

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 5: BLACK, ASIAN AND ETHNIC SERVICES

This chapter is made up of the following categories:

Black and Asian Sessions (Provides pointers to all entries in the directory)

Black Projects (Services that are exclusively for black people)

Asian Projects (Services exclusively for the Asian community)

Ethnic Community Support Services (Specialist ethnic services)

Irish Services (including housing, advice and social activities etc)

Language and Refugee Services (Immigration advice, translation services)

Services of particular interest to minority communities are listed here, all of which attempt to promote equal access to services by meeting any special needs, such as cultural differences or language difficulties.

Remember that services listed elsewhere in the directory may also be useful. For example you will find a number of services for both Black and Asian women in **Women Only Services**. Follow the pointers in the cross-referencing section below.

Black and Asian Sessions

This is a list of cross-referenced entries pointing to a range of services for Black and Asian people. Some of these entries will point you to services in Black Projects or Asian Projects respectively, others will point you to services that operate some sort of Black or Asian service elsewhere in the directory.

Follow the pointer to the service indicated and look in the main **Description** or in **Special Interest Activities** for a mention of the service provided. For example the **Lorrimore Drop-In** hosts a black users day every Tuesday run by **SIMBA**, and the **St Giles' Trust** in Camberwell run a specialist service for homeless Black people.

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AAWAZ - Southwark Asian Womens Association
see Womens Services, p 140

African Womens Support Group see Womens Services, p 141

Afro-Asian Advisory Service see Language and Refugee Services, p 128

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Bengali Community Development Project see Asian Projects, p 112

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Charterhouse-in-Southwark Family Centre see Family Services, p 337

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CIO - Gyan Ki Rahein (Path to Knowledge) see Asian Projects, p 113

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Community Opportunities Service Central
see Community Mental Health Centre, p 40

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Lorrimore Drop-In see Community Mental Health Centre, p 45

Maroon Resource Centre see Black Projects, p 108

OSCAR (Organisation for Sickle Cell Anaemia Research)
see Health Care, p 396

Peckham Befrienders see Black Projects, p 109

Peckham Pulse Healthy Living Centre see Leisure, p 308

Positively Women see HIV, p 402

Refuge - Head Office see Domestic Violence, p 378

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Sickle Watch see Health Care, p 398

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SIMBA see User Orgs, p 82

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Southwark Race and Equalities Council see Advice, p 34

Speedwell Mental Health Centre
see Community Mental Health Team, p 53

St Giles Trust - Head Office see Homeless Services, p 191

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Terrence Higgins Trust Lighthouse - Head Office see HIV, p 403

Threshold Support - Open Door Day Centre
see Community Mental Health Centre, p 47

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Black Projects

Services that are exclusively for black people

Age Concern - Black Elders Mental Health Project

Address1: 4 D'Eynsford Rd

Town/City: London

Postcode: SE5 7EB

Phone: 0207 701 9812

Other Numbers: Head Office: 0207 701 9700

Description: This project provides practical support for mainly elderly people from black and ethnic communities, though younger members also welcome. Benefits advice, advocacy, subsidised meals, keep fit, arts and crafts, visiting optician, day trips and outings, various other services.

Special Interest Activities: Tues Keep Fit, Wednesday computer classes, knitting classes, Thurs Arts and Crafts

Additional Info: Transport available for disabled members

Opening Hours: Tues, Wed, Thurs 10am-4pm

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

Referral: Self or other agencies

Criteria/Catchment: Mainly for older black service users living in Southwark, younger users also welcome

Black and Asian sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Black Elderly Group Southwark

Address1: 86 Bellenden Rd

Address2: Peckham

Town/City: London

Postcode: SE15 4RQ

Phone: 0207 639 8655

Other Numbers: Fax: 0207 358 9502

Email: begs.elim@virgin.net

Description: Day Care service for elderly people from African or Afro-Caribbean background. Large space used as dining/activities room. Daily meals cooked on premises. Help filling in forms. Transport available for Southwark residents. Phone for further details.

