111.

Havering Public Health

W:havering.gov.uk/public-health

E:publichealth@havering.gov.uk

The Council's Public Health service looks at the health

status of everyone in the borough and helps plan the service provision that will be needed that will keep as many people healthy and active as possible, preferably out of hospital and ensure they live long and healthy lives.

Healthwatch Havering

T: 01708 303300

W:healthwatchhavering.co.uk

E:enquiries@healthwatchhavering.co.uk

Health watch gives people a powerful voice, both at local level and at region/ national level. Locally, Health watch Havering works to help Havering people get the best out of their local health and social care services, whether it's improving them today or helping to shape them for tomorrow. Queen's Court, 9-17 Eastern Road, Romford RM1 3NH

Healthwise

T: 01708 743135

W:sho-me.nhs.uk/local-services/young-persons-services/healthwise--st-kildas.aspx

Healthwise is a full contraception service for people under 20 years. Add: Healthwise at St Kilda's, 90 Eastern Road, Romford, RM1 3QA

King George's Hospital

T: 0208 9838000

W: bhrhospitals.nhs.uk/

Barley Lane, Ilford, Essex, IG3 8YB

NHS 111

111 is the NHS non-emergency number. It's fast, easy and free. Call 111 when you need medical help fast but it's not a 999 emergency

NHS Choices

W: nhs.uk

NHS Choices provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, and also about making the most of the NHS and social care services in England.

Their service directories let you find, choose and compare health, support and social care services in England. They also publish reviews and ratings across health and social care services.

NHS Complaints Advocacy

T: 0300 330 5454

Textphone 0786 002 2939

E: nhscomplaints@voiceability.org

W: nhscomplaintsadvocacy.org

NHS Complaints Advocates can help if you are someone you know has not had the care or treatment you expect to receive from your NHS services and you want to complain. NHS Complaints Advocacy is independent of the NHS, confidential and free.

Queen's Hospital

T: 01708 435000

W: bhrhospitals.nhs.uk

Rom Valley Way, Romford, Essex, RM7 0AG

Sexual and Reproductive Health Community Services

T: 01708 503 838

A friendly, free; confidential & comprehensive service is available for all ages. Services provided include: all methods of contraception, hormonal, barrier/intrauterine methods, pregnancy testing & referral for termination and abortion, contraception and cervical cytology screening for chlamydia, HIV & all sexually transmitted infections.

Healthy Eating

Sharon Adkins BSc(Hons)
ANutr UKVRN 7291

T: 07905 773550

E:sharonadkins@live.co.uk

Registered Nutritionist
specializing in weight
management

Change 4 Life

W: [nhs.uk/change4life](https://www.nhs.uk/change4life)

T: 0300 123 4567

Eat well, Move more, Live longer. This website is part of the Change 4 Life government campaign. "The way we live in modern society means a lot of us, especially our kids, have fallen into unhelpful habits. This means all of us need to make small changes to eat well, move more, and live longer."

Everyone Active Weight Management Programme

W: [everyoneactive.com/news/weight-management-programme](https://www.everyoneactive.com/news/weight-management-programme)

E: julieharris@everyoneactive.com

This is a consecutive 12 week Weight Management Programme which is offered to both members and non-members at Central Park Leisure Centre and Hornchurch Sports Centre. The week program consists

of: 45 minute nutrition class and a 45 minute low impact exercise class plus weight monitoring, support and guidance. Costs £7.50pw. Email for further information or for programme start dates.

NHS Choices

W: [nhs.uk](https://www.nhs.uk)

NHS Choices provides a comprehensive health information service including advice on healthy eating

One You

W: [nhs.uk/oneyou](https://www.nhs.uk/oneyou)

The Public Health England campaign, aimed particularly at those in their 40's and 50's provides advice and support to those wishing to make healthier lifestyle choices including eating well.

