

Peer Support Directory


Kensington and Chelsea, Queen's Park and Paddington








Improving mental health through peer support





Organisation	Target Group	Service	Referral route & contact details	Peer Volunteer / employment opportunities?
<p>Clements James Centre (Wellbeing Hub)</p> 	Everyone	The Reader (shared reading group)	Self-referral / health professionals referral lauren@clementjames.org hannahs@clementjames.org 0207 221 8810	Peer worker posts currently being researched
<p>Just Solutions 123</p> 	People aged over 21 who wish to maintain their wellbeing and/or reduce their social isolation	Talking Talkshops (Peer counselling)	Self-referral 07444 321 795 Infojustsolutions123@yahoo.co.uk	Unknown
<p>Kensington and Chelsea Mind</p> 	Adults experiencing depression, anxiety or mental distress	Friends in Need – Peer to peer social support	Self-referral – 0208 964 1333 friendsinneed@kcmind.org.uk Healthcare referral – friendsinneed@nhs.net	Peer worker volunteer posts currently being developed

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<p>CNWL</p> 	Inpatients at St Charles hospital	St Charles hospital	Peer Support Workers are part of the mixed staffing team on certain wards in the hospital. They are therefore accessible to all inpatients on those wards	Peer Support Worker posts are advertised on the NHS jobs website
	Inpatients at the Gordon hospital	The Gordon Hospital	Peer Support Workers are present on every ward. A peer support group is accessible to all inpatients	Peer Support Worker posts are advertised on the NHS jobs website
	People receiving mental healthcare from the North Kensington Community Mental Health Team	North Kensington Community Mental Health Team	Details pending. Contact care co-ordinator	Peer Support Worker posts are advertised on the NHS jobs website
	People receiving mental healthcare from the Westminster Community Mental Health Teams	North East Westminster Community Mental Health Team	Peer support is available to everyone receiving healthcare from Westminster Community Mental Health Teams. Peer support can be requested via care	Peer Support Worker posts are advertised on the NHS jobs website




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		North Westminster Community Mental Health Team	co-ordinator or by attending a peer support group	
Spectra 	Men who have sex with men Trans people People from BME communities	Gay Men's Project Spectrum ACE	Self-referral or healthcare professional info@spectra-london.org.uk 0800 587 8302 0203 332 6920	Peer volunteers Email volunteer@spectra-london.org.uk
Gingerbread 	Single parents	Gingerbread West London Group	www.gingerbread.org.uk – sign up for further details	Unknown
Paddington Development Trust 	Mothers in Queen's Park	Maternity Champions	Go along to a drop in. No referral required. Contact Emma Sweeny for more emma@pdt.org.uk 0208 964 8024	Volunteer Maternity Champions Contact Emma

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<p>Chelsea & Westminster Hospital</p> 	<p>Parents of babies on the neo-natal unit</p>	<p>Parents Group</p>	<p>Discussion group every Tuesday afternoon, led by clinical psychologist. Opportunity to meet parents, ask questions and obtain support</p>	<p>Unknown</p>
<p>West London Action for Children</p> 	<p>Parents</p>	<p>Small Talk (6 months - 6 years) Parentalk (5 – 12) TeenTalk (13 – 18) Positive influence for teens Dads Matter (5 – 12)</p>	<p>To refer yourself or a client, use the referral form on the website – www.wlac.org.uk/?page_id=158 team@wlac.org.uk 020 7352 1155</p>	<p>Unknown</p>

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<p>West London Sands (Stillbirth and Neonatal Death)</p> 	<p>Bereaved parents, their families and friends</p>	<p>Support Meetings and Events</p>	<p>Meetings are held in Chiswick. For more information, contact:</p> <p>info@westlondonsands.org.uk</p> <p>07710010026</p> <p>www.westlondonsands.org/news-and-events</p>	<p>Unknwon</p>
<p>Action on Postpartum Psychosis</p> 	<p>Women and families affected by Postpartum Psychosis</p>	<p>Online</p>	<p>www.app-network.org</p>	
<p>Voice Collective</p> 	<p>Children and young people in London who hear voices, see things or sense things that other people don't</p>	<p>Children and young people</p> <p>Parents, families and carers</p>	<p>info@voicecollective.co.uk</p> <p>020 7911 0822 (during office hours)</p>	<p>Unknown</p>