Special Interest Activities: Various activities/events including keep fit, basketry, dominos, arts and crafts, outings, annual holidays etc

Opening Hours: Mon-Fri 9:30am-4pm

Travel: BR: Peckham Rye then 5 mins walk / Buses: 12, 78, 343, P12, P13 to Rye Lane or 36, 171, 381 to Hanover Park

Referral: Self or other agencies

Criteria/Catchment: Men aged 65 plus, women aged 60 plus and disabled people aged 55 plus from Southwark and surrounding areas.

Black and Asian sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Cares of Life

Address1: 1A Bethwin Road

Address2: Camberwell

Town/City: London

Postcode: SE5 0YJ

Phone: 0207 732 4504

Email: info@caresoflife.org

Website: <http://www.caresoflife.org>

Description: Cares of Life is a community based project which aims to improve the delivery of mental health care to black people. Provides access to talking treatments and health promotion workshops etc. Can refer on to other relevant services as required. Phone or see their website for details.

Opening Hours: Phone during office hours

Travel: BR: Elephant and Castle then bus / Buses: 12, 40, 45, 68, 148, 171, 176, 468

Referral: Self referrals accepted, or referral by GP, community organisations, friends or family

Criteria/Catchment: Black African and black Caribbean living in South Southwark

Black and Asian sessions/services

Croydon African Caribbean Family Organisation

Address1: 40 Northwood Road
Town/City: Thornton Heath
Postcode: CR7 8HQ

Phone: 0208 771 9700
Other Numbers: Fax: same as phone
Email: cacfo@cr78hq.fsnet.co.uk

Description: Various services for the African/Caribbean community including a children's education project, an elderly day care centre, housing and benefits advice and Advocacy services. Also Counselling sessions by appointment. Phone for further details.

Opening Hours: Phone during office hours

Travel: BR: Thornton Heath

Referral: Self or any other source

Criteria/Catchment: Mainly for African/Caribbean people from the Croydon area but anyone welcome to enquire.

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Family Health Isis

Address1: 183/185 Rushey Green

Address2: Catford

Town/City: London

Postcode: SE6 4BD

Phone: 0208 695 1955

Other Numbers: Fax: 0208 695 5600

Email: fhisis@btconnect.com

Description: Daily drop-in for black users providing information and advice, individual and group support, advocacy, housing/benefits advice, counselling, awareness courses etc. Phone for further details.

Special Interest Activities: Drop-in provides lunch three days a week, music workshop, keep fit classes, men's and women's groups etc

Additional Info: Hospital visits by arrangement

Opening Hours: Mon, Wed 11am-4pm, Tues 11am-8pm, Thurs 4pm-5pm then Men Only 5pm-9pm, Fri 2-4pm

Travel: BR: Catford or Catford Bridge / Buses: 47, 54, 75, 124, 136, 171, 181, 185, 199, 208, 284

Referral: Self or any other source

Criteria/Catchment: For people of African or Afro-Caribbean descent living in Lewisham

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Forward Project

Address1: Unit 1, Bramber Court

Address2: 2 Bramber Road

Town/City: London

Postcode: W14 9PW

Phone: 0207 381 8778

Other Numbers: Fax: 0207 381 8770

Description: Range of services for black people with mental health problems including counselling, psychotherapy, advocacy, carers and family support groups etc. Sliding scale of charges for people who live outside their free catchment area.

Special Interest Activities: Student placement scheme, supervision and consultation services.

Opening Hours: Phone during office hours

Travel: Services provided at a variety of locations

Referral: Self or other agencies

Criteria/Catchment: Most services are free for residents of Hammersmith, Fulham or Ealing, sliding scale of charges for people from other areas depending on individual circumstances.

Black and Asian sessions/services

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Maroon Resource Centre

Address1: Unit 241, BizSpace
Address2: 99-103 Lomond Grove
Town/City: London
Postcode: SE5 7HN

Phone: 0207 708 1524
Other Numbers: Fax: 0207 703 3998

Description: Service for Afro-Caribbean mental health users offering information, advice and support, art groups, baking, members forum, computer classes, sewing group, cookery classes, current affairs, music workshop, Women's group, Men's group, other recreational activities, personal care, barbering etc. Phone for details.