Information & Advice

Carepoint Romford

T: 01708 776770

W: [haveringcarepoint.org](https://www.haveringcarepoint.org)

E: carepoint@familymosaic.co.uk

Information and advice for adults. Carepoint is a free service for adults in Havering which provides information, advice and guidance around all health & social care issues. Address: Care Point Family

Mosaic, 1st Floor, Holgate House, 6 Holgate Court, Western Road, Romford, RM1 3JS Mon-Fri 09.00-17.00 Wednesday 09.00-19.00, Saturday 09.00-13.00, Sunday Closed

Disability benefits helpline

W:gov.uk/disability-benefits-helpline

Disability Living Allowance

T: 0345 712 3456

T: 0345 605 6055 (for those born on or before 8/4/48)

Monday to Friday 8am – 6pm

DWP Benefits Entitlement Carers Allowance

T: 0345 6084321- helpline

W:gov.uk/benefits-calculators

Family Mosaic

T: 01708 776770

W: familymosaic.co.uk

E:haveringfloatingsupport@familymosaic.co.uk

Provides a free support service to Havering residents aged 16+ with the aim of helping individuals to live independently in their own home or help them to explore their housing options if they are homeless. Assistance is given with finding employment, benefit checks

and debt management. Weekly drop in surgeries are held throughout the Borough. Add. 1st Floor, 6 Holdgate Court, Western Road, Romford, RM1 3JS
Opening times: Mon-Fri 8am-7pm Sat 9am-3pm

Havering Citizens Advice Bureau

T: 01708 763531

W: haveringcab.org.uk

W: adviceguide.org.uk

Romford Central Library
1st Floor, St Edwards Way, Romford, RM1 3AR

Drop-in Service:

Monday, Tuesday, & Thursday: 09:00am - 12:30pm

Wednesday & Friday: Administration Only

Havering Emergency Assistance Scheme

T: 0208 507 9404

W:[havering.gov.uk/Pages/Services/Emergency-](https://havering.gov.uk/Pages/Services/Emergency-Assistance-Scheme.aspx)

Assistance-Scheme.aspx

E:info.eas@dabd.org.uk

Run by Disablement Association of Barking and Dagenham (DABD) UK, offers financial and income advice to residents of Havering in need, along with emergency food, furniture and short-term loans.

National Debtline

T: 0808 808 4000

W: nationaldebtline.org

Help for anyone in debt or concerned that they may fall into debt.

Helpline open Monday to

Friday 9am - 8pm

Saturday 9.30am - 1pm

NHS Choices

W: nhs.uk

NHS Choices provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, and also about making the most of the NHS and social care services in England.

Their service directories let you find, choose and compare health, support and social care services in England. They also publish reviews and ratings across health and social care services.

OrangeLine

T: 01708 753319 x 3028

W: sfh.org.uk/orangeline

E: orangeline@sfh.org.uk

A telephone support service provided by St Francis Hospice for people with life limiting illnesses, their carers and

families. It is also a lifeline for people who experience loneliness and isolation as a result of caring for a loved one who is in that condition, or losing a loved one from an illness.

Welfare Rights

T: 01708 434444

W: www.havering.gov.uk

E: WelfareRightsUnit@havering.gov.uk

The council has a Welfare Rights Unit dedicated to providing benefit advice to the residents of the borough and maximizing the incomes of its social services customers. It gives advice and provides information to social care staff and their customers of all ages. The unit advises on all types of welfare benefits, allowances and Social Service charges

Long Term Health Conditions

Alzheimer's Society Dementia Advisory Service

T: 01708 739293

W: alzheimers.org.uk

E: Havering@alzheimers.org.uk

Provides specialist services for people with dementia and their carers, family and

friends. Services are open to all Havering residents.
Address, Yew Tree Resource Centre, 20 Yew Tree Gardens, London Road, Romford RM7 9AA

Arthritis Care

T: 0808 800 4050 - Helpline
W: arthritiscare.org.uk
Barking & Dagenham Arthritis Support Group meet on the second Friday of each month, 2pm to 4pm at Dagenham Fire Station 70 Rainham Road North RM10 7ES
Local group contact info:
T: 07506 445305 – Amanda Gibbard
E: badarthritis@outlook.com

Breathe Easy – Barking and Dagenham Support group (British Lung Foundation)

T: 0300 303 0253
W: blf.org.uk/support-for-you/breathe-easy
A support group for people with COPD, Asthma or any lung condition and affiliated to the British Lung Foundation. The group meet every 4th Thursday 12.30 – 2.30pm at Asda, Whalebone Lane , Chadwell Heath, RM8

