

# Health & Wellbeing Booklet 2026/27



Your guide to over 200 FREE health and wellbeing support services in Havering.



# Live Well Havering

The NHS, Havering Council and lots of local groups in Havering are coming together to help you with your health and wellbeing.

We want people to live long, happy and independent lives. This booklet is here to help you to find support to live well in Havering. Please note, services are subject to change and contact details may change.

## Contents (You can find a full index on p.25)

### Healthy Body

- Information & advice (3)
- Healthy eating (3)
- Weight management (4)
- Keeping active (5)
- Sleep (7)
- Stop smoking support (7)
- Drugs, alcohol & gambling (7)
- Sexual health (8)

### Healthy Mind

- Mental health crisis (8)
- Mental health and wellbeing support (9)
- Children and young people's wellbeing (10)
- Support for parent carers (11)
- Caring for someone (12)
- Support for veterans (13)
- Support for people seeking asylum and refugees (13)
- Connecting with others (13)
- Bereavement (15)
- Living well with a long term health condition (15)

### Live Well Havering

- Accessibility (2)
- How to use this booklet (2)

### Healthy Money

- Help with money (18)
- Help with NHS costs (18)
- Help with bills (19)
- Help getting a job (19)
- Volunteering (19)

### Healthy Home

- Help with housing (20)
- Staying independent (20)
- Getting online (21)
- An extra helping hand (22)
- Help filling out forms (22)
- Transport (22)

### Healthy Community

- Green spaces (23)
- Keeping safe (23)
- Domestic abuse, sexual assault & safeguarding (24)
- Support for local groups and organisations (24)

# Accessibility

You can find out how accessible each service listed in this booklet is by looking at the symbols next to them:



Takes place online/has the option of joining online.



Suitable for families and children to attend.



The service offers support in multiple languages.



The venue is accessible for wheelchair users.



Inclusive for people with learning disabilities.



This service understands how to communicate with residents who are hard of hearing, d/Deaf and who use British Sign Language.



Inclusive for people with visual impairments.

Accessibility is our priority. We welcome any feedback on how we could do better.

Please go online to view our website and this booklet in a different language or format using the accessibility toolbar.

If you need this booklet in another format and you cannot go on our website, contact us at:

✉ [livewellhavering@havering.gov.uk](mailto:livewellhavering@havering.gov.uk)

🏠 [livewellhavering.org.uk](http://livewellhavering.org.uk)

## How to use this booklet

In this booklet, you can find service information for 100s of local support services. The following symbols are used to display their contact details:

📞 Phone number    ✉ Email    🏠 Website    📍 Address


# Healthy Body

[livewellhavering.org.uk/healthy-body](http://livewellhavering.org.uk/healthy-body)


## Information & advice

### Medical emergency

Go to A&E if you have a life threatening problem.


 999


d/Deaf residents and those with speech needs can use:

 [999bsl.co.uk](http://999bsl.co.uk)

 [relayuk.bt.com](http://relayuk.bt.com)

### Non-urgent medical help & advice

 111

 [111.nhs.uk](http://111.nhs.uk)

### Ongoing health problems

Contact your GP practice. Register online or at your local GP practice. You don't need ID or paperwork. For help to register, see p.22.



### Minor illnesses

Go to your local pharmacy for advice and medication. Many pharmacies are open late and over the weekends. You do not need an appointment. Some offer free medication delivery services.

 [lwh.support/pharmacy](http://lwh.support/pharmacy)

## Living Well

### Living Well Community Wellness & Empowerment Service

Single point of contact for Havering residents looking for

### Speak to a Health Trainer

If you want to speak to someone about your health and wellbeing, get a free blood pressure check or be signposted to local support services, you can come and speak to our Health Trainers. They are out and about in community locations every week.

To find a drop-in near you, go to [lwh.support/HealthTrainers](http://lwh.support/HealthTrainers)

support to live well at home, remain independent, stay connected to their communities and avoid crisis.