Special Interest Activities: Daily Afro-Caribbean meals

Additional Info: Some sessions at different locations, disabled access varies accordingly. Phone for details.

Opening Hours: Mon-Fri 10am-3:30pm

Travel: BR or Tube to Elephant and Castle then bus / Buses: 12, 35, 36, 40, 45, 171, 176, 185

Referral: Professional agencies only

Criteria/Catchment: African and Caribbean people living in Southwark

Black and Asian sessions/services
Women Only sessions/services

Peckham Befrienders

Address1: c/o 1st floor Admin block
Address2: Maudsley Hospital, Denmark Hill
Town/City: London
Postcode: SE5 8AZ

Phone: 0207 919 3218
Other Numbers: Fax: 0207 919 3978
Email: angela.palmer@slam.nhs.uk

Description: Befriending service for black African and Afro-Caribbean mental health users. Encourage empowerment towards independent living and promote social skills to reduce loneliness and isolation. Home visits by arrangement. Phone for further details.

Special Interest Activities: Social Club, outings, cinema visits, gym and sauna sessions and ward visits all available for existing members via internal referral procedure.

Additional Info: Volunteer workers welcome, referral conditions apply

Opening Hours: Office: Mon-Fri 10am-6pm, answerphone if nobody immediately available. Activities as various times, phone for details.

Travel: BR: Denmark Hill / Buses: 40, 68, 185, 468

Referral: via Community or Ward mental health teams

Criteria/Catchment: Black African and Afro-Caribbean mental health users living in Southwark and East Lambeth

Black and Asian sessions/services

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Asian Projects

Services exclusively for the Asian community

Asian Health Agency

Address1: Unit B, Fairfield Works

Address2: Fairfield Road

Town/City: Hounslow

Postcode: TW3 1UZ

Phone: 0208 577 9747

Other Numbers: Fax: 0208 563 2023

Email: taha001@aol.com

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

Description: We have included this project, even though they are out of the Southwark area, as they run a popular Asian only day centre themselves and can also refer you on to a wide range of other Asian services. Phone for further details.

Special Interest Activities: Access to a wide range of services including Asian Women's Counselling service and Parvaaz for young Asian people with disabilities. Phone for details.

Additional Info: Good access point for a range of Asian projects.

Opening Hours: Office: Mon-Fri 10am-2pm

Travel: Tube: Hammersmith

Referral: Self or other agencies

Criteria/Catchment: Will accept enquiries from outside their usual catchment area of Hammersmith and Fulham

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Asian Resource Centre, Croydon

Address1: Room 15, Day Lewis House

Address2: 324-340 Bensham Lane

Town/City: Thornton Heath

Postcode: CR7 7EQ

Phone: 0208 684 3784

Other Numbers: Fax: 0208 683 7029

Email: arcc@ukgateway.net

Website: <http://www.arccuk.org>

Description: Local organisation providing information and advice to the Asian community. Welfare and benefits advice, health education workshops, access to recreational facilities and elderly services etc. Phone for further details.

Additional Info: ARCC is a partner in the North West Croydon Regeneration programme supported by the London Development Agency (LDA).

Opening Hours: Phone during office hours

Travel: BR: Thornton Heath

Referral: Open access

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Bengali Community Development Project

Address1: 1 Martin House

Address2: Falmouth Rd

Town/City: London

Postcode: SE1 6RQ

Phone: 0207 403 1504

Other Numbers: Fax: 0207 403 2592

Email: shalim.chaudhury@btconnect.com

Description: Wide range of services for the Bengali community including advice, support and community development projects in response to the identified needs of the Bengali community in Southwark. The project operates from the Rockingham Estate by the Elephant and Castle. Current projects include ESOL, Health Initiatives and Youth projects etc, some in partnership with other agencies. Phone for further details.

Special Interest Activities: Culturally sensitive provision which includes language support in Sylheti and Bengali, facilitate the Bengali Women's Group etc

Additional Info: Currently no disabled access to this centre. This project is interested in working in partnership on projects dealing with Health, Education and other social and economic regeneration issues.