Crohn's & Colitis UK South Essex

T: 0300 2225700
W: crohnsandcolitis.org.uk
E: se@networks.crohnsandcolitis.org.uk

A support group for sufferers of Crohn's Disease, Ulcerative Colitis and other forms of Inflammatory Bowel Disease. The group meet on the 2nd Saturday monthly between 11.30am and 1pm in the Community Room, Tesco Store Roneo Corner, RM11 1PY

Diabetes UK Havering Group

T: 01708 572782
(Mrs Ann Prescott, Secretary)
T: 01708 473314
(Miss Debbie Broom, Chairman)
W: havering.diabetesukgroup.org
E: ann.prescott@talktalk.net
E: debbie.broom@tesco.net
Local support group for those with diabetes and their families and friends. Meetings are held on the 3rd Monday monthly (exc August) 8pm at The Large Hall, 24 North Street, Hornchurch, RM11 1QX
New members welcome

Dystonia Association

T: 0207 7933651
W: dystonia.org
E: info@dystonia.org.uk

89 Albert Embankment
London SE1 7TP
Providing support, advocacy
and information for anyone
affected by the neurological
movement condition known as
dystonia

Havering Family Diabetes Group

T: 01708 331746

**W: [haveringfamilydiabetes
group.org.uk](http://haveringfamilydiabetesgroup.org.uk)**

**E: [haveringfamilydiabetesg
roup@btinternet.com](mailto:haveringfamilydiabetesgroup@btinternet.com)**

We provide advice and
support to people who are
suffering with diabetes,
including their family, friends
and carers.1 Morris Road,
Romford RM3 7EP

Health in Balance Havering Branch

T: 01708 434392

We enable mixed ability
people to get access to
information, advice and
practical guidance on the
methods that can help them
to cope better with limitation
as a result of their chronic
conditions or disabilities. Yew
Tree Resources Centre 29
Yew Tree Gardeners Romford
RM7 9AA

Macular Society Havering Branch

T: 01708 522278/07736

907749 – Brendan Felton –
Treasurer

T: 07903 379499 – Glenda
Babineaux – Group Leader

E: Glenda@ebmplc.com

W: macularsociety.org

The services meet on the third
Friday of each month between
2 and 4pm at Yew Tree
Resources Centre, RM7 9AA to
exchange information have a
chat and enjoy afternoon tea
and cakes.

Multiple Sclerosis Society Havering Branch

T: 01708 505896

(Brenda Addison, Chair & Sec)

T: 01708 477600

(Bernard Walker)

W: mssociety.org.uk

E: mshavering@aol.com

The Havering Branch of the
Multiple Sclerosis Society
holds twice monthly support
meetings for all those affected
by Multiple Sclerosis including
friends & family. Meetings are
held on the 1st and 3rd
Tuesdays of the month at the
Yew Tree Resource Centre,
RM7 9AA

Parkinson's UK Havering & District Branch

T: 01708 457989

(Ron Samson – Chairman)

T: 0208 5901302

(Alan Davey – Branch Vice-Chair)

T: 0808 8000303

(National Helpline)

W: parkinsons.org.uk

E: alanad77@gmail.com

The group offer information, friendship and support to local people with [Parkinson's](#), their families and carers. They also organise regular events and social activities. Join - and meet other people affected by Parkinson's in the area.

The group have access to a [Parkinson's nurse](#), offering specialist help and medical advice and a [Parkinson's local adviser](#) offering one-to-one information and emotional support.

