

Extract from the 2005 Edition of the Southwark Mind Services Directory

Published by Southwark Mind ©2005

Contact us at: Cambridge House,
131 Camberwell Road, London SE5 OHF
Tel: 0207 701 8535 (Answerphone)

Email: info@southwarkmind.org.uk

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 25: MISCELLANEOUS

This chapter is comprised of services that don't really fit anywhere else. See the **Forresters Respite Centre** for details of week long care breaks in the country. Users can refer themselves, and they can give details of one or two charitable organisations that you can apply to for funding for a holiday.

Action Against Medical Accidents

Address1: 44 High Street

Town/City: Croydon

Postcode: CR0 1YB

Phone: 0845 1232352

Other Numbers: Fax: 0208 667 9065

Email: admin@avma.org.uk

Website: <http://www.avma.org.uk>

Description: This charity provides free independent advice and support for patients injured during the course of medical treatment and has set up a support network for victims. They also campaign for a fairer system in the way medical accidents are dealt with.

Additional Info: Complaints should be made within six months of treatment or within six months of discovering the problem, provided that is within one year of the original treatment.

Opening Hours: Mon-Fri 10am-12noon and 2-4pm. Telephone advice only, no appointments

Travel: BR: East Croydon or West Croydon then walk/bus

Referral: Self or other agencies

Criteria/Catchment: National catchment

Adult Dyslexia Organisation

Address1: Ground floor, Secker House
Address2: Minet Road, Loughborough Estate
Town/City: London
Postcode: SW9 7TP

Phone: Helpline: 0207 924 9559
Other Numbers: Admin: 0207 737 7646
Email: dyslexia.hq@dial.pipex.com
Website: <http://www.adult-dyslexia.org>

Description: Provide information and advice to adults with dyslexia. Helpline, information on support groups and counselling services, research library, access to assessment and specialist tuition services etc. Also organise awareness training and various conferences and seminars for users and professionals. Phone for further details.

Opening Hours: General office: Mon-Fri 9am-5pm Helpline: Tues, Wed, Thurs 10:30am-4:30pm 0207 924 9559

Travel: BR: Loughborough Junction / Tube: Brixton / Buses: 3, 59, 109, 133, 159

Referral: Open access

Criteria/Catchment: To have some reading and/or writing difficulties

Disabled Access - ramps, wide doorways, disabled toilet

British Red Cross Medical Loans Service

Address1: c/o British Red Cross Brixton Centre
Address2: 230-234 Brixton Road
Town/City: London
Postcode: SW9 6AH

Phone: 0207 733 1006 and ask for Medical Loans Service

Description: Can arrange the loan or low-cost hire of medical equipment including wheelchairs, bath seats, commodes and walking aids etc. Phone for further details.

Travel: BR, Tube and Bus: Brixton

Forresters Respite Centre

Address1: 2 Southampton Rd
Address2: Hythe
Town/City: Southampton
Postcode: Hampshire SO45 5GQ

Phone: 023 8084 3042
Other Numbers: Fax: 023 8084 1250
Email: forresters@rethink.org
Website: <http://www.forresters.info>

Description: Week long respite breaks are on offer for people suffering severe and enduring mental health problems so users and carers can have a break. Comfortable country house, variety of activities every day, staff provide care and support to guests as required.

Special Interest Activities: Phone for calendar of special interest weeks which includes young persons week, outdoor pursuits, arts, autumn delights etc

Additional Info: The centre is owned and managed by Rethink and is a not-for-profit enterprise

Opening Hours: Office: Mon-Fri 9am-5pm. Reception desk at Centre open 24 hours

Travel: Guests are usually picked up from Southampton BR or Southampton coach station

Referral: Self or other agencies. Most guests are funded by their local Social Services department

Criteria/Catchment: People suffering from mental health problems but not in an acute phase or in crisis.

Disabled Access - ramps, wide doorways, disabled toilet

25

M
I
S
C
E
L
L
A
N
E
O
U
S

Institute for Optimum Nutrition

Address1: 13 Blades Court
Address2: Deodar Road
Town/City: London
Postcode: SW15 2NU

Phone: 0208 877 9993
Email: info@ion.ac.uk
Website: <http://www.ion.ac.uk>

Description: This organisation exists to promote awareness in all matters relating to nutrition, through education and personal consultation. Offers an information service to the general public, which includes a library, factsheets and general information. The ION Clinic and the Sports Clinic offer personal consultations with ION trained clinical nutritionists. Phone for further details.