Opening Hours: Mon, Weds, Thurs 10am-5pm

Travel: BR, Tube and Bus: Elephant and Castle

Referral: Self or any other source

Criteria/Catchment: Open to all Bangladeshi people living in Southwark

Black and Asian sessions/services

CIO - Aao Chalay (Let's Walk)

Address1: 5 Westminster Bridge Road
Town/City: London
Postcode: SE1 7XW

Phone: 0207 928 9889
Other Numbers: Fax: 0207 620 4025
Email: headoffice@cio.org.uk
Website: <http://www.cio.org.uk>

Description: Promote healthy living through weekly walks

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

Travel: BR: Waterloo / Tube: Waterloo or Lambeth North / Buses: 1, 12, 171, 176, 188

Referral: Self or other agencies

Criteria/Catchment: For the South Asian community

Black and Asian sessions/services

CIO - Gyan Ki Rahein (Path to Knowledge)

Address1: 5 Westminster Bridge Road
Town/City: London
Postcode: SE1 7XW

Phone: 0207 928 9889
Other Numbers: Fax: 0207 620 4025
Email: headoffice@cio.org.uk
Website: <http://www.cio.org.uk>

Description: IT training, management training, voluntary placements. Phone for details.

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

Travel: BR: Waterloo / Tube: Waterloo or Lambeth North / Buses: 1, 12, 171, 176, 188

Referral: Self or other agencies

Criteria/Catchment: For the South Asian community

Black and Asian sessions/services

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CIO - Vishvas Project (Mental Health project)

Address1: 5 Westminster Bridge Road

Town/City: London

Postcode: SE1 7XW

Phone: 0207 928 9889

Other Numbers: Fax: 0207 620 4025

Email: headoffice@cio.org.uk

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

Description: Advice and Information, Counselling, Befriending, also offer training on ethnic minority issues. Languages available include Hindi, Gujarati, Punjabi, Tamil, Bengali etc. Other languages by arrangement. Phone for details.

Special Interest Activities: Women's Group, Carer's Forum, Awareness training etc. Some language services.

Additional Info: Home visits available by arrangement

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

Travel: BR: Waterloo / Tube: Waterloo or Lambeth North / Buses: 1, 12, 171, 176, 188

Referral: Self or other agencies

Criteria/Catchment: South Asian women

Black and Asian sessions/services

Women Only sessions/services

Lambeth Asian Centre

Address1: 16 Leigham Court Road

Address2: Streatham

Town/City: London

Postcode: SW16 2PJ

Phone: 0208 677 8200

Description: Community Centre for Asian people over 50 providing lunch club, housing, benefits and immigration advice, wide range of activities. Support provided for mental health users. Phone for details.

Special Interest Activities: Lunch Club on Mon, Wed, Thurs, Fridays, Women Only sessions Mondays 12noon-1:30pm, Men Only sessions every Thursday 10-11:30am, Gujarati classes Fridays 10am-4pm, Age Concern advice sessions, Knitting, Yoga, Keep Fit, Bingo, day trips etc

Opening Hours: Mon, Wed, Thurs, Fri 9am-4pm

Travel: BR: Streatham Hill / Tube: Brixton then bus / Buses: 109, 133, 159, 201, 250, 255, 333, 417, P13

Referral: Self or other agencies

Criteria/Catchment: Asian people aged 50 plus

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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South Asian Elderly Organisation

Address1: Southwark Asian Centre

Address2: Peckham Rye

Town/City: London

Postcode: SE15 4NU

Phone: 0207 358 9937

Other Numbers: 2nd Number: 0207 358 9997

Fax: 0207 358 9908

Email: saeocentre@hotmail.com

Description: Day care centre providing care and support to Asian people who are isolated and vulnerable due to age, infirmity or disability. Information and advice, daily vegetarian meal, social and cultural activities/events, language services etc. Phone for details.