The group meets 1st & 3rd Tuesday of each month (exc Dec) at Langton's House, Billet Lane, Hornchurch, Essex RM11 1XJ 2-4pm

Sickle Cell and thalassaemia Support group

T: 0208 532 7330

W: sicklecellbdr.org.uk

Supports people with either sickle cell or Thalassaemia conditions, drop in centre opens 10am – 4.30pm Mon-Fri for information & advice. Ripple centre, 121-125 Ripple Road Barking IG117FN; M: 07737 295126

Tinnitus Support Group

E: hornchurch.tinnitus@gmail.com

A group that is peer lead, offering a haven to share/discuss peoples experience with Tinnitus. It is hoped by sharing other people's experiences will be a way to support/manage/understand that people are not alone with Tinnitus. The group meets on the 4th Tuesday of the month 7 – 9pm at Hornchurch Library, 44 North St, Hornchurch RM11 1TB

Mental Health/Counselling Services

Ascent Counselling Service

T: 0207 6191360

W: solacewomensaid.org

E: counselling@solacewomensaid.org

A person-centred counselling service for women who have experienced domestic and/or sexual abuse. Referral can be by support worker/social worker or GP, alternatively you can self-refer to the service by calling the Solace advice line 0808 802 5565

Bipolar UK

T: 0333 323 3880

W: www.bipolaruk.org

E: info@bipolaruk.org

National charity dedicated to supporting those diagnosed with the condition as well as their families and carers.

Provides information via the website and telephone.

Provides self-help groups, online support and employment support.

Depression UK

W: www.depressionuk.org

E: info@depressionuk.org

A national self-help organization that offers support to everyone affected by depression.

Good thinking

W: good-thinking.uk/

Find tools and resources to help yourself and others tackle stress, anxiety, and sleep deprivation. Supported by NHS England and Public Health England.

Havering & Brentwood Bereavement Service

T: 01277 283199 -

Counselling Line

W: hbbscounselling.org

E: enquiries@hbbscounselling.org

Bereavement service for people who need help after the loss of a loved one.

Counselling rooms are located in Hornchurch and Brentwood

Add: Communications House,
200 William Hunter Way,
Brentwood, Essex, CM14 4WQ

Havering Child and Adolescent Mental Health Service (CAMHS)

T: 0300 555 1124

W: nelft.nhs.uk/services-havering-camhs

E: havering.camhs@nelft.nhs.uk

The community based Havering child & adolescent mental health service offers help to young people from birth up to the age of 18 who are experiencing behavioral, emotional and mental health difficulties. Professional referral only.

Address: Raphael House,
Pettits Lane, Romford, RM1 4HL

Opening times: 9am - 5pm,
Monday to Friday

Havering Mind

T: 01708 457040

W: haveringmind.org.uk

E: reach.us@haveringmind.org.uk

Offers a range of services and provides mental health

information for anyone living in the Havering area. The extensive ranges of services are friendly, confidential and aim to support individuals in their own recovery. Harrow Lodge House. Harrow Lodge Park, Hornchurch Road. Hornchurch, RM11 1JU

Havering Talking Therapies (IAPT)

T: 0300 300 1554 option 2

W: mytalkingtherapies.org.uk

E: havering.iapt@nhs.net

Havering Talking Therapies is a free and confidential NHS service that provides expert advice and techniques to help a wide range of problems. The team of specialists work closely with people who experience low moods, work and money worries, trouble sleeping, panic attacks, bereavement, phobias and many more problems. The simplest way to contact the Talking Therapies team is by visiting the website above. Alternatively the phone line is open 8am-8pm Monday to Thursday, 8am-5pm Friday. Outside of office hours there is an answerphone. Referrals will also be accepted from GP's and other health professionals.

Havering Talking Therapies

Petersfield Centre
Petersfield Avenue
Harold Hill, RM3 9PB

HUBB Support Group

T: 07985 983673 - Dinah Bryant (Interim Secretary)
E: ecofriendlyangel62@gmail.com

HUBB (Helping Users Bounce Back) Support Group is for people from Havering, Barking and Dagenham who have, or have experienced mental health problems to help them bounce back. Carers also welcome. The group meet on the first Monday of every month at The Baptist Church Hall, Main Road, Romford, RM1 3BL from 5pm – 7pm

Improving Access to Psychological Therapies (IAPT) Havering – **see entry under Havering Talking Therapies**

T: 0300 5551042

W: iapt.nhs.uk/services

E: havering.iapt@nhs.net

IAPD is an NHS primary care service which offers a free and confidential evidence based psychological therapy service for people who are 18 and over who are feeling stressed, anxious, low in mood or depressed. Self

referral can also be done online by visiting www.iaptportal.co.uk/nelhav.html

Mental Health Direct

T: 0300 555 1000

24/7 helpline for help and advice anytime of the day or night

MEN'TALITY

T: 07938 895315

W: <https://joebutler96.wixsite.com/mentality>

E: joebutler96@hotmail.co.uk

A small independent support group that meets once a week on a Thursday at Bretons Manor House 7 – 9pm, specialising in men's mental health, and once a month they run a lady's night offering the same support.

