

## Extract from the 2005 Edition of the Southwark Mind Services Directory

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Visit the fully searchable online version of this directory at  
<http://www.southwarkmind.org.uk/searchframe.html>  
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any  
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



## **CHAPTER 12: COMMUNITY CENTRES AND LEISURE ACTIVITIES**

The Community Centres listed below are all open to everybody and all offer a variety of special interest activities ranging from complementary therapies and yoga to computer workshops and old time dancing classes.

Also see Leisure Activities for a range of activities including arts at **Cooltan Arts** and **Creative Routes**, poetry at **Survivors Poetry**, gardening activities at the **Walworth Garden Farm** and local sports facilities.

As you can imagine it is impossible to list everything, but we hope that even if nothing here appeals to you the entries in this chapter may give you ideas of your own. Or look in Education and Training for details of local colleges.

Also remember that many user groups run occasional social events and the monthly **Southwark MIND newsletter** gives details of various user-led activities and events happening around the borough. Give us a call to get on the mailing list. See our details in User Organisations or on the inside cover.

### **Community Centres**

#### **Beormund Community Centre**

**Address1:** 177 Abbey St  
**Town/City:** London  
**Postcode:** SE1 2AN

**Phone:** 0207 237 9313  
**Other Numbers:** Fax: 0207 394 9814

**Description:** Open access community centre offering a variety of activities including computer workshops, fitness training, healthy living, basic literacy skills, fashion workshops, childcare, after schools club, crèche, pensioners forum, old time dancing classes etc

**Special Interest Activities:** A wide range of special interest groups are held at this popular local community centre. Phone for details.

**Opening Hours:** Mon-Fri 10am-10pm, occasional Saturdays

**Travel:** BR: London Bridge / Tube: Bermondsey / Buses: 1, 42, 47, 78

**Referral:** Open access

**Criteria/Catchment:** Mainly people from North Southwark, but everyone welcome.

**Disabled Access - ramps, wide doorways, disabled toilet**

## **Copleston Centre**

**Address1:** Copleston Road

**Town/City:** London

**Postcode:** SE15 4AN

**Phone:** 0207 732 3435

**Other Numbers:** Fax: 0207 635 9522

**Email:** copleston2003@yahoo.co.uk

**Description:** Multi-purpose, Multi-faith community centre running a variety of activities for all ages. Café, Adult Education classes, Complementary Therapies, various workshops etc. Outreach work for adults with Mental Health problems. Phone for details or just pop in.

**Special Interest Activities:** Café, Adult Education classes, Complementary Therapies, Children's Nursery, After-School Project, Kids Club, various evening and weekend activities etc.

**Additional Info:** Outreach work for adults with Mental Health problems, mainly for people living in SE5, SE15, SE17, SE22 and SE24. Phone for further details.

**Opening Hours:** Office: Mon-Fri 10am-5:30pm

**Travel:** BR: East Dulwich or Peckham Rye / Buses: 12, 40, 176, 185, 312, 484 or P13 to door

**Referral:** Self or any other source. Self referrals accepted but you have to fill in a Community Opportunities referral form

**Criteria/Catchment:** Everybody welcome

**Disabled Access - ramps, wide doorways, disabled toilet**

## Deptford Albany Centre

**Address1:** Douglas Way

**Address2:** Deptford

**Town/City:** London

**Postcode:** SE8 4AG

**Phone:** 0208 692 0231 / 4446

**Other Numbers:** Fax: 0208 469 2253

**Email:** [reception@thealbany.org.uk](mailto:reception@thealbany.org.uk)

**Website:** <http://www.thealbany.org.uk>

**Description:** Popular local community centre providing a range of arts and community projects. Also several community organisations are based here including local branches of the Community Drug Education Project and Refuge for victims of domestic abuse. Phone or see website for further details.

