

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 6: WOMEN ONLY SERVICES

The first part of this chapter is called Women Only Sessions and is a list of cross-referenced entries pointing to a range of services, some based at organisations that usually cater for a wider client group, but all of which run some sort of specialist women only service.

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 see pointers to women only sessions at the **Open Door Day Centre**, or a pregnant drug users clinic at the **Community Drug Project** office in the **Old Kent Road**. We suggest phoning to confirm the details, as the days and times of services can change.

The second part of this chapter is called Women Only Projects and is a list of services that are exclusively for women only at all times.

Some of the pointers in the first section will point you to entries in Women Only Projects, while others will point you to a range of services elsewhere in the directory, such as **Family Services, Health Care and HIV Services, Accommodation, Community Centres** and **Leisure Activities** etc.

Women Only Sessions

Women only sessions and services cross-referenced against other entries in the directory.

AAINA Womens Group see Womens Services, p 139

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

African Womens Support Group see Womens Services, p 141

Alcohol Recovery Project - Camberwell see Drug and Alcohol, p 246

Alcohol Recovery Project - Womens Alcohol Centre
see Drug and Alcohol, p 249

Asian Health Agency see Asian Projects, p 110

Association for Post-Natal Illness see Health Care, p 395

Bede House Domestic Violence Project see Domestic Violence, p 375

Bengali Womens Group see Womens Services, p 142

Blackfriars Settlement Work Centre see Work Schemes, p 329

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Bristol Crisis Service for Women see Womens Services, p 143

Broadway Womens Service

see Accommodation (Homeless/Women Only), p 154

Bromley Mind - Beckenham Centre

see Community Mental Health Centre, p 38

Camberwell Leisure Centre - Fusion see Leisure, p 303

Castle Day Centre see Community Mental Health Centre, p 39

Centre 70 Counselling Service see Talking Treatments, p 264

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

CIO - Vishvas Project (Mental Health project) see Asian Projects, p 114

Community Drug Project - Camberwell see Drug and Alcohol, p 253

Community Drug Project - Old Kent Road see Drug and Alcohol, p 254

Community Opportunities Service Central

see Community Mental Health Centre, p 40

Cooltan Arts see Leisure, p 305

Crossways Centre see Community Mental Health Centre, p 43

Croydon Domestic Violence Advocacy Service (CDVAS)

see Domestic Violence, p 377

Eaves Housing for Women

see Accommodation (Homeless/Women Only), p 157

Elephant and Castle Leisure Centre - Fusion see Leisure, p 307

Family Health Isis see Black Projects, p 106

Fast Forward Youth Project see Learning Disabilities, p 421

FWA Southwark Newpin - Head Office see Family Services, p 339

Greenwich Mind see Community Mental Health Centre, p 44

House of St Barnabas In Soho

see Accommodation (Women Only), p 162

Lambeth Asian Centre see Asian Projects, p 115

London Irish Womens Centre see Irish, p 125

- Lorrimore Drop-In** see Community Mental Health Centre, p 45
- Maroon Resource Centre** see Black Projects, p 108
- Medical Foundation for the Care of Victims of Torture**
see Miscellaneous, p 482
- Miscarriage Association** see Womens Services, p 144
- Muslim Womens Helpline** see Womens Services, p 145
- Positively Women** see HIV, p 402
- Refuge - Head Office** see Domestic Violence, p 378
- Refuge - Southwark** see Domestic Violence, p 379
- Rights of Women** see Womens Services, p 145
- Rockingham Community Centre** see Community Centre, p 300
- Satya Dunning** see Complementary Therapies, p 289
- Seven Islands Leisure Centre - Fusion** see Leisure, p 310
- Southwark Cypriot Day Centre**
see Ethnic Community Support Service, p 119
- Southwark Mind** see User Orgs, p 83
- Southwark Muslim Womens Association** see Womens Services, p 146
- Southwark Race and Equalities Council** see Advice, p 34
- St Giles Trust - Head Office** see Homeless Services, p 191
- Start Team** see Outreach, p 60
- The Tryangle Project - Womens Support Services**
see Domestic Violence, p 381
- Threshold Support - Open Door Day Centre**
see Community Mental Health Centre, p 47
- TRB Southwark - Housing Support Team**
see Accommodation (Homeless/Mental Health/Substance Misuse), p 181
- Turkish Community Project**
see Ethnic Community Support Service, p 121
- Vietnamese Womens Group** see Womens Services, p 147