Special Interest Activities: Arts & crafts, yoga, organised walks, dress making, table games, English as a second language, outings, Asian language satellite television etc

Opening Hours: Mon-Fri 9:30am-4:30pm

Travel: BR: Peckham Rye / Buses: 12, 37, 63, 78, 176, 312, 345, P3, P12

Referral: Self or other agencies

Criteria/Catchment: Mainly for Southwark residents aged 50 plus with South Asian background

Black and Asian sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Ethnic Community Support Services

Specialist community-based ethnic support services

Chinese Mental Health Association

Address1: 2nd floor, Zenith House

Address2: 155 Curtain Road

Town/City: London

Postcode: EC2A 3QY

Phone: 0207 613 1008

Other Numbers: Fax: 0207 739 6577

Email: admin@cmha.org.uk

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

Description: Range of services for Chinese people with mental health problems including advocacy, housing advice, counselling, information and advice helpline, carers support and user's social group. Phone for further details.

Special Interest Activities: Interpretation services available by arrangement.

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

Travel: Tube: Old Street

Referral: Self or other agencies

Criteria/Catchment: Chinese people with a mental health problem.

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Somali Carers Project

Address1: 2nd floor, Thames House

Address2: 3 Wellington Street

Town/City: London

Postcode: SE18 6NZ

Phone: 0208 854 8665

Other Numbers: Fax: 0208 317 1700

Email: somali.carers@btconnect.com

Website: <http://www.somalicarersproject.com>

Description: Domiciliary care services for Somali community including washing and dressing clients, preparing meals, escorting clients on outings etc

Special Interest Activities: Lunch Club Wednesdays and Fridays for elderly and disabled members of the Somali community

Opening Hours: Phone during office hours

Travel: BR and Bus: Woolwich Arsenal

Referral: Self or any other source

Criteria/Catchment: For people of Somali origin

Southwark Cypriot Day Centre

Address1: 12A Asylum Rd

Town/City: London

Postcode: SE15 2RL

Phone: 0207 277 8690

Description: Day centre for elderly people of Cypriot origin. Lunch provided every day, information and advice services, various workshops and other activities. Phone for details.

Special Interest Activities: Monthly meetings of Cypriot Carers group, Women's group, other groups, phone for details.

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: Queens Rd / Tube: Elephant and Castle then bus / Buses: Old Kent Rd

Referral: Self or via Social Services

Criteria/Catchment: Aged 55 plus, living in Southwark and of Cypriot origin.

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Southwark Vietnamese/Chinese Community

Address1: Thomas Calton Centre

Address2: Alpha Street

Town/City: London

Postcode: SE15 4NX

Phone: 0207 635 0022

Other Numbers: Fax: 0207 277 9040

Description: This organisation runs three main projects: 1) Elderly Day Care Service including hot lunch, seasonal activities and cultural events etc. Transport available by arrangement. 2) Welfare and Benefits Advice Service offering housing, benefits and immigration advice, community care support services etc. 3) Chinese School for 6-16 year-olds on Sundays during term-time. Phone for further details.

Special Interest Activities: Staff and Management Committee speak community languages. Help filling in housing/benefit forms etc.

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

Travel: BR: Peckham Rye / Buses: 12, 37, 63, 78, 363, 381, 412, P12

Referral: Self or any other source

Criteria/Catchment: Vietnamese and Chinese people living or working in Southwark. For Elderly Day Care Service aged 55 plus

Disabled Access - ramps, wide doorways, disabled toilet

Turkish Community Project

Address1: 44 Campshill Road

Address2: Lewisham

Town/City: London

Postcode: SE13 6QT

Phone: 0208 318 2864

Other Numbers: Fax: 0208 852 2908

Email: tcplweb@yahoo.co.uk

Website: <http://www.turkishcommunitylondon.co.uk>

Description: Open access drop-in centre for the Turkish speaking community. Information and advice, counselling and community support services. Can refer to other services as required. Appointments system for some services. Phone for details.

Special Interest Activities: Women's group, Health workshops etc

Additional Info: Appointments system for some services. Can arrange home visits for housebound clients.

Opening Hours: Mon-Fri 9am-5pm. Appointments system for some services. Phone for details.