- Community Navigation and Social Prescribing.
- Emotional wellbeing and low level mental health Support.
- Social connection, inclusion and community participation.
- Practical support for independence and daily living.
- Support for carers and people with caring responsibilities.

 01708 796600

 [livewell@tapestry-uk.org](mailto:livewell@tapestry-uk.org)

 [tapestry-uk.org/livewell](http://tapestry-uk.org/livewell)

### Get your blood pressure checked

Blood Pressure checks are available at Havering libraries, pharmacies and Health Trainer hubs.

 [lwh.support/bloodpressure](http://lwh.support/bloodpressure)

## NHS Health Check

The NHS Health Check is a free, 20–30 minute, 5-yearly, midlife MOT for adults aged 40–74 aimed at lowering risks of heart disease, stroke, kidney disease, type 2 diabetes, and dementia. Contact your GP for more information.

🏠 [lwh.support/NHSHealthCheck](http://lwh.support/NHSHealthCheck)



## Healthy eating

### Nutrition information

Free information and webinars with a Registered Nutritionist.

☎ 07905 773550

✉ [sa.nutritiontraining@gmail.com](mailto:sa.nutritiontraining@gmail.com)

🏠 [sanutrition.org](http://sanutrition.org)

### Foodbanks

Phone your local foodbank:

- **Harold Hill Foodbank**

☎ 01708 432280

- **Romford & Collier Row Foodbank**

☎ 07548 674958

- **Rainham Foodbank**

☎ 01708 397484

🏠 [lwh.support/foodbanks](http://lwh.support/foodbanks)

### Healthy Start food & vitamins

Free vitamins and support for pregnant people and families with children under 4 to buy healthy food and milk.

🏠 [healthystart.nhs.uk](http://healthystart.nhs.uk)

## LatchOn Havering

Drop-in breastfeeding support.

✉ [info@latchon.org.uk](mailto:info@latchon.org.uk)

🏠 [latchon.org.uk](http://latchon.org.uk)

### Free school meals

All Primary School children get free school meals. However, applying gets your school extra money to pay for extra-curricular activities.

🏠 [lwh.support/FSM](http://lwh.support/FSM)

### Baby Feeding Support

Local baby feeding support offer.

✉ [infant.feeding@haverling.gov.uk](mailto:infant.feeding@haverling.gov.uk)

🏠 [lwh.support/baby-feeding](http://lwh.support/baby-feeding)

### Health & Wellbeing Coaches

Contact your GP receptionist for a referral.

### NHS Healthier You Diabetes Prevention Programme

Free programme to prevent type 2 diabetes.

☎ 0333 047 9999

✉ [hello@healthieryou.org.uk](mailto:hello@healthieryou.org.uk)

🏠 [healthieryou.org.uk](http://healthieryou.org.uk)

### NHS Digital Weight Management Programme

A free programme for those with diabetes and/or high blood pressure

🏠 [lwh.support/WMP](http://lwh.support/WMP)

### HENRY Healthy Families

Healthy lifestyle support for families with children aged 0–5 years old. Speak to your Health Visitor for information.

✉ [childrenscentres@haverling.gov.uk](mailto:childrenscentres@haverling.gov.uk)

## NHS Weight Loss Plan app

Free 12 week weight loss plan for adults aged over 18 years.

🏠 [lwh.support/WLAPP](http://lwh.support/WLAPP)

---

## Mealia digital meal planner

🏠 [mealia.co.uk](http://mealia.co.uk)

---

## Keeping active

### Couch to 5k

Free NHS app to help you safely build up to running 5km.

🏠 [lwh.support/CT5K](http://lwh.support/CT5K)

---

### parkrun

Free, fun and friendly weekly 5k runs at Raphael's Park, Harrow Lodge Park and Ingrebourne Hill.

🏠 [parkrun.org.uk](http://parkrun.org.uk)

---

### Chair Yoga

Free chair based yoga at HASWA, Mondays 11:45 – 12:45 pm.