**Special Interest Activities:** Rooms available for hire including Theatre, Audio-Visual support, catering etc

**Additional Info:** Also see entry for the Community Drug Education Project - Deptford Albany in the Drug and Alcohol section

**Opening Hours:** Mon-Fri 9am-9pm plus most Saturdays, phone for details.

**Travel:** BR: New Cross or Deptford / Tube: New Cross or New Cross Gate / Buses: 47, 53, 188, 199

**Referral:** Open access

**Disabled Access - ramps, wide doorways, disabled toilet**

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## **Rockingham Community Centre**

**Address1:** Falmouth Road

**Town/City:** London

**Postcode:** SE1 6RQ

**Phone:** 0207 403 7475

**Other Numbers:** Fax: 0207 407 7575

**Email:** caferock@dircon.co.uk

**Description:** This popular open access community centre is home to many local groups including a Bengali women's group, a Somali support group, and the African and Caribbean Health Foundation. Computer room (can hire) which includes Internet access and computer training by arrangement. Staff can help with benefit/housing claims. Phone for further details.

**Special Interest Activities:** Pensioners Club, Kickstart Youth Club, Rockingham Fruit and Veg Club, Internet Cafe etc. Phone for details

**Additional Info:** The centre can be hired for meetings weekday evenings and any time Saturdays. Computer suite for hire. Phone for details.

**Opening Hours:** Mon-Fri 10:30am-9pm most days

**Travel:** BR, Tube and Bus: Elephant & Castle then 5 min walk

**Referral:** Open access

**Black and Asian sessions/services**

**Women Only sessions/services**

**Disabled Access - ramps, wide doorways, disabled toilet**

## St Matthews Community Centre

**Address1:** Meadow Row

**Address2:** Elephant and Castle

**Town/City:** London

**Postcode:** SE1 6RG

**Phone:** 0207 357 8532

**Description:** Community centre offering a variety of activities. Mental health lunch club every Tuesday from 11am-2pm run by Lorrimore staff, lunch club every Friday open to all. Carers group, Toddlers group, 50 plus social club etc. Phone for further details.

**Special Interest Activities:** Mental health lunch club run by Lorrimore staff every Tuesday from 11am-2pm, lunch at 12:45pm only £1, Peckham Befrienders Group 2:30pm-6pm

**Additional Info:** Full disabled access

**Opening Hours:** Office hours: 9am-4pm

**Travel:** BR and Tube: Elephant and Castle / Buses: 12, 35, 40, 45, 53, 63, 68, 133, 155, 148, 168, 171, 172, 176, 188, 344, 468

**Referral:** Open access

**Criteria/Catchment:** All local residents welcome

**Disabled Access - ramps, wide doorways, disabled toilet**

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## Time and Talents Association

**Address1:** The Old Mortuary  
**Address2:** St Marychurch Street, Rotherhithe  
**Town/City:** London  
**Postcode:** SE16 4JE

**Phone:** 0207 231 7845  
**Other Numbers:** Fax: 020 7 252 2288  
**Email:** [info@timeandtalents.org.uk](mailto:info@timeandtalents.org.uk)  
**Website:** <http://www.timeandtalents.org.uk>

**Description:** Multi-purpose community centre promoting community development and regeneration, providing educational and recreational opportunities to the local community. Elderly early intervention project, volunteering opportunities etc. Phone for further details.

**Special Interest Activities:** Over 50's group, toddlers group, Yoga, arts & crafts, children's drama group, gardening, T'ai Chi, History Group, Bridge Club etc. Phone for details.