Winvisible see Womens Services, p 148

Womens Aid - Croydon see Domestic Violence, p 382

Womens Aid - Domestic Violence Helpline see Domestic Violence, p 382

Womens Counselling Service see Sexual Abuse Services, p 391

Womens Link see Womens Services, p 149

Womens Nutrition Clinic see Womens Services, p 150

Womens Therapy Centre see Womens Services, p 151

Women Only Projects

Services exclusively for women only

AINA Women's Group

Address1: Thomas Calton Centre

Address2: Alpha Street

Town/City: London

Postcode: SE15 4NX

Phone: 0207 358 0697

Other Numbers: Fax: same as phone

Description: Information, advice and support for South Asian and Muslim women, including asylum seekers and refugees. Multi-Cultural, Multi-Faith and Multi-Racial group that aims to improve the quality of life/health for women and children. Parenting, childcare etc

Special Interest Activities: Sewing/knitting and soft furnishing classes, keep fit and health awareness sessions etc. Playscheme for children living in Peckham

Additional Info: Translation and interpreting services by arrangement. Phone for further details.

Opening Hours: Office: Wed, Thur 10am-2pm, Fri 10am-1pm

Travel: BR: Peckham Rye / Buses: 12, 37, 63, 78, 312, 343, P12

Referral: Self or other agencies

Criteria/Catchment: South Asian, Muslim and refugee women

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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AAWAZ - Southwark Asian Women's Association

Address1: Southwark Asian Centre

Address2: Peckham Rye

Town/City: London

Postcode: SE15 4NU

Phone: 0207 252 9290

Other Numbers: Fax: 0207 358 9908

Description: Drop-in centre for Asian women living in Southwark. Various activities, social and cultural events, support groups etc. All ages welcome. Phone for further details.

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

Travel: BR: Peckham Rye / Buses: 12, 37, 63, 78, 176, 312, 435, P3, P12

Referral: Self or any other source

Criteria/Catchment: Asian women living in Southwark

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

African Women's Support Group

Address1: 61A Rowland Hill House

Address2: Blackfriars Rd

Town/City: London

Postcode: SE1 0LT

Phone: 0207 928 7563

Other Numbers: Fax: same as phone

Email: info@awsg.fsnet.co.uk

Description: Open access drop-in providing information and advice on housing and benefits issues, family planning and teenage pregnancy. Can refer to other organisations. Also organise various training courses/seminars etc. Phone for appointment.

Additional Info: Limited disabled access, phone for details

Opening Hours: Mon-Thurs 10am-5pm

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

Referral: Open access

Criteria/Catchment: Women from African/Afro-Caribbean backgrounds

Black and Asian sessions/services

Women Only sessions/services

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Bengali Women's Group

Address1: Rockingham Community Centre

Address2: Falmouth Rd

Town/City: London

Postcode: SE1 6RQ

Phone: 0207 403 1504

Other Numbers: Fax: 0207 403 2592

Description: Well established self-help group based at busy local community centre offering information and advice on a range of issues, support groups, weekly drop-in, cultural events, open days, workshops etc. Phone for further details.

Special Interest Activities: English as a second language, health promotion, mother and toddler group, sewing classes, keep-fit, various outings and events etc. Phone for details.

Additional Info: Currently no disabled access to this centre.

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

Travel: BR, Tube and Bus: Elephant and Castle

Referral: Self or any other source

Criteria/Catchment: Mainly Bangladeshi women living in Southwark, although women from other communities also welcome

Black and Asian sessions/services

Women Only sessions/services

Bristol Crisis Service for Women

Address1: PO Box 654
Town/City: Bristol
Postcode: BS99 1XH

Phone: Helpline: 0117 925 1119
Other Numbers: Office: 0117 927 9600
Email: bcsw@btconnect.com
Website: <http://www.users.zetnet.co.uk/bcsw/>

Description: Helpline service for women in emotional distress, with a focus on self-injury. Range of information on self-injury, and provide training for those working with people that self-injure. Also run and support various self-help groups. Phone for details.

Special Interest Activities: This project runs and offers support to various self-help groups. Phone for further details.

Additional Info: Also offer one-day training workshops for people working with or interested in issues concerning self-injury.