☎ 01708 522789

✉ [office@haswa.org.uk](mailto:office@haswa.org.uk)

🏠 [haswa.org.uk/activities](http://haswa.org.uk/activities)



### Ramblers Wellbeing Walks

Free regular group walks.

☎ 01708 431016

🏠 [lwh.support/RWW](http://lwh.support/RWW)

---

### Thames Chase Wellbeing & Tree Walks

Guided walk around Thames Chase Forest Centre with friendly discussions every Thursday.

☎ 01708 642970

✉ [enquiries@thameschase.org.uk](mailto:enquiries@thameschase.org.uk)

---

## Sport for Confidence

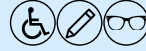
Occupational therapist led accessible sports for adults with additional needs and disabilities.

☎ 01245 950502

✉ [info@sportforconfidence.com](mailto:info@sportforconfidence.com)

🏠 [sportforconfidence.com](http://sportforconfidence.com)

---



## Weekly Tea Dance in Upminster

Friendly social afternoon of latin and ballroom dancing. £3 per session.

☎ 01708 431016

✉ [sportsdevelopment@havering.gov.uk](mailto:sportsdevelopment@havering.gov.uk)

🏠 [lwh.support/teadance](http://lwh.support/teadance)

---

## MyPlace Table Tennis Club

Table tennis for adults in Harold Hill. All levels welcome and equipment provided.

☎ 07703 108522

✉ [colin.sherrin@hotmail.com](mailto:colin.sherrin@hotmail.com)

---

## Mardyke Community Centre

Free low impact fitness class for over 60s.

☎ 07766 951671

✉ [meganwrenatsek@gmail.com](mailto:meganwrenatsek@gmail.com)

---

## Havering Exercise Referral Scheme

Support and discounted membership for adults with long-term health conditions. Speak to a health professional for a referral.

☎ 01708 463190

✉ [haveringexercisereferral@everyoneactive.com](mailto:haveringexercisereferral@everyoneactive.com)

🏠 [lwh.support/EAER](http://lwh.support/EAER)

---



## England Netball

Accessible netball sessions for all abilities.

✉ [londonandsoutheast@englandnetball.co.uk](mailto:londonandsoutheast@englandnetball.co.uk)

🏠 [englandnetball.co.uk/play-netball](http://englandnetball.co.uk/play-netball)

---

## HASWA

Accessible exercise classes.

☎ 01708 522789

✉ [office@haswa.org.uk](mailto:office@haswa.org.uk)

🏠 [haswa.org.uk](http://haswa.org.uk)



## AgeUK RBH

Falls prevention exercise classes in person and online.

☎ 02082 206000

✉ [admin@ageukrbh.org.uk](mailto:admin@ageukrbh.org.uk)

🏠 [lwh.support/falls](http://lwh.support/falls)



## Latin & Ballroom Dance

Dance programme (with discount for over 60s).

☎ 01708 431016

✉ [sportsdevelopment@havering.gov.uk](mailto:sportsdevelopment@havering.gov.uk)

🏠 [lwh.support/dance](http://lwh.support/dance)

---

## This Girl's Ability

Sport and activities for girls and young women with disabilities.

☎ 07518 671812

✉ [contact@thisgirlsability.co.uk](mailto:contact@thisgirlsability.co.uk)

🏠 [thisgirlsability.co.uk](http://thisgirlsability.co.uk)



## Leisure Centres

Swimming, gym, classes and more.

### Central Park Leisure Centre

☎ 01708 382820

### Harrow Lodge Leisure Centre

☎ 01708 454135

### Sapphire Ice & Leisure

☎ 01708 206892

### Rainham Leisure Centre

☎ 01708 202810

### Abbs Cross Leisure Centre

☎ 01708 450167

### Noak Hill Sports Complex

☎ 01708 342692

🏠 [everyoneactive.com](http://everyoneactive.com)

---

## Over 50s free swim & badminton

Contact your local leisure centre to book.