North East London Foundation Trust NHS (NELFT)

T: 0300 555 1145

W: nelft.nhs.uk

North East London (NELFT) provides mental health and community health services for people living in the London boroughs of Waltham Forest, Redbridge, Barking, Dagenham and Havering, and community health services for

people in south west Essex. New Directions, North East London NHS Foundation Trust. 4 Pettits Lane, Romford RM1 4HL

Richmond Fellowship

T: 01708 727726

W: richmondfellowship.org.uk

E: HaveringPF@richmondfellowship.org.uk

Provides help to anyone with a mental health problem find meaningful activities to build their confidence, meet people, gain skills and get into training, volunteering or work

Samaritans of Havering

T: 01708 740000
(24hr national no. 116 123)

W: samaritans.org

E: jo@samaritans.org

The Samaritans provides confidential, non-judgmental and emotional support, 24 hours a day for people who are experiencing feelings of distress or despair. Address: 107 North Street Romford Essex, RM1 1ER

Miscellaneous

Ascent Counselling Service

See entry under **Mental Health/Counselling Services**

Ascent Moving Forward Group

T: 0207 6191360
E:counselling@solacewomensaid.org

The Moving Forward Group is an 8 week educational programme for women aged 16+ who have experienced any form of domestic and/or sexual violence. Groups run in Havering and other London Boroughs. Please contact for more information and to arrange a referral.

Asian Women's Association of Havering (AWAH)

T: 01708 444732

Contact: Siaddiqa Mubashar
The group meets once a month to support Asian women/ children who cannot speak English. 16 Ferndown, Hornchurch, RM11 3JL

Books on Prescription

W:readingagency.org.uk/readingwell

Reading Well Books on Prescription helps a person manage their well-being using self-help reading. The scheme

is endorsed by health professionals and supported by public libraries.

The books provide helpful information and step-by-step self-help techniques for managing common conditions, including depression and anxiety. A GP, psychological well-being practitioner or another health professional may recommend a self-help book as part of their treatment. The self-help books are also available for anyone to borrow from the local library.

Cruse Bereavement Care – Essex

T: 0844 4779400 national helpline

T: 0845 266 9710 local helpline

W: cruse-essex.org.uk

E:essex@cruse.org.uk

Support, advice and information for the bereaved and those caring for the bereaved. Cruse offers face-to-face, telephone, email and website support. Services are confidential and free

Financial Services (T)

T: 0800 368 8686

W: tapestryfs.co.uk

E:enquiries@tapestryfs.co.uk

Money worries? Stressed over your finances? Let our financial advisor assist you

Havering Asian Social & Welfare Association

T: 01708 522789

W: haswa.org.uk

E: office@haswa.org.uk

HASWA intends to improve the quality of life of Asians of Indian origin residing in Havering, by catering to the social, cultural and welfare needs of people and promote social integration. Offers free, independent and confidential social and welfare advice to the Asian community.

Greenfields, Kilmartin Way
Elm Park RM12 5NB

Havering & Brentwood Bereavement Service

See entry under **Mental Health/Counselling Services**

Havering Community Transport Service

T: 01708 555907

E:haveringct@btconnect.com

Registered charity which provides low-cost transport

service to elderly and frail people, and people with disabilities. Works with local groups and clubs

Havering Islamic Cultural Centre

T: 01708 741333

W:haveringislamiccentre.co.uk

E:enquiry@haveringislamiccentre.co.uk

This organisation provides classes in Arabic, Urdu and computing, Service users also have access to a library and the centre for events
91 Waterloo Road Romford
RM7 0AA

Havering Volunteer Centre

T: 01708 922214

M: 07757 426481

E:volunteering@haveringvc.org.uk

The Havering Volunteer Centre (HVC) helps Volunteer involving organisations (VIOs) based in Havering recruit, manage and retain volunteers, they are the central volunteering resource for charities, local voluntary organisations and the public sector in Havering. Havering Volunteer Centre
Community Reach House
32-34 The High Street
Romford RM1 1HR

