

Local Voluntary and
NHS Mental Wellbeing
Services who support
Afghan Nationals
in **Kensington**
and **Chelsea and**
Westminster



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



السلام عليكم

“Salaam Alaikum”

“Peace be upon you”

The information in the booklet is here to support Afghan Nationals, voluntary and professional organisations to find local mental wellness services within the bi-borough.

The organisations in this booklet work with a variety of residents within Kensington and Chelsea, and Westminster communities, who welcome Afghan Nationals into their services. Their services promote companionship, advice, physical activity and mental wellbeing sessions to everyone.



Local Voluntary and NHS Mental Wellbeing Services in Kensington and Chelsea and Westminster.

Services	Local NHS Services	Target Group	Advice and Support	Mental Wellness	Bereave-ment	Domestic Abuse
1. Thrive		All	✓	✓	✓	
2. Good Thinking		All	✓	✓	✓	
3. Maternity Champions		Women	✓	✓		
4. Al-Hasaniya (Arabic)		Women	✓	✓		✓
5. Afghan Association Paiwand (Pushto and Dari)		All	✓	✓	✓	✓
6. Queens Park Bangladesh Association (Arabic)		All	✓	✓		
7. Barnardos - BOLOH Helpline		All	✓	✓	✓	✓
8. The Abbey Centre (Arabic)		Women	✓	✓		
9. Iranian Association (Farsi)		All	✓	✓		
10. African Women Care		Women	✓	✓		✓

Loneliness	PTSD	Anxiety	Depression	Self-Harm	Suicidal Thoughts	Physical Wellness
✓						✓
✓						✓
✓	✓	✓	✓			
✓						✓
	✓	✓	✓	✓	✓	
✓						✓
✓						
✓						✓

Services	Local NHS Services	Target Group	Advice and Support	Mental Wellness	Bereave-ment	Domestic Abuse
11. The Lateef Project		All	✓	✓	✓	✓
12. Middle Eastern Women and Society Organisation (MEWSo) (Dari and Farsi)		Women	✓	✓		✓
13. Men's Shed – Kensington and Chelsea		Men	✓	✓	✓	
14. Refugee Council		All	✓	✓		
15. Afghanistan and Central Asians Association		All	✓	✓		
16. Midaye Somali Development Network (Arabic, Dari and Somali)		Women	✓	✓		
17. ONE YOU		All	✓	✓		
18. The Mosaic Community Trust (Dari and Pushto)		All	✓	✓		

Loneliness	PTSD	Anxiety	Depression	Self-Harm	Suicidal Thoughts	Physical Wellness
✓	✓	✓	✓	✓	✓	✓
✓						✓
✓	✓	✓	✓			✓
✓						
✓						✓
✓						✓

Services	Local NHS Services	Target Group	Advice and Support	Mental Wellness	Bereave-ment	Domestic Abuse
19. Kensington and Chelsea Talking Therapies Service (Community Living Well)	✓	All	✓	✓	✓	✓
20. Westminster Talking Therapies	✓	All	✓	✓	✓	✓
21. Hestia – Kensington and Chelsea / Westminster		Women	✓	✓		✓
22. REFUGE		Women and Children	✓	✓		✓
23. Kooth		Children and Young People	✓	✓	✓	✓
24. Papyrus HOPELINEUK		Young people	✓	✓	✓	✓
25. Samaritans		All	✓	✓	✓	✓

Loneliness	PTSD	Anxiety	Depression	Self-Harm	Suicidal Thoughts	Physical Wellness
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	

1. Thrive LDN

Thrive LDN has created a leaflet to support Afghans living in the capital. The leaflet is called “Help with your concerns and worries”. If you are having trouble sleeping or feeling of worry and uncertainty, please read the leaflet which gives advice on how to help your mental wellness.

Website: www.thriveldn.co.uk



2. Good Thinking

Good Thinking supports Londoners to look after their mental health and wellbeing. It provides a range of resources to help you improve your mental wellbeing through ‘Five Ways to Good Mental Wellbeing – Islam’, Good Thinking and bereavement.

Website: www.good-thinking.uk

24 hours access and anonymous.



3. Maternity Champions - WCC

Maternity Champions support expecting and new mothers by sharing tip. Our maternity champions provide support, link parents to local health and maternity services and reduce social isolation by introducing you to groups and visiting you.

Website: www.communitychampionsuk.org

Contact **Name: Emma Sweeney**

Telephone: **0208 964 8024**

E-mail: emma@pdt.org.uk



Maternity Champions - RBKC

Maternity Champions support expecting and new mothers by sharing tip. Our maternity champions provide support, link parents to local health and maternity services and reduce social isolation by introducing you to groups and visiting you.

Website: www.rbkc.gov.uk

Contact **Name: Sona Djerrahian**

Telephone: **0208 960 3234**

Email: Sona@venturecentre.org.uk



4. Al-Hasaniya

Al-Hasaniya Moroccan Women's Centre is here to help women and their families. They are culturally aware of Afghanistan Refugees needs. They seek to encourage and help clients to access to services and give support in health, welfare and cultural activities. The centre will try to help you access other services that can assist where they cannot. Mainly focussed in RBKC but can support other area across London.