**Additional Info:** Limited disabled access to building. Hall for hire to local community groups.

**Opening Hours:** Mon-Fri 9am-5pm. Other times by arrangement

**Travel:** BR: London Bridge then walk / Tube: Bermondsey, Rotherhithe, Canada Water / Buses: 47, 188, 225, 381, P13

**Referral:** Open access

**Criteria/Catchment:** Mainly for people from Bermondsey and Rotherhithe, other areas also welcome.

## Leisure Activities

### **Camberwell Leisure Centre - Fusion**

**Address1:** Artichoke Place  
**Address2:** Camberwell Church St  
**Town/City:** London  
**Postcode:** SE5 8TS

**Phone:** 0207 703 3024  
**Other Numbers:** Fax: 0207 252 7308  
**Email:** [beverly.stloius@fusion-lifestyle.com](mailto:beverly.stloius@fusion-lifestyle.com)  
**Website:** <http://www.fusion-lifestyle.com>

**Description:** Range of sports and physical activities including gym, sports hall, swimming pool, Yoga, training pool, teaching pool, martial arts area etc. Meeting room and crèche facilities.

**Special Interest Activities:** Women Only sessions, Elderly sessions etc. Phone and ask for timetable.

**Additional Info:** Various community programmes targeted at specific groups, eg Elderly, Youth, people on low income etc. Phone for details.

**Opening Hours:** Mon-Fri 7am-10pm, Sat/Sun 8am-6pm

**Travel:** BR: Denmark Hill / Buses: Any bus to Camberwell Green

**Criteria/Catchment:** Everybody welcome

**Women Only sessions/services**  
**Disabled Access - ramps, wide doorways, disabled toilet**

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## **Colombo Sports and Leisure Centre**

**Address1:** 34-68 Colombo St

**Address2:** Southwark

**Town/City:** London

**Postcode:** SE1 8DP

**Phone:** 0207 261 1658

**Other Numbers:** Fax: 0207 928 7295

**Email:** [info@colombo-centre.org](mailto:info@colombo-centre.org)

**Description:** Range of activities at this community sports centre including a fully fitted gymnasium, badminton, basketball, volleyball, hockey, martial arts, aerobics, circuit training, indoor bowls etc. Concessions available for unemployed, students, disabled & OAP's

**Additional Info:** Limited disabled access. Phone for details.

**Opening Hours:** Mon-Fri 8am-10pm, Sat/Sun 10am-5pm

**Travel:** BR: Waterloo / Tube: Southwark / Buses: 45, 63, 100

**Referral:** Open access, GP referrals accepted for exercise prescriptions

**Disabled Access - ramps, wide doorways, disabled toilet**

## Cooltan Arts

**Address1:** 209A Coldhambour Lane

**Address2:** Brixton

**Town/City:** London

**Postcode:** SW9 8RB

**Phone:** 07952 481566

**Email:** [info@cooltanarts.org.uk](mailto:info@cooltanarts.org.uk)

**Website:** <http://www.cooltanarts.org.uk>

**Description:** Cooltan Arts exists to inspire the well-being and creativity of a diverse range of people who have experienced mental distress. User led arts/digital arts workshops including Printmaking, Photography, Web Arts, Painting etc. The works produced are exhibited at public exhibitions which take place a couple of times a year. Phone or email for further details.

**Special Interest Activities:** Women Only workshops in Visual Arts, visits to museums and galleries etc

**Additional Info:** Premises have limited disabled access. Volunteers with Arts, Admin and Financial skills always welcome

**Opening Hours:** Office manned by volunteer workers Mon-Fri 10am-5pm, call for workshop times

**Travel:** BR: Loughborough Junction / Buses: 35, 45, 345, P4

**Referral:** Self or any other source

**Criteria/Catchment:** London-wide catchment. Some projects depend on funding being available.

**Women Only sessions/services**

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## **Creative Routes**

**Address1:** c/o Camberwell Leisure Centre

**Address2:** Artichoke Place

**Town/City:** London

**Postcode:** SE5

**Phone:** 0207 358 3138

**Email:** [info@creative-routes.org.uk](mailto:info@creative-routes.org.uk)

**Website:** <http://www.creative-routes.org.uk>

**Description:** Award winning arts organisation and registered charity providing opportunities for survivors of mental distress/the mental health system to develop and acquire new creative skills. Workshops in drumming, dance, singing, music composition, creative writing, drama (with a Young Vic Theatre director), visual arts and more. Also put on performances at their own gigs. Phone for further details.