🏠 [lwh.support/50swim](http://lwh.support/50swim)

---

## Free Everyone Active membership for people living with Parkinsons

Contact your local Everyone Active leisure centre for more information.

🏠 [lwh.support/EAparkinsons](http://lwh.support/EAparkinsons)

## Harold Wood disability cricket team (for ages 8+)

☎ 07962 259591

🏠 [lwh.support/HWcricket](http://lwh.support/HWcricket)



## Yoga at Ardleigh House

Weekly £5 class with Angela.

☎ 01708 431016

✉ [sportsdevelopment@havering.gov.uk](mailto:sportsdevelopment@havering.gov.uk)

## HAD seated exercise class

Weekly £5 class in South Hornchurch.

🏠 Whittaker Hall, Hornchurch RM11 3NN

☎ 01708 476554



## Forestry England Nordic Walking

Free walks for all abilities.

🏠 [forestryengland.uk/feel-good](http://forestryengland.uk/feel-good)

## Sleep

### National Sleep Helpline

Speak to trained sleep advisors.

☎ 03303 530 541

🏠 [lwh.support/sleephelpline](http://lwh.support/sleephelpline)



## Stop smoking support

### SmokeFree app

Free access to 24/7 real time stop smoking support.

🏠 [lwh.support/smokefree](http://lwh.support/smokefree)

### Community Pharmacy Stop Smoking Service

Stop smoking service offered by selected pharmacies within the borough.

🏠 [lwh.support/quitsmoking](http://lwh.support/quitsmoking)

## Drugs, Alcohol & Gambling

### Talk to Frank

Honest information about drugs.

🏠 [talktofrank.com](http://talktofrank.com)



### Change Grow Live

- **Aspire**

Specialist free confidential drug and alcohol support for Havering residents aged 18+.

☎ 01708 747614

✉ [havering.info@cgl.org.uk](mailto:havering.info@cgl.org.uk)

🏠 [changegrowlive.org/aspire-havering](http://changegrowlive.org/aspire-havering)

- **Wize Up**

Specialist free confidential drug and alcohol support for Havering residents aged 10-18.

☎ 07920 807726

✉ [WizeupHavering@cgl.org.uk](mailto:WizeupHavering@cgl.org.uk)

🏠 [changegrowlive.org/wize-up-havering](http://changegrowlive.org/wize-up-havering)

### • Family support group

Support for families affected by substance use.

☎ 01708 747614

✉ [haverling.info@cgl.org.uk](mailto:haverling.info@cgl.org.uk)



---

### Families Anonymous

Free support group and helpline for families affected by substance use.

☎ 0207 498 4680

✉ [office@famanon.org.uk](mailto:office@famanon.org.uk)

🏠 [famanon.org.uk](http://famanon.org.uk)

---

### GamCare

Free support for people affected by gambling.

☎ 020 7801 7008

🏠 [gamcare.org.uk](http://gamcare.org.uk)

## Sexual health

### Positive East

Free HIV / STI testing and wellbeing support for adults affected by HIV.

☎ 020 7791 2855

✉ [talktome@positiveeast.org.uk](mailto:talktome@positiveeast.org.uk)

🏠 [positiveeast.org.uk](http://positiveeast.org.uk)

## Healthy Mind

[livewellhaverling.org.uk/healthy-mind](http://livewellhaverling.org.uk/healthy-mind)

## Mental health crisis

### NHS 111 Mental Health Support

☎ Call NHS 111 and select option 2 for mental health crisis or text 'Help' to 07860 009642.

### Sexual Health London

If you have no symptoms of an STI, you can order a free STI home testing kit.

🏠 [shl.uk](http://shl.uk)



---

### Sexual health clinics

Information and advice about contraception, STI testing and treatment.

☎ 020 8970 5724

🏠 [bhrhospitals.nhs.uk/sexual-health](http://bhrhospitals.nhs.uk/sexual-health)



---

### C-Card

Free condoms, lubricant and sexual health information for 13-24 year olds.