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<p>Groundswell</p> 	<p>People experiencing homelessness / accessing homelessness services</p> <p>Covers Kensington and Chelsea, Queen's Park and Paddington</p>	<p>Homeless Health Peer Advocacy Service</p> <p>Accompanying people experiencing homelessness to physical health appointments and advocating on their behalf</p>	<p>Referrals accepted from GPs, health professionals, homelessness organisations and self-referrals</p> <p>Contact Martin Murphy</p> <p>t: 0300 0039 600</p> <p>e: martin@groundswell.org.uk</p>	<p>Yes – Volunteer training takes place twice a year. Next training in January 2017</p> <p>Peer worker opportunities also</p> <p>Contact Martin</p>
<p>Hestia & Angelou</p> 	<p>Female survivors of domestic abuse in the tri-borough area</p>	<p>The Butterfly Project</p>	<p>angeloureferral@hestia.org</p> <p>K&C – 0780 093 8851</p> <p>Westminster – 07896 352 781 or 07964 121 967</p> <p>H&F – 0780 092 3894</p>	<p>Peer volunteers with experience of domestic abuse</p>

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<p>Open Age</p> 	Over 50s	<p>Time for me (for unpaid carers)</p> <p>Phone groups (for people who are housebound)</p> <p>Expert Patient Programme (for people with long term conditions)</p> <p>Stroke Survivors</p> <p>Men's Social & Health group</p>	<p>Self-referral</p> <p>0208 962 4141</p> <p>mail@openage.org.uk</p> <p>St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ (Mon – Fri, 9am-5pm)</p> <p>Become a free member: http://www.openage.org.uk/get-involved</p>	
<p>Midaye</p> 	Somali and Arabic speaking women	Women's Peer Support Group	<p>Self or third party referral to 0208 969 7456</p> <p>hanan@midaye.org.uk</p>	Peer worker roles currently being researched

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Al Hasaniya 	Moroccan and Arabic speaking mothers	Mothers' peer support group	Contact Zohra Davies 020 8969 2292	Unknown
Migrants Organise 	Migrants, refugees & asylum seekers	Peer mentoring	Self-referral or organisation referral to Clare Peacock Migrants Organise, 2 Thorpe Close, London, W10 5XL 0208 964 4815 clare@migrantsorganise.org	Volunteer peer mentors (must be a migrant / refugee / asylum seeker)
Wandsworth and Westminster Mind 	Migrant communities and other minority communities in Westminster	Roads to Recovery (peer wellbeing coaches)	Via Community Champions http://www.communitychampionsuk.org	Volunteer wellbeing coaches

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Queen's Park Bangladesh Association	Women	Women's social group	info@qpba.org 020 8969 5881	Unknown
	Young people	Youth social group		
Action on Disability 	People with a disability or long term condition aged over 18	AoD Connect	Self-referral Andrew Farrow 0207 471 8514 andrew.farrow@actionondisability.org.uk	Unknown
Full of Life 	Parents of disabled children in Kensington and Chelsea	Full of life support group	Self-referral 0208 962 9994 info@fulloflifekc.com www.fulloflifekc.com	Unknown

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Student Minds 	Students	Positive Minds Eating Difficulties Supporting Supporters	Further details on their website http://www.studentminds.org.uk/about-our-support-programmes.html	Peer volunteers can set up peer support on campus. Contact: hello@studentminds.org.uk
Men Get Eating Disorders Too 	Men over 18 living in London who are affected by eating disorders, and their carers	Monthly Peer Support Group (held in Westminster)	Self-referral Wil Devlin 07870106527 london@mengetedstoo.co.uk www.mengetedstoo.co.uk	Unknown
Mind 	Everyone	Elefriends (online)	www.elfriends.org.uk or via the Elefriends app (available on the App Store and Google Play Store)	All members can provide and receive peer support

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beat 	People recovering from eating disorders Friends/family/carers of those experiencing eating disorders	Online	www.b-eat.co.uk/support-services/online-support-groups	Unknown
Mind Out 	People who identify as Lesbian, Gay, Bisexual, Trans & Queer	Online Chat	www.mindout.org.uk/	Unknown
Sane 	People affected by mental illness	Online	Support forum on their website www.sane.org.uk	Unknown
Blurt 	People who experience depression	Online	Peer support Facebook group. For more details here: www.blurtitout.org/what-we-do/peer-support	Peer volunteer opportunities are advertised on their website

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<p>Nightline</p> 	<p>Students in London and with the Open University</p>		<p>http://nightline.org.uk/</p> <p>0207 631 0101</p> <p>listening@nightline.org.uk</p> <p>Text - 07717 989 900</p> <p>Skype - nightline.chat</p> <p>Twitter - @LondonNightline</p>	<p>Unknown</p>
<p>London Telephone Communities</p> 	<p>Over 65s</p>	<p>Telephone and video groups</p>	<p>020 7923 5250</p> <p>info@community-network.org</p> <p>Healthcare referrals – referral form under 'Get Involved' section of the website -</p> <p>www.communitynetworkprojects.org</p>	<p>Unknown</p>