**Special Interest Activities:** Muses poetry and music café at the Crypt, St Giles Church, Camberwell at 8pm first Thursday of every month, also links with the Royal Festival Hall, the South London Gallery, Endymion, the Young Vic Theatre and other arts organisations.

**Additional Info:** Volunteers always welcome. Phone for details.

**Opening Hours:** Phone for details of various workshops etc

**Travel:** BR and Tube: Elephant and Castle then bus / Buses: Any bus to Camberwell Green then short walk

**Referral:** Self or any other source

**Criteria/Catchment:** Must have or have had mental health issues

## Elephant and Castle Leisure Centre - Fusion

**Address1:** 22 Elephant and Castle  
**Town/City:** London  
**Postcode:** SE1 6SQ

**Phone:** 0207 582 5505  
**Other Numbers:** Fax: 0207 525 9098  
**Website:** <http://www.fusion-lifestyle.com>

**Description:** This centre incorporates many activities such as aerobics, a gymnasium, a multi-sports hall, martial arts, squash, badminton etc. There is also a licensed bar and a function room. Concessionary rates available. Phone for details.

**Special Interest Activities:** Women only classes, other group activities.

**Opening Hours:** Mon-Fri: 7:15am-10pm, Sat/Sun: 9am-5:30pm

**Travel:** BR and Tube: Elephant & Castle / Buses: 1, 12, 35, 40, 45, 53, 63, 68, 133, 171, 176, 343, 468

**Referral:** Open access. Referrals accepted from GP's for exercise prescriptions

**Women Only sessions/services**  
**Disabled Access - ramps, wide doorways, disabled toilet**

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## **Peckham Pulse Healthy Living Centre**

**Address1:** 10 Melon Road

**Address2:** Peckham

**Town/City:** London

**Postcode:** SE15 5QN

**Phone:** 0207 525 4999

**Email:** john.ollman@fusion-lifestyle.com

**Website:** <http://www.fusion-lifestyle.com>

**Description:** A range of health and leisure facilities including a full length swimming pool, a hydrotherapy pool for groups with special needs, a community gym, activities for ethnic minorities and people with disabilities, exercise classes, alternative treatments, also cafe and crèche.

**Special Interest Activities:** There is always a rolling programme of community activities such as a Sickle Cell support group, a Play Club for autistic children, a Health Clinic which offers Physiotherapy sessions, sexual health advice etc. Phone for details.

**Additional Info:** The main aim of this leisure centre is to attract hard to reach communities not normally traditional members of leisure centres.

**Opening Hours:** Mon-Fri: 7am-10pm, Sat/Sun: 7am-8pm

**Travel:** BR: Peckham Rye / Buses: 12, 36, 63, 171, 312, 322, 343, P11, P13

**Referral:** Open access. Referrals accepted from GP's/hospitals for exercise prescriptions

**Black and Asian sessions/services**

**Disabled Access - ramps, wide doorways, disabled toilet**

## Ramblers Association

**Address1:** 2nd floor, Camelford House  
**Address2:** 89 Albert Embankment  
**Town/City:** London  
**Postcode:** SE1 7TW

**Phone:** 0207 339 8500  
**Other Numbers:** Fax: 0207 339 8501  
**Email:** [ramblers@london.ramblers.org.uk](mailto:ramblers@london.ramblers.org.uk)  
**Website:** <http://www.ramblers.org.uk>

**Description:** National organisation that exists to promote the right to roam freely in the countryside. Encourage walking, protect the right of way, campaign for right to roam in open countryside. Members get yearbook, quarterly magazine etc. Phone for further details.