🏠 [comecorrect.org.uk/haverling](http://comecorrect.org.uk/haverling)

---

### Support from your local pharmacy

Get advice on STI testing and contraception. Some pharmacies can provide routine oral contraception and emergency hormonal contraception (the 'morning after pill')

🏠 [lwh.support/findmap](http://lwh.support/findmap)

### Papyrus HOPEline

For young people under 35 experiencing suicidal thoughts (or their carers/parents)

☎ 0800 068 41 41 (Text 88247)

✉ [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

🏠 [papyrus-uk.org](http://papyrus-uk.org)



## Safe Connections

Suicide prevention support service open Mon-Fri from 9:30-4:30pm.

☎ 0300 561 0115

✉ [safeconnections@mindthnr.org](mailto:safeconnections@mindthnr.org)  
[.uk](http://.uk)

---

## Samaritans

For when life is difficult.

☎ 116 123

✉ [jo@samaritans.org](mailto:jo@samaritans.org)

🏠 [samaritans.org](http://samaritans.org)



## Mental health & wellbeing support

### Good Thinking

Free online wellbeing tools.

🏠 [good-thinking.uk](http://good-thinking.uk)



---

### Havering Talking Therapies

Free talking therapy and support groups for over 18s.

☎ 0300 300 1554 Option 2  
(Mon-Fri 9am-5pm)

✉ [haveringtalkingtherapies@nhs.net](mailto:haveringtalkingtherapies@nhs.net)

🏠 [lwh.support/talkingtherapies](http://lwh.support/talkingtherapies)



---

### HBBS Counselling

Free or reduced-cost counselling for Havering residents.

✉ [enquiries@hbbscounselling.org](mailto:enquiries@hbbscounselling.org)

🏠 [hbbscounselling.org](http://hbbscounselling.org)



## Switchboard

National LGBTQIA+ support line and online chat.

☎ 0800 0119 100

✉ [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

🏠 [switchboard.lgbt](http://switchboard.lgbt)



---

## Family & Relationship Centre

Counselling and mediation.

☎ 01708 441722

✉ [enquiries@familyandrelationshipcentre.org.uk](mailto:enquiries@familyandrelationshipcentre.org.uk)

🏠 [familyandrelationshipcentre.org.uk/](http://familyandrelationshipcentre.org.uk/)



---

## Andy's Man Club

Free talking groups for any man 18+, every Monday 7-9PM at Queen's Hospital, Romford (excluding bank holidays).

🏠 [lwh.support/andy](http://lwh.support/andy)

---

## The Proper Blokes Club

Walk and talk groups for men in Romford, Hornchurch, Upminster and across London.

☎ 07397 501110

✉ [theproperblokesclub@gmail.com](mailto:theproperblokesclub@gmail.com)

🏠 [theproperblokesclub.co.uk](http://theproperblokesclub.co.uk)

---

## Havering Mind

Information, advice and support for people struggling with their mental health.

☎ 01708 457040

✉ [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk)

🏠 [haveringmind.org.uk](http://haveringmind.org.uk)

## Hestia Reset Hub

Free mental health support drop-in open 17:00–22:00 Mon–Fri, 14:00–22:00 weekends and bank holidays.

☎ 0203 816 1365

✉ [havering.resethub@hestia.org](mailto:havering.resethub@hestia.org)

📍 St George's Health & Wellbeing Hub, RM12 6RR

---

## Beat Eating Disorders

Free support and helpline.

☎ 0808 801 0677

✉ [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

🏠 [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

---

## Rainham Foodbank

Mental health support/counselling for children, young people and adults and money advice.

☎ 01708397484

✉ [info@rainham.foodbank.org.uk](mailto:info@rainham.foodbank.org.uk)

🏠 [lwh.support/MTF](http://lwh.support/MTF)

---

# Children & young people's wellbeing

## Child and Adolescent Mental Health Service (CAMHS)

Specialist mental health service.

