



# Useful information for looking after your mental health over the holidays

The Community Living Well Peer Support service have put together information on what is available over the holiday period and where else you can get help for your mental health.

## Peer Support

- **Social and Peer Support Groups over the holidays**

There are also lots of meet ups taking place throughout December including on Boxing Day and New Year's Day. Have a look at the December Calendar to find out all the details: <https://communitylivingwell.co.uk/wp-content/uploads/2019/11/December-Calendar-Online-2019-1.pdf>

We've got a whole range of activities taking place including; a coffee break, social gathering and a New Year's Day walk.

If you've never been to a meet up before but would like to get involved please get in touch to register (020 3317 42000) or refer yourself online ([communitylivingwell.co.uk/self-referral](https://communitylivingwell.co.uk/self-referral)).

<b>Tues 24 Dec</b>	12.30 – 2.00pm	Anxiety and Depression Support Group
<b>Mon 30 Dec</b>	2.30 – 5:30pm 6.30 – 8pm	Community Hub Evening Coffee Break
<b>Tues 31 Dec</b>	11am – 12.30pm 2.00 – 3.30pm	Anxiety and Depression Peer Support Group Afternoon Coffee Break
<b>Wed 1 Jan</b>	1:30 – 4pm	New Year's Day Walk
<b>Thurs 2 Jan</b>	11am – 1pm	Anxiety and Depression Peer Support Group
<b>Fri 3 Jan</b>	11.30am- 12:30pm	Morning Coffee Break

## In case of Crisis (09:00 – 17:00 Weekdays)

If you need urgent help:

- ◆ Contact your GP surgery
- ◆ Contact Central North West London NHS Trust's Single Point of Access (SPA) provides a first point of contact for people experiencing a mental health crisis: **0800 0234 650**

If you or someone else that you know is at immediate risk:

- ◆ You can attend Accident & Emergency (A&E)
  - **Chelsea and Westminster Hospital**, 369 Fulham Road, London, SW10 9NH
  - **The Royal Marsden Hospital**, 203 Fulham Road, London SW3 6JJ
  - **St Mary's Hospital**, Praed Street, London W2 1NY
- ◆ If you have already taken an overdose or injured yourself, dial **999**

## In case of Crisis - Out of Hours

If you require urgent help:

- ◆ Contact the GP Out of Hours Service (Phone your GP surgery for the number)
- ◆ Contact Central North West London NHS Trust's Single Point of Access (SPA) provides a first point of contact for people experiencing a mental health crisis out of hours: **0800 0234 650**

If you or someone else that you know is at immediate risk:

- ◆ Accident & Emergency
  - **Chelsea and Westminster Hospital**, 369 Fulham Road, London, SW10 9NH
  - **St Mary's Hospital**, Praed Street, London W2 1NY
  - **St Charles Hospital**, Exmoor Street, London W10 6DZ (minor injuries)
- ◆ If you have already taken an overdose or injured yourself, dial **999**

## Single Point of Access into Secondary Care Mental Health

The Single Point of Access (SPA) service is the 24 hour a day, 7 days a week, 365 days a year, single point of access into adult secondary mental health services in North West London and provides mental health support, advice and signposting for:

- patients and potential users of Central and North West London mental health and learning disability services

Community Living Well is brought to you in partnership with St Mary's Abbots Rehabilitation and Training (SMART), Kensington and Chelsea Mind, Central and North West London NHS and Kensington and Chelsea Social Council.

**Get in touch:** [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net) or 020 3317 4200

- their carers and relatives
- GPs
- the police, London Ambulance Service and the 111 Service.

