

# Community Living Well

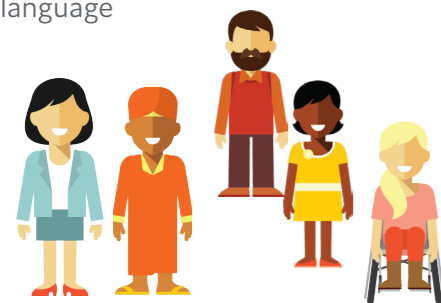
## Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**  
support from specialist mental health workers
- **Talking Therapies**  
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Mother Tongue Counselling**  
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi language
- **Navigators**  
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**  
supporting you to find work, take steps to improve your job prospects or keep your job
- **Peer Support**  
wellbeing workshops, one-to-one support, peer support groups and social activities with other people who have had similar experiences to you
- **Self-Care**  
Support and activities that help you to take care of your own mental and physical wellbeing



## Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

**communitylivingwell.co.uk**

**email: [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)**

**tel: 020 3317 4200**

In addition to community locations, our service bases are:

St Charles Centre for Health and Wellbeing  
Exmoor Street  
London  
W10 6DZ

Violet Melchett Centre  
30 Flood Street  
London  
SW3 5RR

Gertrude Street  
15 Gertrude Street  
London  
SW10 0JN



The Self-Care projects are delivered by Kensington & Chelsea Social Council. Community Living Well is a collaboration of NHS and voluntary sector partners.



# Self-Care Services 2019/2020

Community Living Well is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access on **0800 0234 650** for help, advice or support over the phone, 24 hours a day.

# Self-Care Services

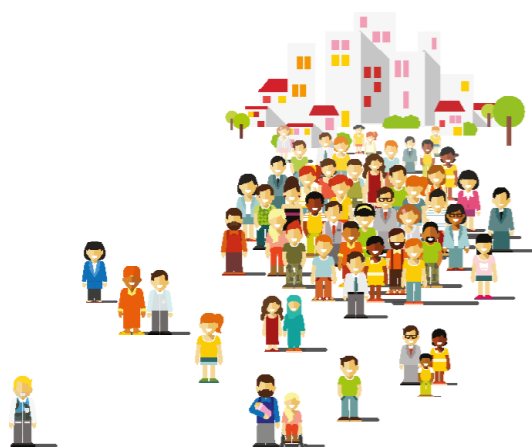
## What is Self-Care ?

Self-Care is an approach to health and wellbeing which helps you to keep yourself well.

## Can the Self-Care services help me?

The Community Living Well programme helps people to take more control of their mental health and physical wellbeing and build social contact access to community, leisure, education, arts and volunteering opportunities.

There is a range of different self-care projects that you can access through Community Living Well. Details of these services are listed within this leaflet, including contact details if you would like to find out more information. If you are interested in one of the services, please fill out our self-referral form found here: [communitylivingwell.co.uk/self-referral-form-mental-health/](http://communitylivingwell.co.uk/self-referral-form-mental-health/)



# What are the Self-Care services?

## The Clement James Wellbeing Programme

The Clement James Centre welcomes you to our wellbeing programme. Take part in a variety of one-off workshops, ongoing activities and events at our friendly centre. A great chance for you to build confidence, relax and connect with others.

**More Information** ✉ [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) ☎ 020 7221 8810

## Emotional and Practical Help in Your Own Language

A service offered in Arabic (including Moroccan and Sudanese dialects), Bangla, Farsi, French, Somali and Spanish to provide emotional support and help with practical problems, including help to access other services.

**More Information** ✉ [nafsika.thalassis@bmehf.org.uk](mailto:nafsika.thalassis@bmehf.org.uk) ☎ 0795 8479 217

## Massage and Reflexology

In partnership with Community Massage London, SMART is offering centre-based therapies to help you relax and unwind. Therapies offered include Indian head massage, reflexology and seated massage.

**More Information** ✉ [teresa@communitymassagelondon.co.uk](mailto:teresa@communitymassagelondon.co.uk) or ☎ 0754 4108 406 (Contact Name - Alda)

## My Recipe, My Story

Based at the Beethoven Centre, this activity group for women of diverse backgrounds provides a space to explore the powerful stories that are at the heart of your favourite recipes with others in the community.

**More Information** ✉ [info@clyd.co.uk](mailto:info@clyd.co.uk) ☎ 0790 3865 156/020 7723 9904

## Well Read

Well Read is a community play-reading programme that is open to all. It provides an opportunity to meet other local people and read different stories in a friendly and supportive environment.

**More Information** ✉ [wellread@theplaygroundtheatre.london](mailto:wellread@theplaygroundtheatre.london)

## Volunteering on Prescription

Meet people, share skills and interests and improve your wellbeing through volunteering tailored to your needs. At the Volunteer Centre Kensington and Chelsea we build your programme around you and what you like!

**More Information** ✉ [louisa.sch@vckc.org.uk](mailto:louisa.sch@vckc.org.uk) ☎ 020 8960 3722

For more information on the Self-Care services please visit the Community Living Well website: [communitylivingwell.co.uk/](http://communitylivingwell.co.uk/)