Havering Women’s Aid

T: 01708 521346 Helpline to access Floating Support
T: 01708 728759 to access the Drop In Advice or Support Group

E:hwafloatingssupport@hotmail.co.uk

Support and assistance for victims of Domestic Violence. Includes a floating support service, which provides emotional and practical help to women, men and children experiencing domestic abuse, refuge accommodation for women and their children, a drop in service, support groups and a helpline

Healthwise

T: 01708 743135
W:sho-me.nhs.uk/local-services/young-persons-services/healthwise--st-kildas.aspx

Healthwise is a full contraception service for people under 20 years. Add: Healthwise at St Kilda’s, 90 Eastern Road, Romford, RM1 3QA

Help not Hospital Service

Queens & King George Hospitals

T: 07950 915708
T: 07908 447063
E:helpnothospital@redcross.org.uk

The British Red Cross provides time-limited support to people after a personal crisis or illness, giving them the confidence and independence to continue with daily life. The service is available to anybody over the age of 18 who has been admitted to Queens or King George’s Hospital and lives within the borough of Havering

Hindu Cultural Society of Havering Support & Access for Vulnerable Adults (SAVA)

T: 01708 441373 Mr. Bhagirathi Aggarawal
T: 01708 447965/529839
Dr. Ranjan Adur

The service aims to support vulnerable adults, including carers with information about local support services and an opportunity to meet in a friendly group, and to provide professional advice.

Hindu Welfare Association of Essex

T: 01708 347628
W:hinduwa.org.uk
E:hinduwelfare@googlemail.com

For the advancement of Hindu tradition and to provide support to the Hindu

Community. The goal of the association is to promote peace and harmony within the multicultural community in the local and surrounding areas. Address: The School House, Church Road, Noak Hill Romford RM4 1LD

Listening Books Service

T: 020 7407 9417
W:listening-books.org.uk
E:info@listening-books.org.uk

This organisation provides an internet-based audiobook library service to people who cannot read in the usual way

Metropolitan Police

T: 0300 1231212
W:content.met.police.uk/Home

In an emergency **Dial 999** for non emergency calls Dial 101 Romford Police Station, 19 Main Road, Romford, Essex, RM1 3BJ
Open 24/7

24-hour National Domestic Violence Freephone Helpline

T: 0808 2000 247
Run in partnership between Women's Aid and Refuge, the Helpline can give support, help and information over the telephone and is staffed 24

hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available

People First (Havering) Advocacy

T: 07906 183071
E: peoplefirst1@hotmail.co.uk; Provides one to one advocacy and support, signposting to other helpful organisations, information and awareness, c/o24 Weald Road Brentwood CM14 4SX

Rainham Foodbank

See entry under Families/Young People

Relate North East London

T: 01708 441722
W: relate.org.uk
Offers advice, relationship counselling, sex therapy, workshops, mediation and support via consultation by phone, website or in perso

Safeguarding Adults Team

T: 01708 433550
E: Safeguarding_Adults_Team@havering.gov.uk

For advice or to report abuse of a vulnerable adult please contact Havering Council's safeguarding adults team. If there is immediate risk of serious harm, then call the Police by dialing 999

Shared Lives

T: 020 8519 9536
M: 07584 290965
W: haveringcarepoint.org/care-services/shared-lives/
E: info@bettertogether.org.uk

Shared Lives offers adults with social care support needs the chance to receive the care and support they need in a family home with a Shared Lives Carer in the local community. People live in the homes of carers who have been recruited, trained and approved for this purpose. Arrangements can be short term, lasting anything from one night to several weeks, enabling both the person and their carers to have a break. Or they can be more long term, providing the opportunity for the person receiving support to live as

part of the family. Emergency placements are also available. If you are interested in joining the Shared Lives scheme or becoming a Shared Lives Carer, please get in touch

St Francis Hospice

T: 01708 753319
E: mail@sfh.org.uk

Saint Francis Hospice is a registered charity providing specialist care to anyone affected by a life – limiting illness either through its own service or via education and training of other care providers. The Hall, Havering Atte-Bower, Romford RM4 1QH

Victim Support National Support Helpline

T: 0845 300 900

www.victimsupport.org.uk
Offering emotional support and practical advice for anyone affected by crime.