Tel: **020 8206 6969** / Redirecting calls to the SPA: **0800 0234 650**

Email: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net) (Use both for K&C and Westminster residents)

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## Other Charities and Organisations for immediate support

- ◆ [Mind Info Line](#) – Information service for users of mental health services, carers, professionals and the public.
  - Tel: 0300 123 3393 (Open 9am – 6pm Monday to Friday except Bank Holidays)
- ◆ [Samaritans](#) – Offering support to people experiencing feelings of distress or despair, including those which could lead to suicide.
  - 08457 90 90 90 (UK) or Helpline 116 123 this number is free to call
  - Email: [jo@samaritans.org](mailto:jo@samaritans.org)
    - Local branch drop-in: 46 Marshall Street, W1F 9BF | 9am – 9pm
    - Tel: 020 7734 2800 or Free Call 116 123
- ◆ [CALM](#) – Helpline for men at risk of suicide or wishing to talk to someone.
  - Tel: 0808 802 5858
- ◆ [HOPELineUK](#) – For young people up to the age of 35 who are experiencing thoughts of suicide.
  - Tel: 0800 068 41 41 or text 07786209697
- ◆ [Saneline](#) – National out-of-hours mental health helpline, providing information and emotional support to anyone affected by mental health issues.
  - Tel: 0300 304 7000 (Open every day of the year 4.30pm to 10.30pm)
- ◆ [Anxiety UK Helpline](#) – Support for those living with anxiety or anxiety-based depression.
  - Tel: 03444 775 774 (Open 9.30am – 5.30pm)
- ◆ [Rethink Advice and Information Service](#) – Provides advice and information on a wide range of topics such as The Mental Health Act, community care, welfare benefits and carer rights.
  - Tel: 0300 5000 927 (Open 9.30am – 4.00pm Monday to Friday)
- ◆ [BEAT](#) – Information for people affected by eating disorders
  - Adult Helpline: 0808 801 0677
  - Student Helpline: 0808 801 0811
  - Youth Helpline: 0808 801 0711(Helplines are open 365 days a year from 12pm – 8pm Monday to Friday and 4pm – 8pm on weekends)
- ◆ [Bipolar UK](#) – Helpline for people with Bipolar disorder. This service does not take live calls but you can leave them a message and the Peer Support team will be in touch.
  - Arrange a call-back: 0333 323 3880
  - Email: [info@bipolaruk.org](mailto:info@bipolaruk.org)
- ◆ [No Panic](#) – Helpline for people experiencing anxiety disorders
  - Tel: 0844 967 4848 (Open Monday – Sunday | 10am – 10pm)
- ◆ [Shelter](#) – Free housing advice line
  - 0808 800 4444 (Open Monday – Friday 8am – 8pm | Saturday and Sunday 9am – 5pm)
- ◆ [Carers UK Helpline](#) – Free information, support and advice to carers
  - Tel: 0808 808 7777 (Open Mondays and Tuesdays | 10am – 4pm)

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# Services open over the holiday period

## 1) SMART

**Address:** The Basement, 15 Gertrude Street, London, SW10 0JN  
**Tel:** 020 7376 4668  
**Website:** <https://smartlondon.org.uk/>  
**Services:** Promotes mental health through purposeful activities. SMART offers work, training and social opportunities to people with mental illness. SMART's drop-in sessions are open as below, offering affordable tea, coffee, snacks and a hot lunch. You will need a ticket for their infamous Christmas lunch but can drop-in to say hi to your friends!

Fri 20 Dec	Open	10am - 4pm
Sat 21 Dec	Open	10am - 4pm
Sun 22 Dec	Open	10am - 4pm
Mon 23 Dec	Open	10am – 4pm and 6pm – 9pm
Tues 24 Dec	Open	10am – 3pm
	Open	10am-3.30pm
Wed 25 Dec		Join SMART for a Christmas lunch with meat and vegetarian options available. Tickets are £6 and must be purchased from SMART in advance.
Thurs 26 Dec	Open	6pm – 9pm
Fri 27 Dec	Open	10am – 4pm
Sat 28 Dec	Open	10am – 4pm
Sun 29 Dec	Open	10am – 4pm
Mon 30 Dec	Open	10am – 4pm and 6pm – 9pm
Tues 31 Dec	Open	10am – 4pm
Wed 1 Jan	Closed	4pm – 7pm

## 2) Grenfell Health and Wellbeing Service

Address: St Charles Centre for Wellbeing, Exmoor Street, London W10 6DZ  
Tel: 020 8962 4393  
Website: <https://grenfellwellbeing.com>  
Opening: The Grenfell Outreach Team is available over the Christmas holidays, including the three bank holidays (Wednesday 25 December, Thursday 26 December and Wednesday 1 January) and the weekends. Their hours are 9am to 8pm and 10pm to 7am. The Therapy service is not open on the bank holidays, but is otherwise open as usual.  
Services: Free and confidential support for children and adults affected by Grenfell.