Opening Hours: Helpline: Fri and Sat 9pm-12:30am, Sunday 6pm-9pm

Referral: Self or any other source

Criteria/Catchment: National organisation for women only

Women Only sessions/services

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Maya Project - Addaction

Address1: PO Box 48407
Town/City: London
Postcode: SE15 6 BN

Phone: 0207 635 5070 / 0207 635 5493
Other Numbers: Fax: 0207 732 9382

Description: Specialist services for women drug users. Residential rehab services, individually tailored support programmes, parenting skills workshops, referral to local services, 6-month after care programme etc. Access to a range of holistic therapies, including Acupuncture, Aromatherapy, Art therapy etc. Phone for further details.

Special Interest Activities: Women with children welcome, also Black and Ethnic Minority women's service, HIV positive support services, also specialist pregnant users service.

Additional Info: Currently no disabled access to premises

Opening Hours: Phone to make an appointment

Travel: BR and Bus: Peckham Rye

Referral: Self or any other source

Criteria/Catchment: For female drug users

Miscarriage Association

Address1: c/o Clayton Hospital
Address2: Northgate
Town/City: Wakefield
Postcode: WF1 3JS

Phone: 01924 200799
Other Numbers: Fax: 01924 298834
Website: <http://www.miscarriageassociation.org.uk>

Description: National network which provides information and support on the subject of pregnancy loss. Phone for details of local groups/contact numbers etc.

Opening Hours: Telephone helpline Mon-Fri 9am-4pm 01924 200799

Referral: Open access

Women Only sessions/services

Muslim Women's Helpline

Address1: 11 Main Drive, East Lane Business Park
Address2: Wembley
Town/City: London
Postcode: HA9 7PX

Phone: Helpline: 0207 908 6715 / 0208 904 8193
Email: mwhl@amrnet.demon.co.uk
Website: <http://www.mwhl.org>

Description: Telephone helpline for Muslim women offering advice and support on a range of issues. One-to-one counselling by phone or in person where appropriate. Culturally sensitive service for Muslim/Islamic women.

Opening Hours: Office: Mon-Fri 10am-4pm Helpline: Anytime, leave number on answerphone if nobody immediately available

Referral: Open access

Criteria/Catchment: Muslim women only

Women Only sessions/services

Rights of Women

Address1: 52 Featherstone Street
Town/City: London
Postcode: EC1Y 8RT

Phone: Advice line: 0207 251 6577
Other Numbers: Admin: 0207 251 6575 or 6576 Fax: 0207 490 4377
Email: info@row.org.uk
Website: <http://www.rightsofwomen.org.uk>

Description: Free legal advice line for women. All issues relating to family law such as separation, divorce, domestic violence, access/custody disputes etc. Also advise on employment & housing rights, debt management etc. No casework undertaken, telephone advice only

Opening Hours: Tues, Wed, Thurs 2-4pm & 7-9pm, Fri 12-2pm

Referral: Open access

Criteria/Catchment: Women only

Women Only sessions/services

Southwark Muslim Women's Association

Address1: Ground floor, Bellenden Old School

Address2: Bellenden Road

Town/City: London

Postcode: SE15 4DG

Phone: 0207 732 8053

Other Numbers: Fax: 0207 732 3310

Email: smwa@aol.com

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

Description: This project aims to counter the disadvantages and discrimination faced by Muslim communities in Southwark with a special emphasis on meeting the needs of women, children and elders. Phone for further details.

Special Interest Activities: The centre is a lively venue with a weekly programme of classes and social activities for women, children, young people and the elderly as well as offering information and putting on cultural and religious events for the whole family throughout the year.

Additional Info: Large membership from all over the world. Support is targeted to people on low incomes/benefits.

Opening Hours: Mon-Fri 10am-5pm, Sat 10:30am-2:30pm

Travel: BR: Peckham Rye or East Dulwich / Tube: Elephant & Castle then bus / Buses: 36, 37, 40, 345, P12, P13

Referral: Self or other agencies

Criteria/Catchment: Muslim women and their families and elderly Muslim women living in Southwark

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Vietnamese Women's Group

Address1: Bellenden Old School

Address2: Bellenden Rd

Town/City: London

Postcode: SE15 4DG

Phone: 0207 277 8642

Other Numbers: Fax: same as phone

Description: Open access drop-in for Vietnamese women. Housing, benefits, education and immigration advice, ESOL classes, Summer Play scheme, Supplementary School, Health workshops, cultural events etc.