Victim Support Havering

T: 0208 550 2410
T: 0845 300 900

www.victimsupport.org.uk
The service supports anyone who has been a victim of crime and lives in Havering. Offers dedicated tailor-made support to individual needs to help people recover from whatever has happened to

them. Also offers support to family and friend anyone who may have witness what may have happened. Unit 10, Borne Court Southend Road Woodford Green IG8 8HD

Older Persons

Age UK

T: 0800 169 6565 national helpline

W: ageuk.org.uk

E: contactageuk@ageuk.org.uk

Age Uk Redbridge, Barking and Havering Branch

T: 0208 220 6000

W: ageuk.org.uk/redbridgebarkinghavering/

E: admin@ageukrbh.org.uk

For free information on issues affecting older people.

4th Floor,

103 Cranbrook Road

Ilford

Essex

IG1 4PU

Opening hours: Monday -

Friday 9.00am - 3.00pm

Age UK East London Handyperson Service

T: 0208 503 4800

W: ageukeastlondon.org.uk

E: homeandcare@ageukeastlondon.org.uk

The Handyperson service offers help with odd jobs or minor repairs in the house

Befriending Services (T)

T: 01708 796605/ 471658

E: befriending@tapestry-uk.org

Tapestry service for house bound people to minimize isolation. Both home visits and phone calls available

Day Centres – HOPWA House (T)

T: 01708 796611

Day activity centre to help older people minimize their chance of isolation and the mental & emotional affects this can have. Add: Inskip Drive, Hornchurch, RM11 3UR

Day Centres - Paines Brook Court (T)

T: 01708 375433

Day activity centre to help older people minimize their chance of isolation and the mental & emotional affects this can have. Add: Paines Brook Way, Harold Hill, RM3 9JN

Day Trips (T)

T: 01708 479686

E: trips@tapestry-uk.org

Outings and trips for older people to theatres, places of

interest etc. Minibus trips are also available on 01708 796611 for people who are frail or need assistance

Home Care & Foot Care (T)

T: 01708 796710/796608

W: tapestry-uk.org

E: care@tapestry-uk.org

For people who need domestic and personal care packages and/or toenail cutting service

Reconnections

T: 020 7050 6565

W: independentage.org/reconnections

E: BDH@ReconnectionsLocal.org@ReconnectionsBH

Reconnections by Independent Age will be aimed at those who are feeling lonely, disconnected or isolated. Reconnections service is for people aged 65 and over, who would like to reconnect with people or interests in the community. The service can support residents of Barking & Dagenham and Havering who are not living in residential care. If you or someone you know in the community could benefit from Reconnections, or would like to know more about volunteering

opportunities then please get in touch.

Silverline

T: 0800 470 8090

Free 24-hour confidential helpline for older people

Toe nail cutting (T)

T: 01708 796603

Foot care including toenail cutting, basic corn and callus reduction, and fingernail cutting, available at various locations across Havering

Veterans Agency

T: 0800 169 2277

Textphone: 0800 1693458
veteransagency.mod.uk
Veterans Agency provides support to members of the armed forces and veterans

Physical Activity

Change 4 Life

W: nhs.uk/change4life

T: 0300 123 4567

Eat well, Move more, Live longer. This website is part of the Change 4 Life government campaign. "The way we live in modern society means a lot of

us, especially our kids, have fallen into unhelpful habits. This means all of us need to make small changes to eat well, move more, and live longer."