☎ 0300 300 1888

✉ [referralsacorncentre@nelft.nhs.uk](mailto:referralsacorncentre@nelft.nhs.uk)

🏠 [nelft.nhs.uk/camhs](http://nelft.nhs.uk/camhs)

## ChatHealth

Confidential messaging helpline and live chat for 11–19 year olds to anonymously contact a school nurse for advice and support.

☎ 07507 326645 (text)

🏠 [chathealth.nhs.uk](http://chathealth.nhs.uk)

---

## Muslim Youth Helpline

Free non-judgemental, confidential culturally sensitive support 365 days a year.

☎ 07478710380 / Text on WhatsApp 0808 808 2008

✉ [help@myh.org.uk](mailto:help@myh.org.uk)

🏠 [myh.org.uk](http://myh.org.uk)

---

## Children's Centres

Free support and activities to give your child the best start in life.

✉ [childrenscentres@havering.gov.uk](mailto:childrenscentres@havering.gov.uk)

🏠 [lwh.support/CC](http://lwh.support/CC)

---

## stem4 free apps for young people

Calm Halm – self-harm.

Clear Fear – anxiety.

Move Mood – low mood & depression.

Combined Minds – supporting others.

Worth Warrior – self-worth, body image & eating disorders.

Clear Fear for Schools – stress, anxiety & resilience

🏠 [stem4.org.uk](http://stem4.org.uk)

---

## The Habbit Factory

Inclusive theatre workshops for children and young people.

☎ 07985 377781

✉ [hello@thehabbitfactory.org](mailto:hello@thehabbitfactory.org)

🏠 [thehabbitfactory.org](http://thehabbitfactory.org)



---

## MyPlace

Youth & community centre

☎ 01708 376004

✉ [myplace@havering.gov.uk](mailto:myplace@havering.gov.uk)

🏠 [havering.gov.uk/artsmusic/myplace](http://havering.gov.uk/artsmusic/myplace)

---

## Youth Service

Youth clubs and targeted support for young people aged 11-18 (up to 25 with SEND)

✉ [youthservice@havering.gov.uk](mailto:youthservice@havering.gov.uk)

🏠 [lwh.support/YouthService](http://lwh.support/YouthService)

---

## Kaleidoscope

Free social club for young LGBTQIA+ people aged 17-24.

✉ [kaleidoscope.romford@gmail.com](mailto:kaleidoscope.romford@gmail.com)

🏠 [kaleidoscoperomford.com](http://kaleidoscoperomford.com)

---

## My Ends Partnership

Community-led youth programmes

✉ [communitysafety@havering.gov.uk](mailto:communitysafety@havering.gov.uk)

🏠 [lwh.support/mep](http://lwh.support/mep)

---

## Stop. Breathe. Think.

Free online counselling for young people aged 8-21.

🏠 [stopbreathethink.org.uk](http://stopbreathethink.org.uk)



## Support for parents

---

### SEND Local Offer

Information & support for 0-25 with SEND and their families

🏠 [lwh.support/SENDLO](http://lwh.support/SENDLO)

---

### Parenting support programmes

Support on a range of topics.

✉ [parenting@havering.gov.uk](mailto:parenting@havering.gov.uk)

🏠 [lwh.support/parenting](http://lwh.support/parenting)

---

### Homestart Havering

Emotional support for families with a child under 5 years old not in full time education.

☎ 01708 455551

✉ [info@homestarthaving.co.uk](mailto:info@homestarthaving.co.uk)

🏠 [homestarthavingredbridge.co.uk](http://homestarthavingredbridge.co.uk)



---

### Ardleigh Green Family Centre

Drop-in every first Tuesday of the month to support families with wellbeing, money, bereavement, housing and more.

📍 65 Ardleigh Green Road, RM11 2LF.

🏠 [lwh.support/Ardleigh](http://lwh.support/Ardleigh)



## Butterflies Perinatal Support

For low mood, anxiety and depression since pregnancy / having a baby.