Travel: BR: Hither Green or Lewisham then walk / Buses: Lewisham High St

Referral: Self referrals accepted, GP's, DSS, Social Services etc

Criteria/Catchment: Residents of Lewisham and neighbouring boroughs.

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Vietnamese Mental Health Services

Address1: Thomas Calton Centre

Address2: Alpha Street

Town/City: London

Postcode: SE15 4NX

Phone: 0207 639 2288

Other Numbers: Fax: 0207 639 0008

Email: vietnamesemhs@aol.com

Description: Information, advice and support for Vietnamese people with mental health problems, their carers and children. Outreach services, counselling, and Drop-In day centre. Training and education about health and social care issues for people from Vietnam, training for non-Vietnamese professionals about Vietnamese culture and beliefs regarding mental health. Phone for details.

Special Interest Activities: Ramps to main entrance, phone to check disabled access facilities depending on your requirements

Additional Info: Limited supported accommodation may be available. Phone for details.

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

Travel: BR: Peckham Rye / Buses: 12, 37, 63, 78, 363, P3, P12

Referral: Self or other agencies

Criteria/Catchment: Anyone from Vietnam living in the UK with mental health problems.

Irish Services

Services specifically for the Irish community

Cara Irish Housing Association

Address1: 341A Seven Sisters Road

Town/City: London

Postcode: N15 6RD

Phone: Head Office: 0208 800 2744

Other Numbers: Southwark office: 0207 394 9564 Fax: 0208 802 0271

Email: office@caraha.org

Website: <http://www.caraha.org>

Description: Head office of special needs housing project with properties all over London, including two in Southwark. Mix of temporary and permanent supported housing, some self-contained flats. Specialist drug, alcohol and mental health services.

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

Travel: BR, Tube and Bus: Seven Sisters

Referral: Professional agencies only

Criteria/Catchment: Single Irish homeless people only

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London Irish Centre

Address1: 50/52 Camden Square

Town/City: London

Postcode: NW1 9XB

Phone: 0207 916 2222

Other Numbers: Fax: 0207 916 2638

Email: info@irishcentre.org

Website: <http://www.irishcentre.org>

Description: Informal drop-in centre for the Irish community offering a variety of social activities, info and advice, alcohol assessment, access to mental health services, elderly Irish persons outreach service, lunch club, donated clothing, free showers etc.

Special Interest Activities: Art group, Keep Fit, various community and social events etc

Opening Hours: Most days 9:30am-12:30 and 2-4pm. Closed Wednesday mornings and Friday afternoons.

Travel: BR: Camden Road / Tube: Camden Town / Buses: 29, 253, 274

Referral: Open access

Criteria/Catchment: Irish or of Irish descent

Disabled Access - ramps, wide doorways, disabled toilet

London Irish Women's Centre

Address1: 59 Stoke Newington Church St

Address2: Hackney

Town/City: London

Postcode: N16 0AR

Phone: 0207 249 7318

Other Numbers: Fax: 0207 923 9599

Email: info@liwc.co.uk

Description: Information and advice on housing, welfare benefits, domestic violence, anti-social behaviour, pensions, debt and general issues. Advocacy with local authorities, benefits agencies and housing associations regarding rent/tenancy disputes etc. Counselling available, fees based on a sliding scale depending on income. Publications, creative writing workshop etc. For Irish women or women of Irish descent.

Special Interest Activities: Outreach work in Holloway prison

Additional Info: For Irish women or women of Irish descent only

Opening Hours: Mon-Fri 9am-1pm and 2pm-5pm. Appointments system. Drop-In times vary. Phone for details.

Travel: BR: Stoke Newington or Dalston Kingsland / Tube: Finsbury Park or Angel then bus / Buses: 67, 73, 106, 149, 243, 276, 393

Referral: Self or other agencies

Criteria/Catchment: For Irish women or women of Irish descent

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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Southwark Irish Cultural Arts Development Centre

Address1: St Thomas Moore Hall

Address2: 116A Lordship Lane

Town/City: London

Postcode: SE22 8HD

Phone: 0208 299 9940

Other Numbers: Fax: 0208 699 1500

Website: <http://www.southwarkirish.com>

Description: A variety of activities and events are held at this centre. Fund-raising dances for numerous charities, Irish Music and language classes, Irish dancing classes, annual Irish festival in Peckham Rye Park, Irish sports etc. Phone for further details.