Special Interest Activities: Fridays: English as a Second Language for Vietnamese people from 11am-1pm

Additional Info: Also see Vietnamese Carers Project in Carers section

Opening Hours: Mon, Tues, Thurs, Fri 10am-5pm

Travel: BR: Peckham Rye / Buses: 12, 36, 37, 171, 177, 345, P13

Referral: Open access

Criteria/Catchment: Southwark residents given priority

Women Only sessions/services

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Winvisible

Address1: Crossroads Women's Centre

Address2: 230A Kentish Town Road

Town/City: London

Postcode: NW5

Phone: Voice and Minicom: 0207 482 2496

Other Numbers: Fax: 0207 209 4761

Email: crossroadswomenscentre@compuserve.com

Description: Well established campaigning organisation for women with visible and invisible disabilities. Campaign on housing, benefit, childcare and transport issues etc. Can also provide information and advice on a range of women's services. Phone for details.

Opening Hours: Phone during office hours

Travel: Tube: Kentish Town

Referral: Open access

Criteria/Catchment: For women with disabilities

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Women and Girls Network

Address1: PO Box 13095

Town/City: London

Postcode: W14 0FE

Phone: Helpline: 0207 610 4345

Other Numbers: Admin: 0207 610 4678

Description: Telephone information and advice service for women and girls who have experienced any form of violence or abuse, whether physical, sexual or emotional. Offers listening support, one to one counselling, access to Complementary Therapies, and signposting on to other relevant services as required. Phone for further details.

Additional Info: Training services for all voluntary and statutory organisations

Opening Hours: Helpline: Tuesdays 6pm-8:30pm, Thursdays 12noon-2:30pm

Travel: Meetings held at various locations

Women's Link

Address1: Room 417/419, London Fruit and Wool Exchange

Address2: 38 Brushfield St

Town/City: London

Postcode: E1 6EL

Phone: 0207 248 1200

Other Numbers: Admin: 0207 247 9360 Fax: 0207 247 2028

Email: advice@womenslink.org.uk

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

Description: Advice for women on finding accommodation in London. Produce a range of info booklets etc. Phone for details.

Additional Info: Also work with women ex-offenders. Prisoner Advice Line: 0207 247 5325

Opening Hours: Advice line: Mon 10am-1pm and 2-4pm, Tues, Wed, Thurs 10am-1pm.

Travel: BR and Tube: Liverpool Street / Buses: 8, 26, 35, 47, 48, 78, 149, 242, 388

Referral: Self or any other source

Criteria/Catchment: Women only

Women Only sessions/services

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Women's Nutrition Clinic

Address1: 47 Priory Street

Town/City: Lewes

Postcode: BN7 1HJ

Phone: 01273 487366

Other Numbers: Fax: 01273 487576

Email: info@womensnutritionclinic.com

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

Description: Dietary and nutrition advice for women with premenstrual syndrome, menopausal problems, migraine etc. Local clinics in Sussex and London. See their website or phone for further details.

Special Interest Activities: Research into women's health, training for Complementary Health students etc

Additional Info: All services require private funding. At the time of writing no NHS funding is available for this clinic.

Opening Hours: Mon-Wed and Fridays 9:30am-5pm

Travel: BR: Lewes Station then short walk on level ground

Referral: Self-referral or via GP

Criteria/Catchment: Local clinics in Sussex and London. Telephone service for other areas.

Women Only sessions/services

Women's Therapy Centre

Address1: 10 Manor Gardens

Address2: Islington

Town/City: London

Postcode: N7 6JS

Phone: Referrals/Appointments: 0207 263 6200 Reception: 0207 263 7860

Other Numbers: Fax: 0207 281 7879

Email: info@womenstherapycentre.co.uk

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

Description: Psychoanalytic therapy for women, especially mental health users and women from minority communities who would not normally access therapy services. Services for young women, disabled women, refugees and asylum seekers, women on low incomes etc. Individual and group work. For disabled access, if assistance is required phone reception before visit.

Special Interest Activities: Languages currently available include Hebrew, Turkish, Greek and Spanish. Phone for details.

Additional Info: Also offer consultancy and training services for professionals.

Opening Hours: Phone to make appointment Mon, Thurs 12noon-2pm, Tues, Weds 2pm-4pm

Travel: Tube: Holloway Road then short walk / Buses: 17, 43, 271

Referral: Self referrals only

Criteria/Catchment: Women aged 18 plus, Londonwide catchment.

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

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