Everyone Active Exercise Referral Scheme

T:01708 463190
E:haveringexercisereferral@everyoneactive.com

The Everyone Active Physical Activity referral scheme is a 12 week activity programme which is designed to encourage adults who have an illness or disease to become more physically active. The scheme encourages individuals to increase their activity levels which in turn will have a positive impact on their health and wellbeing whilst under the guidance of a qualified Exercise Referral specialist. Some of the medical conditions accepted onto the scheme include: diabetes, depression, arthritis and the programme is open to all local residents registered with a GP Practice in Havering. Currently the scheme is offered at Hornchurch Sports and Central Park Leisure Centre at a cost of only £3.20 per session. To get a place on the

Everyone Active Exercise Referral scheme simply visit your local medical practice and we will take care of the rest

Havering Active

T: 01708 431016
W: haveringactive.co.uk
E:sportsdevelopment@havering.gov.uk

For information about sports clubs and activities within Havering

Havering Health and Sports Development Team

T: 01708 431016
W: havering.gov.uk/sports

Our aim is to enable opportunities for the community to participate in sport and physical activity, taking steps towards leading a healthy lifestyle. Activities include school holiday activities for children and young people, adult physical activity programme and the FREE Havering Healthy Walks Scheme, email Add. sportsdevelopment@havering.gov.uk

Moving Forward

See entry under Cancer Section

NHS Choices

W: nhs.uk

NHS Choices provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, and also about making the most of the NHS and social care services in England.

Their service directories let you find, choose and compare health, support and social care services in England. They also publish reviews and ratings across health and social care services

Sport and Leisure Centre's in Havering - Everyone Active

Hornchurch Sports Centre

T: 01708 454135

W:www.everyoneactive.com/centre/hornchurch-sports-centre/

Central Park Leisure Centre

T: 01708 382820

W:www.everyoneactive.com/centre/central-park-leisure-centre

Chafford Sports Complex

T: 01708 558275

W:www.everyoneactive.com/centre/chafford-sports-complex

Sapphire Ice and Leisure

T: 01708 206892

W:www.everyoneactive.com/centre/sapphire-ice-leisure

Noak Hill Sports Complex

T: 0333 005 0448

W:www.everyoneactive.com/centre/noak-hill-sports-complex

Sport for Confidence

See entry under Disability Section

YMCA (Romford)

T: 01708 766211

E:info.romford@ymcatg.org

W:ymcatg.org/ymca-romford

Provides Rehab, Stroke rehab, Boccia and a fully equipped gym

29 Rush Green Road
Romford
Essex RM7 0PH

Smoking Cessation

Havering Stop Smoking Services

T: 0300 123 1044

**9am-8pm weekdays or
11am-4pm weekends**

Free specialist stop smoking counselling service for Havering residents.

The telephone-based service is open extended hours and weekends for people of all ages, and offers an individually tailored package of support. Call 0300 123 1044 and be immediately connected to a specially trained adviser who will be able to help you to achieve your goals. Depending on what you want from the service, this could include: how to create a quit plan, which nicotine replacement therapy to buy, and how different products work, how to increase your chances of success and free confidential ongoing support from the specialist advisers, who will arrange call backs at regular intervals throughout your quit attempt. You can also get help and advice if you are worried about someone else’s smoking, or want to know how to protect yourself and others from the harms of second-hand smoke.

If telephone support and counselling is not for you, then the Stop Smoking London website: www.stopsmokinglondon.org.uk has a wealth of

information and advice about how to increase your chances of a successful quit.

*Your initial call is charged as a local rate number (normally free with your inclusive mobile minutes)

Free specially designed service for pregnant women

and anyone living in the same household. This includes all of the previously mentioned service benefits, PLUS a tailored support programme and FREE nicotine replacement therapy, which is safe to use in pregnancy. Stopping smoking during pregnancy is the best thing you can do for your baby, and with the support of the stop smoking service you are 4 times more likely to succeed.

For more information speak to **your midwife or call 020 8724 8018**

For further information, including about vaping and e-cigarettes, go to: [NHS Smokefree, NHS Choices, Havering Public Health](#)

- 1. **NOTES** _____



Hello, call us on:
T: 01708 797700

My Health Matters

Tapestry, Stanton Gate
Mawey Road,
Romford, RM7 7HL

01708 797705

myhealthmatters@tapestry-uk.org

Monday to Friday
9am to 5pm

Become a Health Champion

Interested in helping us make Havering a healthier place to live? We would love to hear from you. Please do not hesitate to call us for an informal chat or send us an email.

My Health Matters Team

T 01708 797700

E myhealthmatters@tapestry-uk.org

 @TapestryCare  TapestryCare