Special Interest Activities: Irish music and language classes every Thursday 6pm-9pm, Irish dancing classes every Sunday morning.

Opening Hours: Phone for details.

Travel: BR: East Dulwich / Buses:176, 185, P13

Referral: Open access

Disabled Access - ramps, wide doorways, disabled toilet

Language and Refugee Services

Immigration advice, translation services, housing and benefits advice etc

African Family Support Services

Address1: 145A London Road

Town/City: Kingston

Postcode: KT2 6NH

Phone: 0208 974 9993

Other Numbers: Admin: 0208 547 0993 Fax: 0208 547 3139

Description: Services for people from the African community who are migrants, refugees or asylum seekers. Help filling in forms, language services by arrangement, services for people with HIV including 1 to 1 and group support, Youth services including restorative justice programme, and respite breaks for carers. Open access project, can see people from out of their area.

Special Interest Activities: Computer training, Job Club, day trips, outings and events etc

Opening Hours: Mon-Fri 10am-7pm

Travel: BR: Kingston

Referral: Self or any other source

Criteria/Catchment: African migrants, refugees and asylum seekers

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Afro-Asian Advisory Service

Address1: 53 Addington Square

Address2: Camberwell

Town/City: London

Postcode: SE5 7LB

Phone: 0207 701 0141

Other Numbers: Fax: 0207 701 1950

Description: Free advice on all aspects of immigration and nationality law. Can help prepare paperwork for appeals and tribunals etc and can arrange representation on your behalf. Advice by phone or in person by appointment only.

Additional Info: Disabled access on ground floor level

Opening Hours: Mon-Fri 9am-1pm Appointments Only then 2-5pm Telephone Advice Line

Travel: BR or Tube: Elephant and Castle then bus / Buses: 12, 35, 40, 45, 68, 148, 171, 176, 468

Referral: Self or any other source. Phone for appointment.

Criteria/Catchment: National catchment

Black and Asian sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Detainee Support and Help Unit

Address1: 54 Camberwell Road
Town/City: London
Postcode: SE5 0EN

Phone: 0207 703 5435
Other Numbers: Fax: 0207 701 3927
Email: info@dshu.org.uk
Website: <http://www.dshu.org.uk>

Description: Support services for people held in refugee detention centres. Asylum/refugee rights, access to legal services, help contacting relatives abroad, can visit/counsel family members, help on release etc. Phone for further details.

Additional Info: Access to professional legal advice, translation services, can refer to other relevant organisations

Opening Hours: Office: Mon-Fri 1-5pm

Travel: Tube: Elephant and Castle then bus / Buses: 12, 35, 40, 42, 45, 68, 148, 171, 176, 468

Referral: Open access

Criteria/Catchment: National organisation open to asylum seekers, refugees, their relatives, friends and family

Disabled Access - ramps, wide doorways, disabled toilet

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Multi-Lingual Community Rights Shop

Address1: 213 Camberwell Road

Town/City: London

Postcode: SE5 0HG

Phone: 0207 703 4442

Other Numbers: Fax: 0207 703 8393

Email: mlcrs@onetel.net.uk

Website: <http://www.mlcrs.co.uk>

Description: Free and independent information and advice services for people from ethnic minority communities, refugees and asylum seekers, and people whose first language is not English. Advice on housing, benefits advice, consumer rights, employment rights, immigration and asylum procedures and community care. Phone for further details.

Special Interest Activities: Aylesbury Estate residents drop-in at Thurlow Lodge, Mon-Weds and Fridays 10am-12noon

Additional Info: Languages include French, Spanish, Turkish, Arabic, Kurdish, Albanian and Yoruba. Other languages and provision of interpreters and translators by arrangement.