## 3) The Connection at St Martin's-In-The-Fields

Address: 12 Adelaide Street, London, WC2N 4HW  
Tel: 020 7766 5544  
Website: <https://www.connection-at-stmartins.org.uk/>  
Opening: Day Centre open 9.30am-1pm every day except Wednesday, when they close at 12:30pm. St Martin's will be closed on New Years Day.  
Services: Services include help finding work, laundry, showers and food at a nominal cost

## 4) The Passage

Address: St Vincent's Centre, Carlisle Place, London SW1P 1NL  
Tel: 020 7592 1850  
Website: <https://www.passage.org.uk/>  
Services: Day Centre open from 27th December to 1st January from 8am to 4pm, for breakfast, lunch, snacks, laundry, showers. The day centre is closed on Christmas Day but they will be open on New Years Day from 8am to 2pm.

## 5) Crisis at Christmas

Address: Two centres:  
The Kensington Aldridge Centre, 1 Silchester Road, London W10 6PX  
Westminster Kingsway College, 211 Gray's Inn Road, London WC1X 8RA  
Tel: 0300 636 1967  
Opening: The centres are open Monday 23 December from 11am to 9pm and Tuesday 24 December to Sunday 29 December from 9am to 9pm. The centres are safe, warm and lively places run by caring and friendly volunteers and you'll get delicious food, activities, services and great company.

Community Living Well is brought to you in partnership with St Mary's Abbots Rehabilitation and Training (SMART), Kensington and Chelsea Mind, Central and North West London NHS and Kensington and Chelsea Social Council.

Get in touch: [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net) or 020 3317 4200

# Activities taking place over the holiday period

## 1) St. Martin-in-the-Fields

### FREE: Lunchtime Concert: Tessa Uys and Ben Schoeman (Piano Duo)

Monday 23 December 2019, 1:00 pm – 1:45 pm

Representing the Royal Over-Seas League, enjoy this beautiful 45-minute piano concert with Tessa Uys, one of South Africa's most distinguished concert pianists and South African pianist and Steinway artist Ben Schoeman.

### FREE: Lunchtime Concert: Tessa Uys and Ben Schoeman (Piano Duo)

Monday 23 December 2019, 1:00 pm – 1:45 pm

Representing the Royal Over-Seas League, enjoy this beautiful 45-minute piano concert with Tessa Uys, one of South Africa's most distinguished concert pianists and South African pianist and Steinway artist Ben Schoeman.

### FREE: Parish Carol Service

Tuesday 24 December 2019, 4:30-5:30 pm

A beautiful candlelit celebration of the Christmas story led by the Clergy of St Martin-in-the-Fields with St Martin's Voices. No tickets are required but the church is often full and you are advised to arrive in plenty of time to be certain of a seat. Doors open at 3.15pm.

6:30-7:30pm - No tickets required but the church is often full and you are advised to arrive in plenty of time to be certain of a seat. Doors open at 5:45pm.

### FREE: Midnight Mass

Tuesday 24 December 2019, 11:00pm – Wednesday 25 December 2019, 12:30am

The climax of all our Advent preparation and Christmas worship as we light the Christmas candle and welcome the Christ child. Led by the Clergy and Choir of St Martin-in-the-Fields.

### FREE: Lunchtime Concert: Alessandro Conti (Piano)

Friday 27 December 2019, 1:00pm – 1:45pm

Active in Italy and abroad both as a soloist and as a conductor, Alessandro's piano recitals are characterised by a repertoire that extends from English virginalists to contemporary music, through the great masterpieces of the classic-romantic tradition.