**Opening Hours:** Mon-Fri 9:30am-5:30pm

**Travel:** BR and Tube: Vauxhall / Buses: Any bus to Vauxhall Cross

**Referral:** Open access

**Disabled Access - ramps, wide doorways, disabled toilet**

## Retreat Association

**Address1:** 256 Bermondsey Street  
**Town/City:** London  
**Postcode:** SE1 3UJ

**Phone:** 0207 357 7736  
**Other Numbers:** Fax: 0207 357 7724  
**Email:** [info@retreats.org.uk](mailto:info@retreats.org.uk)  
**Website:** <http://www.retreats.org.uk>

**Description:** Church organisation offering booklet with over 240 retreats around the country plus info leaflets on the different types of retreats available. Phone for further details.

**Additional Info:** Partial disabled access - office is on second floor but no lifts. Disabled people can be seen in room on ground floor by arrangement.

**Opening Hours:** Office: Mon-Fri 9am-5pm

**Travel:** BR, Tube and Bus: London Bridge

**Referral:** Open access

## **Seven Islands Leisure Centre - Fusion**

**Address1:** 100 Lower Road

**Address2:** Bermondsey

**Town/City:** London

**Postcode:** SE16 2TU

**Phone:** 0207 237 3296

**Other Numbers:** Fax: 0207 237 0526

**Website:** <http://www.fusion-lifestyle.com>

**Description:** This centre offers a wide range of exercise and aerobic programmes for all ages and abilities, and has a full range of fitness equipment. There is a large swimming pool and lessons are available for adults and children. Phone for further details.

**Special Interest Activities:** Women only sessions including swimming throughout the week, children's gym, over 50's sessions etc. Memberships available. Phone for details.

**Opening Hours:** Mon-Fri 7am-10pm, Sat/Sun 8am-5:30pm

**Travel:** Tube: Surrey Quays and Canada Water / Buses: 1, 47, 188, 199, 381

**Referral:** Open access. GP referrals accepted for exercise prescriptions

**Women Only sessions/services**

**Disabled Access - ramps, wide doorways, disabled toilet**

## Survivors Poetry

**Address1:** Diorama Arts Centre

**Address2:** 34 Osnaburgh St

**Town/City:** London

**Postcode:** NW1 3ND

**Phone:** 0207 916 5317

**Email:** [info@survivorspoetry.org.uk](mailto:info@survivorspoetry.org.uk)

**Description:** Promotes poetry by and for people who have experienced mental distress. Workshops, training, performances, readings, publications etc. Network of local groups across the UK. Phone for details

**Special Interest Activities:** Monthly poetry performance events: 1) Last Saturday of every month 8pm at the Diorama Arts Centre, 34 Osnaburgh St, Euston, London NW1 2) Second Thursday of every month 8pm at the Poetry Cafe, 22 Betterton Street, Covent Garden, WC2

**Additional Info:** Poetry venues have full disabled access

**Opening Hours:** Office not open to the public

**Travel:** BR: Euston / Tube: Great Portland St or Warren St / Buses: Any bus to Euston

**Referral:** Open access

**Disabled Access - ramps, wide doorways, disabled toilet**

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## **Walworth Garden Farm**

**Address1:** 206 Manor Place

**Address2:** Braganza St

**Town/City:** London

**Postcode:** SE17 3BN

**Phone:** 0207 582 2652

**Other Numbers:** Fax: same as phone

**Email:** farm@wgfarm.plus.com

**Description:** Environmental training centre offering horticultural therapy for people with learning difficulties or mental health problems. Wildlife area with pond, fruit, vegetable and flower beds and greenhouse. Classroom, kitchen and toilets in main building.

**Special Interest Activities:** Numbers are restricted to five people a day only.

**Opening Hours:** Mon-Fri 9:30am-3:30pm

**Travel:** Tube: Kennington / Buses: Walworth Rd by Somerfields then 10 min walk

**Referral:** Usually through Social Services

**Criteria/Catchment:** Adults with learning difficulties or mental health problems.

**Disabled Access - ramps, wide doorways, disabled toilet**