Opening Hours: Phone during office hours

Medical Foundation for the Care of Victims of Torture

Address1: 111 Isledon Road
Town/City: London
Postcode: N7 7JW

Phone: 0207 697 7777
Other Numbers: Fax: 0207 697 7799
Email: info@torturecare.org.uk
Website: <http://www.torturecare.org.uk>

Description: Assessment, medical care in collaboration with GP and hospital services, physiotherapy, counselling, marital and family therapy, complementary therapies, practical help and support etc. Specialist child and adolescent services. Interpretation services.

Special Interest Activities: Women's group, men's group, combined group, special services. Phone for details.

Additional Info: Daily drop-in from 1pm Mon-Fri, first ten people seen, registration starts at 12 noon.

Opening Hours: Office: Mon-Fri 9:30am-6:30pm.

Travel: BR and Tube: Finsbury Park / Buses: 4, 29, 210, 253, 254, 279, W3, W7

Referral: via Health Professionals, Community Centres, Refugee agencies, Solicitors etc by referral form available on their website

Mental Health Media

Address1: 356 Holloway Road
Town/City: London
Postcode: N7 6PA

Phone: 0207 700 8171
Other Numbers: Fax: 0207 686 0959
Email: info@mhmedia.com
Website: <http://www.mhmedia.com>

Description: Produces and distributes videos and multimedia resources which educate and inform about mental health issues. Also provide media skills training and media engagement support services to users and professionals. Phone for further details.

Additional Info: Organise annual mental health media awards

Opening Hours: Mon-Fri 9am-5pm

Travel: Tube: Holloway Road

Referral: Open access

Criteria/Catchment: Anybody interested in raising mental health awareness

National Autistic Society

Address1: 393 City Rd
Town/City: London
Postcode: EC1V 1NG

Phone: Helpline: Mon-Fri 10am-4pm 0870 600 8585
Other Numbers: Admin: 0207 833 2299 Fax: 0207 833 9666
Email: nas@nas.org.uk
Website: <http://www.nas.org.uk>

Description: Well established organisation running a wide range of services for people with autism. Info, advice and support, assessment and diagnostic services, education and training, residential centres, respite care, research database, publications list etc.

Additional Info: Visitors to research library by appointment only.

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

Travel: Tube: Old Street or The Angel

Referral: Open access

Disabled Access - ramps, wide doorways, disabled toilet

National Centre for Independent Living

Address1: 250 Kennington Lane
Town/City: London
Postcode: SE11 5RD

Phone: 0207 587 1663
Other Numbers: Minicom: 0207 587 1177 Fax: 0207 582 2469
Email: ncil@ncil.org.uk

Description: This project provides information and advice on direct payments for personal assistance, and offers a coordinated approach to developing new personal assistance support schemes as well as best practice schemes to promote independence.

Special Interest Activities: Consultancy training available to professionals and other organisations, various publications, phone for further details.

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

Criteria/Catchment: National catchment

Disabled Access - ramps, wide doorways, disabled toilet

Shift

Address1: c/o Disability Rights Commission

Address2: 14 Grays Inn Road

Town/City: London

Postcode: WC1X 8HN

Phone: 0207 543 7088

Email: info@shift.org.uk

Website: <http://www.shift.org.uk>

Description: Shift is a new five-year initiative set up to tackle stigma and discrimination surrounding mental health issues. Their stated aim is to create a society where people who experience mental health problems enjoy the same rights as other people. They work on discrimination issues with young people, public services, private and voluntary organisations and the media..

Special Interest Activities: Can signpost to organisations that monitor media coverage of mental health issues, can advise on how to complain about discriminatory media coverage, web-based media alert service at <http://kc.nimhe.org.uk>

Additional Info: Shift is run by the National Institute for Mental Health in England and based at the Disability Rights Commission in London.

Opening Hours: Phone during office hours

Criteria/Catchment: National organisation

Disabled Access - ramps, wide doorways, disabled toilet

The Continence Foundation

Address1: 307 Hatton Square
Address2: 16 Baldwin Gardens
Town/City: London
Postcode: EC1 7RJ

Phone: Helpline: 0207 831 9831
Other Numbers: Fax: 0207 404 6876
Website: <http://www.continence-foundation.org.uk>

Description: National helpline providing confidential information and advice on incontinence problems.

Opening Hours: Helpline Mon-Fri 9:30am-1pm

Victim Support - National Office

Address1: Cranmer House
Address2: 39 Brixton Rd
Town/City: London
Postcode: SW9 6DZ

Phone: Helpline: 0845 303 0900
Other Numbers: Admin: 0207 735 9166 Fax: 0207 582 5712
Email: contact@victimsupport.org.uk

Description: National charity offering information, support and practical help for people who are the victims of crime or witnesses to a crime. The Helpline can give details of your local Victim Support office. All services are free and confidential.

Opening Hours: Helpline: Mon-Fri 9am-9pm, Sat/Sun till 7pm

Referral: Self or any other source

Criteria/Catchment: National catchment