Website: www.al-hasaniya.org.uk

Email: contact@al-hasaniya.org.uk

Phone: **0203 048 4488**

Address: **Bays 4-5 Trellick Tower, Golborne Road, London, W10 5PA**



5. Afghan Association Paiwand

Paiwand is a community organisation to helping refugees and asylum seekers in the UK with mental wellness and activities. Supports young people and adults, our dedicated volunteers provide vital advice on wellbeing.

Website: www.paiwand.com/contact-us-referrals

Email: ghulam.farooq@paiwand.com



Phone: **Dr Ghulam Farooq 07476351734**

Address: **11 High Street, Edgware, London, HA8 7EE**

Afghan Association Phone: **0208 9058770**

Opening: **Monday – Friday 9am – 5pm**

6. Queens Park Bangladesh Association

The Queens Park Bangladesh Association arranges group activities and events to help with loneliness and help with feeling part of a community.

Website: www.queensparkba.org

Email: info@qpba.org

Phone: 020 8969 5881

Address: Office 2 Beethoven Centre Third Avenue, London W10 4JL

Open Mon - Fri from 9am – 4pm



7. Barnardo's – Boloh Helpline

The Barnardo's Boloh Helpline offers advice, signposting, emotional support and free therapy to adult asylum seekers in Pashto and Farsi.

Website and translators in Pashto and Farsi

Website and Chat: www.helpline.barnardos.org.uk/

Phone: 0800 151 2605

Open Hours Mon-Fri 10am-8pm and Sat 10am – 3pm



8. The Abbey Centre

The Abbey Centre work is working with Afghanistan Refugees, Arabic and Farsi speakers and the Bangladeshis in the local community.

They help to improve their quality of life, through a health and social activities, like women only exercises, cooking, grow and eat sessions, massage, emotional support, childcare training and community interpreting courses.

Website: www.theabbeycentre.org.uk/community/

Phone: **020 7222 0303**

Address: **34 Great Smith Street, Westminster, London, SW1P 3BW**



9. Iranian Association

The Iranian Association is working with Afghanistan Refugees and other communities who speak Dari and Farsi. The help they can give is advice, information, support, and counselling for a range of issues, including immigration and nationality, political asylum, housing, education/training, and benefits.

Website: www.iranianassociation.org.uk



Phone: **020 8741 2304 or 020 8748 6682**

Address: **222 King Street, London W6 0RA**

Opening Times: **Monday 9.30am – 1pm
then 2pm -5pm and Thursday 9.30am – 1pm**

Email: info@iranianassociation.org.uk

10. African Women's Care

African Women's Care provides a range of services to support refugees, women, girls and their families that offer opportunities for well-being, experienced trauma and advice thus enabling them to live their life to their maximum potential.

Website: www.africanwomencare.org.uk

Address: **Canalside House, 383 Ladbroke Grove, W10 5AA**

Email: africanwomencare@hotmail.com

Phone: **0208 9698389**



11. Lateef Project

The Lateef Project provides Islamic counselling that helps address, process and manage your mental wellbeing and health where you have worries or concern.

Website: www.lateefproject.org

Email: info@lateefproject.org

Self-Referral: <https://www.lateefproject.org/get-support>

Phone: **07308510555**



12. Middle Eastern Women and Society Organisation (MEWSO)

The Middle Eastern Women and Society supports women. They run activities to support wellbeing and tackling isolation. Dari is spoken amongst some members.

- Walk and Talk - Women's exercise and walking group
- Mindfulness
- Storytelling and Creative Writing
- One-to-one Advice
- One-to-one Counselling
- One-to-one Befriending and English Language
- Art Therapy Classes

Website: www.mewso.org

Address: **Church Street Neighbourhood Centre, Cherwell House,
Penfold Street, NW8 8PT**

Email: office@mewso.org

Telephone: **07958145666**

Opening **Times: Monday and Wednesday between 10am - 5pm**



13. Men's Shed

If you feel isolated and alone, then the Men's Shed can help. It is a creative workshop for men to get together and work with tools and be part of community projects.

Website: www.acava.org/education-and-community/project/maxilla-mens-shed

Telephone; **07377 341827**

Email: rasha.el-sady@acava.org



14. Refugee Council

The refugee council has created a list of resources to improve how to access doctors and health services for Afghans in Pashtu and Farsi.

- Guide to using the GP
- Communication Card
- Maurice Introduction Card
- Which NHS Service do I need?

Website: www.refugeecouncil.org.uk



15. Afghanistan and Central Asians Association

Afghans and Central Asians living away from their homeland can get support, learn skills and understand how to live and prosper in the UK.