### FREE Lunchtime Concert: Bromley Boy Singers

Monday 31 December 2019, 1:00- 1:45 pm

The Bromley Boy Singers celebrated 40 years of providing quality musical education for boys from South-East London and Kent in 2017. They have established a reputation as one of the finest secular, independent boys' choirs in the UK.

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## 2) St. Paul's Cathedral

FREE: Ceremony of Carols by Benjamin Britten

Friday 20 December 5pm – 6pm

The ever-popular, inspiring work of children's voices and harp performed by the Choristers of St Paul's alongside readings for Advent and music from the St Paul's Vicars Choral and Harpist Sioned Williams.

FREE: Family Carol Service

Saturday 21 December 11-11.45am

Enjoy Christmas favourites in a service lasting 45 minutes. Children are welcome.

FREE: Christmas Carol Service

Monday 23 December and Tuesday 24 December 4pm – 5.10pm

As Christmas Day approaches, take a chance to pause and reflect on the story of the birth of Jesus Christ through readings and music by the Cathedral Choir. Early arrival is recommended.

FREE: Midnight Eucharist

Tuesday 24 December 11.30pm – 1am

The First Eucharist of Christmas with congregational carols and music sung by the Cathedral Choir.

## 3) St James' Piccadilly: Carols for Shoppers

Take a break from your last-minute Christmas shopping and add your voice to the Vigala Singers and musicians from the Royal College of Music Junior Department in this service of popular Christmas carols and readings. Entry is free and tickets are not required however they recommend that you arrive in good time to guarantee a seat. If the church gets full, you will still be able to enjoy the service in the courtyard.

**When:** Tuesday 17 December from 17:30 (Doors open 16:30)

**Where:** St James's Piccadilly, 197 Piccadilly, W1J 9LL

**Cost:** Free

## 4) Free Tours by Foot

Never quiet, always fun, and attracting a wide mix of people from all over the world, Soho's atmosphere and history make it a must for any tourist (or local!) visiting London. See the spot where the eradication of cholera began, where the Huguenots buried their dead, where Henry VIII built a royal park and be led along the avenues described in the 18th century as "a notorious place of ill-fame."

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Join Free Tours by Foot as they browse the windows of countless off-beat shops, and tread in the footsteps of some of the biggest names to ever come through London. You will have the chance to wander down alleyways and cobbled streets, passing by the old stomping grounds of people such as the dashingly amorous Cassanova, the brilliant and bizarre Amadeus Mozart, the revolutionary Karl Marx, and the record-breaking Beatles.

Tours will take place throughout the Christmas period. The schedule can be viewed here: [freetoursbyfoot.com/london-tours/tour-calendar/](http://freetoursbyfoot.com/london-tours/tour-calendar/)

## 5) Harry Potter Tour (Free Tours by Foot)

Come follow in the footsteps of the world's most famous wizard on this Harry Potter Tour. Always enchanting, often interesting, and each one easy to get to, what follows is a guide to the real-life counterparts of many of the magical locations you have seen on the big screen:

See the buildings that contain the Ministry of Magic, walk through the Underground barriers Harry and Arthur Weasley travelled through on their visit to London, stand on the bridge blown up by the Death Eaters, and walk through the real Diagon Alley! You'll also get a chance to see the grandiose 'Palace Theatre', now home to the sold-out run of the 9th instalment of the Harry Potter series- 'Harry Potter & the Cursed Child'. The tour will be filled with fun facts and film references and will take you into London's theatre-land and across London's Southbank.

**Where:** Meet your guide next to the Statue of Winston Churchill in Parliament Square. This is located a few meters from Westminster Underground Station. From Westminster Station, take the exit for "The Houses of Parliament" and cross the street. When walking out of the station, Parliament Square is the grassy area on the right. Your tour will finish near one of London's world-famous markets which is the ideal place for a post-tour lunch!

**When:** 7:00 pm on Monday 23 December, 10.30am on Friday 27 December, 2:00pm on Saturday 28 December, 7.00pm on Monday 30 December and 10.30am on Wednesday 1 January.