Opening Hours: Mon-Fri Drop-in sessions 10am-12noon and 2pm-4pm, Telephone advice Mon-Thurs 2pm-4pm

Travel: BR: Denmark Hill / Tube: Elephant and Castle or the Oval and bus / Buses: 12, 40, 42, 45, 68, 148, 171, 176, 468

Referral: Open access

Criteria/Catchment: Southwark, Lambeth or Lewisham and South-East boroughs

Disabled Access - ramps, wide doorways, disabled toilet

Refugee Support Centre

Address1: 47 South Lambeth Rd

Town/City: London

Postcode: SW8 1RH

Phone: 0207 820 3606

Other Numbers: Fax: same as phone

Email: rsctherapy47@hotmail.com

Description: Provides free counselling and psychotherapy for refugees and asylum seekers in that person's own language, whenever possible. Various art therapy groups etc. Also activities for refugees ages 50 plus in Southwark, Lambeth and Lewisham. Appointments only, phone for details.

Special Interest Activities: Services available in various languages, including French, Spanish, Portugese, Russian, Serbo-Croat, Arabic, Farsi, Amharic, Tinigran, Somali, Turkish, Albanian, Swedish and others

Additional Info: Training in refugee and asylum issues for community organisations. At the time of writing there is no wheelchair access to this project.

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

Travel: Tube: Vauxhall or Stockwell / Buses: 2, 36, 44, 77, 77a, 88, 156, 185, 322, 344, 436

Referral: Self or other agencies

Criteria/Catchment: Londonwide service, assists all refugees whatever nationality, race or religion.

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South East London Partnership Interpreting Service

Address1: Aylesbury Health Centre, Taplow House

Address2: Thurlow Street

Town/City: London

Postcode: SE17 2UN

Phone: 0207 771 3969

Other Numbers: Fax: 0207 771 3907

Email: interpreting@selssp.nh.uk

Description: Established as a resource to help people who do not speak fluent English, this service provides a face to face and telephone interpreting service (including BSL) in Lambeth, Southwark and Lewisham PCT's and Kings and St Thomas's hospitals. Phone for details.

Additional Info: Many different languages for any topic related to health matters. Phone for further details.

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

Travel: BR and Tube: Elephant and Castle / Buses: 42, 343

Referral: Health professionals only

Criteria/Catchment: Only in Lambeth, Southwark and Lewisham areas

Southwark Refugee Advice Project

Address1: 161 Sumner Road
Address2: Peckham
Town/City: London
Postcode: SE15 6JL

Phone: 0207 703 4046
Other Numbers: Fax: 0207 701 7812
Email: swkrefproj@aol.com

Description: This service offers private and confidential advice sessions on welfare benefits, housing issues, immigration, homelessness etc. They also offer IT skills, English as a second language. Phone for details.

Special Interest Activities: Various social and special interest activities including outings, events, health care workshops etc. Disabled access by arrangement.

Additional Info: Currently developing a family support project with a worker trained in counselling/mediation skills to help with domestic violence and parent/child conflict etc

Opening Hours: Drop-In Mon 10am-12noon and 2-4pm, Tues-Fri appointments only

Travel: BR: Peckham Rye then 10 minute walk / Buses: 12, 36, 37, 63, 78, 171, 381, 343

Referral: Self or any other source

Criteria/Catchment: Refugees and asylum seekers living in Southwark and surrounding boroughs

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Southwark Somali Refugee Council

Address1: 24 Maynard House

Address2: Benhill Rd

Town/City: London

Postcode: SE5 7NA

Phone: 0207 277 1770

Other Numbers: Fax: 0207 277 1800

Description: Open access drop-in/community centre for people of Somali origin offering housing, benefits and immigration advice, Health Care clinic, Somali language classes, translation and interpreting services etc. Phone for further details.

Special Interest Activities: Sewing classes, Arabic classes, youth group etc

Opening Hours: Mon-Fri 10am-4pm, Sat/Sun classes 11am-2pm

Travel: BR: Peckham / Tube: Elephant and Castle or Oval then bus / Buses: 12, 36, 171, 345

Referral: Self or other agencies

Criteria/Catchment: People of Somali origin