



Community  
**LivingWell**

Working together for your wellbeing

# Community Living Well opening times over the festive season

Here are the opening times for Community Living Well services over the festive season. There's also information on what to do if you or someone you know is facing a crisis.

## Community Living Well Talking Therapies (IAPT)

The Talking Therapies (IAPT) service is open for referrals and booked appointments only (as usual) – they do not operate a walk in system.

If you would like to register, you can refer yourself online: [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/)

### Opening times

Until Thursday 22 December

Friday 23, Wednesday 28, Thursday 29,  
Friday 30 December

From Tuesday 3 January 2023

Open as usual

9am-5pm at St Charles  
Gertrude Street closed

Open as usual

Continued...

## Community Living Well Peer Support

Most of our online social and support groups are running as normal, with some exceptions. You can check the online events calendar to find out what's on:

[communitylivingwell.co.uk/events-and-meetings/](https://communitylivingwell.co.uk/events-and-meetings/)

If you've never been to a meet up before but would like to get involved, please get in touch to register - email [peersupport@kcmind.org.uk](mailto:peersupport@kcmind.org.uk) or refer yourself online: [communitylivingwell.co.uk/wellbeing-services-referral-form/](https://communitylivingwell.co.uk/wellbeing-services-referral-form/)

### Groups over the festive period

<b>Monday 26 December</b>	<b>12.30pm-1.30pm Group Walk</b> <b>2.30pm-4.30pm Monday Social</b>
<b>Tuesday 27 December</b>	<b>12.30pm-1.45pm Online Social Gathering</b>
<b>Wednesday 28 December</b>	<b>2pm-3.15pm MH Peer Support Group</b>
<b>Thursday 29 December</b>	<b>1.30pm-2.30pm Arts and Culture</b> <b>3.30pm-4.45pm Creative Arts Group</b> <b>5.30pm-6.45pm Mental Health Peer Support Group</b>
<b>Friday 30 December</b>	<b>12pm-1.15pm Mental Health Peer Support Group</b> <b>2pm-3pm Quiz</b> <b>2pm-3.15pm LGBTQIA+ MH Peer Support Group</b>
<b>Monday 2 January</b>	<b>1pm-2.15pm Online Social Gathering</b>
<b>From Tuesday 3 January</b>	<b>Open as normal</b>

Please note, these groups are only available to those who are registered with the Community Living Well Peer Support service

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## Community Living Well Employment and Navigator Services

The Employment and Navigator service is only available to those who are already registered (as usual) – they do not operate a walk in system.

If you would like to register, refer yourself online: [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/)

### Opening times

Up to Friday 23 December

Open as usual

Mon 26 - Friday 30 December

Closed

From Tuesday 3 January 2023

Open as usual

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## Community Living Well Self-Care Services

The Self-Care service is only available to those who are already registered (as usual) – they do not operate a walk in system.

If you would like to register, refer yourself online: [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/)

### Opening times

VCKC Volunteering and Wellbeing

Closed from 23 Dec to 3 Jan

Clement James Wellbeing

Closed from 16 December | Opening 3 Jan

Emotional Support BME Health Forum

Closed from 23 Dec | Opening 3 Jan

Community Massage London

Closed from 23 Dec | Opening 9 Jan

My Recipe My Story CLYD

Closed from 16 Dec | Opening 3 Jan

Well Read

Last online session 21 Dec |

Next session 11 Jan

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## GP Surgeries

You will need to check with your GP surgery for their Christmas opening times. You can find a list of GP surgeries on our website, with links to their contact details.

If you need urgent mental health assistance, see the 'In Case of a Crisis' information below.

## Pharmacies

Most pharmacies will be open as usual, except for bank holidays.

To find your nearest pharmacy, check on the NHS website (<https://www.nhs.uk/service-search/find-a-pharmacy/>). You can find opening times and contact information here too.

## In Case of a Crisis (9am - 5pm Weekdays)

If you need urgent help:

- Contact your GP surgery
- Contact Central North West London NHS Trust's **Single Point of Access (SPA)** which provides a first point of contact for people experiencing a mental health crisis: **0800 0234 650**
- Contact Samaritans on 116 123 (available 24 hours a day, 365 days a year)

If you or someone else that you know is at immediate risk or have already taken an overdose or injured yourself, dial 999

## In Case of a 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)** which provides a first point of contact for people experiencing a mental health crisis out of hours: **0800 0234 650**
- Contact Samaritans on 116 123 (available 24 hours a day, 365 days a year)
- If you have already taken an overdose or injured yourself, dial 999

**Please take care and stay safe.**