**Cost:** This tour is free to take, and you get to decide what, if anything, the tour was worth when it's done

**Duration:** Approximately 2 hours

**NOTE:** This tour uses the London Underground. Each guest must have a prepaid ticket or an Oyster Card loaded with £3.00

# Volunteering at Christmas

## 1) Crisis at Christmas

Email: [ccvolunteering@crisis.org.uk](mailto:ccvolunteering@crisis.org.uk)  
Telephone: 0300 636 1000  
Website: [crisis.org.uk/get-involved/christmas-volunteering-london/](https://crisis.org.uk/get-involved/christmas-volunteering-london/)

Crisis at Christmas is a unique volunteer effort that provides immediate help for homeless people at a critical time of year. By volunteering with Crisis this Christmas, you can make a real difference to people experiencing homelessness. They have lots of volunteering roles to fill: Help cook and serve meals, share your skills as a hairdresser, health professional or entertainer, or have a chat and play games with our guests.

**Night Owl** - As a Night Owl you will help guests feel safe in the sleeping area, provide a friendly ear to those who can't sleep, prepare the centre for the next day and give people a good start to the new day. It is always a fun team to be part of and times shared comforting and supporting guests with tea and conversation are often cherished memories.

**Creative People** – Crisis need artists, performers, musicians and craftspeople in every centre at Christmas. Their talent helps create plenty of Christmas spirit for their guests. Volunteers needed: Entertainment Organiser, Creative Writing/Poetry Activity Leader, Performer, Music/Dance/Performing Arts Activity Leader, Activities Organiser.

**Catering** – Use your cooking skills to help prepare meals for the guests. Roles include Chef, Kitchen Coordinator and Kitchen Assistant.

## 2) Community of Sant'Egidio

Address: Pitt Street, Kensington, London W8 4JH  
Website: [santegidio.org.uk/Christmas](https://santegidio.org.uk/Christmas)

The Community of Sant'Egidio is a worldwide movement that began in 1968 in Rome. It is now present in more than 73 countries around the world and has 60,000 members. In London, the Community has built friendships with the elderly and the homeless in the areas of Kensington, Victoria, Ladbroke, Chiswick and Gloucester Road.

This year is the 8th year of the Christmas Eve dinners of the Community of Sant'Egidio in London. There are plenty of tasks for their committed volunteers: preparing the tables, setting up the decorations, preparing the meal, serving the food, keeping guests company by enjoying a meal with them as well as having fun and enjoying a special Christmas together.

To volunteer on 24 December, you will need to attend the induction on Thursday 19 December at 7pm and training on Saturday 21 December at 1.30pm. There are also optional events you may sign up to such as gift wrapping, decorating and cleaning up.

The volunteer Signup form can be found here: <https://www.santegidio.org.uk/volunteer-at-christmas>

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**Get in touch:** [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net) or 020 3317 4200

### 3) Christmas Gift Wrapping

Address: Centre Court Shopping Centre, Queen's Road, Wimbledon SW19 8YA  
Telephone: 020 8946 0735  
Website: [wimbledonguild.co.uk](http://wimbledonguild.co.uk)

Wimbledon Guild is a social welfare charity that supports people throughout Merton to lead a better life by tackling poverty, supporting ageing and encouraging mental wellbeing.

They are looking for volunteers from Monday 16 December to Friday 20 December from 11am to 5pm to wrap Christmas gifts. For a small donation, busy shoppers can have their gifts wrapped while at the same time supporting a local charity. The wrapping station will be located outside of Debenhams in the Centre Court Shopping Centre in Wimbledon. They need 2 to 3 volunteers per hour to be wrapping and informing shoppers that the wrapping service is available. Volunteers are welcome to sign up for a 1- or 2-hour shift.

How to apply: Register your interest through the London Assembly website here:

<https://www.london.gov.uk/what-we-do/volunteering/search/christmas-gift-wrapping-from-16-to-20-december-2019>