Services provided are:

- English language classes
- Employment workshops
- A women's support group
- A Saturday school and homework club
- Youth and family support services, drop-in and telephone advice
- Cultural and social events

Website: www.aaa.org.uk



16. Midaye Somali Development Network

The Midaye Network, provide advice, information, health advice, classes on sewing and English language for women.

Must be registered with a GP from West London CCG only

Address: **7 Thorpe Close, Unit 6, Kensington and Chelsea, London.**
W10 5XL

Email: **contact@midaye.org.uk**

Phone **020 8969 7456**

Website: **www.midaye.org.uk**



17. One You - RBKC

One You RBKC is a Healthy Lifestyle service. The service helps you on the way to a healthier and happier you. You choose which programme best suits you. This might be a weight management programme, healthy cooking classes, exercise such as walking or wellbeing workshops and talks.

Royal Borough of Kensington and Chelsea: **oneyou.rbkc.gov.uk**



16. One You – Westminster

One You Westminster is a Healthy Lifestyle service. The service helps you on the way to a healthier and happier you. You choose which programme best suits you. This might be a weight management programme, healthy cooking classes, exercise such as walking or wellbeing workshops and talks.

Westminster – www.oneyou.westminster.gov.uk



18. The Mosaic Community Trust

Mosaic works with women to help improve their English, making new friends, gaining support with emotional health and wellbeing, and learning to support others in their community. There are Afghan members within the trust who welcome Afghan Evacuees.

Address: **The Mosaic Community Trust, 61A Warwick Avenue, London W9 2PR**

Phone: **0207 289 1170**

Website: www.mosaiccommunitytrust.org.uk



19. Talking Therapies - Community Living Well Royal Borough of Kensington and Chelsea

Community Living Well offers mental health support. You can access a wide range of clinical and wellbeing services.

The services they have are clinical services, such as NHS Talking Therapies (IAPT), wellbeing services, such as peer support groups, self-care and there is a Community Mental Health Hub which gives access to specialist mental health support.

Website : communitylivingwell.co.uk

Telephone: **0203 317 4200**

Lines **Open: 8am to 8pm Monday to Friday**

Email: cnw-tr.clw@nhs.net



20. Westminster Talking Therapies

Westminster Talking Therapies Talking Therapies is a part of Community Living Well. It offers free, confidential NHS service. If you are feeling sad, have anxieties, fears or problems coping with daily life and relationships please contact the talking therapies service.

Website: www.cnwl.nhs.uk

Helpline **Telephone: 030 3333 0000**

Monday **to Friday from 9am to 5pm**

Email: westminster.iapt@nhs.net.

**Central and North West London NHS Foundation Trust,
190 Vauxhall Bridge Road,
London,
SW1V 1DX**



21. Hestia - Kensington and Chelsea

Hestia will support you if you are experiencing mental wellness challenges. They provide a safe environment to speak to someone about your concerns around your wellbeing or any family concerns that make you feel unsafe or worried.

Services:

- Mental Health and complex needs
- Integrated Mental Health service
- Please contact The Oremi centre on 07772 591 111
- Please contact The Grove on 07930 750 716
- Please contact The Foundry (+44) 203 170 8823

Domestic Abuse

South Kensington Refuge Contact:

PO Box 26091

London

SW10 0XH

Tel: 020 7352 3341

North Kensington Refuge contact:

PO Box 14231

London

W10 5UB

Tel: 020 8960 4202



20. Hestia – Westminster

Hestia will support you if you are experiencing mental wellness challenges. They provide a safe environment to speak to someone about your concerns around your wellbeing or any family concerns that make you feel unsafe or worried.

Website: www.hestia.org/westminster

Address: **The Grove Daycentre Ladbroke Grove**

9am – 5pm

Telephone: **020 7221 0052**

Referral email for the Arabic Speaking Westminster service:
ReferralsWasos.mhs@hestia.org



22. Domestic Abuse: Refuge

If you are experiencing domestic abuse or feel not safe at home, please contact REFUGE helpline:

Website: www.nationaldahelpline.org.uk

Telephone: **0808 2000 247**

24 hours a day, 7 days a week



23. Kooth

If your child is not talking as much, having mood swings or worried and will not talk to you, KOOTH helps children and young people talk through their worries. This online community of peers and a team of experienced counsellors can help.

Website: www.kooth.com

24 hours a day and 7 days a week



24. Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling please contact:

Website: www.papyrus-uk.org

Phone: **0800 068 4141**

Email: pat@papyrus-uk.org

Text: **07786 209 697.**

Weekdays 10am-10pm, weekends 2pm-10pm and bank holidays
2pm-10pm



25. Samaritans

Contact the Samaritans if you are feeling one of these:

- If you're having a difficult time.
- Signs you may be struggling to cope.
- I want to kill myself.
- If you're worried about someone else.
- Want to join a support group.
- If you think it's an emergency.
- Supporting someone with suicidal thoughts.
- How to support someone you're worried about.

Website: www.samaritans.org

You **can call 116 123 (free from any phone),**

Email: jo@samaritans.org

24 hours a day, 365 days a year.





Your notes