✉ [butterflies@havering.gov.uk](mailto:butterflies@havering.gov.uk)

🏠 [lwh.support/butterflies](http://lwh.support/butterflies)



---

## Bilingual Parenting Classes

Free Parent Education classes in Urdu, Bengali, Punjabi, Romanian, Albanian, and Hindi to prepare for birth at Queen's Hospital.

☎ 07535 522178

🏠 [lwh.support/bilingual](http://lwh.support/bilingual)

---

## Perinatal Parent Infant Mental Health Service

Support for women with mental health challenges during pregnancy and up to a year postnatally

☎ 0300 555 1119

✉ [Perinatal.Service@nelft.nhs.uk](mailto:Perinatal.Service@nelft.nhs.uk)

🏠 [lwh.support/PPIMHS](http://lwh.support/PPIMHS)

---

## St Alban's Baby & Toddler CIC

Low cost playgroup sessions and classes, including Uniquely Me playgroup with Sycamore Trust.

☎ 07774 719 806

✉ [stalbanstoddler@yahoo.com](mailto:stalbanstoddler@yahoo.com)

🏠 [stalbanstoddler.my.canva.site](http://stalbanstoddler.my.canva.site)

---

## Havering Family Service Hub

Services, organisations and activities for children, young people, adults, families/carers and professionals.

🏠 [lwh.support/famhub](http://lwh.support/famhub)

# Caring for someone

---

## Havering Unpaid Carers Service (imago)

Support for unpaid carers aged 18+.

☎ 0300 011 1965

✉ [haveringcarers@imago.community](mailto:haveringcarers@imago.community)

🏠 [imago.community/havering-carers](http://imago.community/havering-carers)

---

## Havering SEND Family Voice

Support for parents and carers of children and young people with SEND.

☎ 07858406933

✉ [info@haveringsendfamilyvoice.org](mailto:info@haveringsendfamilyvoice.org)

🏠 [facebook.com/HaveringSENDV](https://facebook.com/HaveringSENDV)



---

## Havering Young Carers Service (Imago)

Support for carers aged 5-18.

☎ 03001 111110

✉ [youngcarers@imago.community](mailto:youngcarers@imago.community)

---

## Sunbeams coffee afternoons for carers of children with SEND

☎ 01708 745626

✉ [admin@thegoodshepherd.co.uk](mailto:admin@thegoodshepherd.co.uk)



---

## SEN Coffee Mornings

Every first and third Friday of the month at 10am.

📍 Holy Cross Church Hall, Park Lane, Hornchurch, RM11 1PX

☎ 07860119450

✉ [jfp65@hotmail.co.uk](mailto:jfp65@hotmail.co.uk)

## Support for veterans

### Veterans' Gateway

Wellbeing information and support.

☎ 0808 802 1212

🏠 [veteransgateway.org.uk](http://veteransgateway.org.uk)



---

### Togetherall

Free 24/7 mental health support service for veterans.

🏠 [lwh.support/togetherall](http://lwh.support/togetherall)



---

### Op COURAGE

NHS Veterans' mental health and wellbeing service.

✉ [snhs.veteranshis.se@nhs.net](mailto:snhs.veteranshis.se@nhs.net)

🏠 [nhs.uk/opcourage](http://nhs.uk/opcourage)

---

### Mind in Havering, Barking and Dagenham Armed Forces Community Programme

Support for serving forces personnel, veterans, and their families.

🏠 [lwh.support/veterans](http://lwh.support/veterans)

✉ [armedforces.communityteam@haveringmind.org.uk](mailto:armedforces.communityteam@haveringmind.org.uk)

## Support for people seeking asylum & refugees

### The Magic Stork

Migrant mental health support.

✉ [support@themagicstork.com](mailto:support@themagicstork.com)

🏠 [themagicstork.com](http://themagicstork.com)



### Havering One Stop Shop

Free advice & support every Wednesday 10am-2pm. Language support available.

📍 YMCA, 29 Rush Green Road, RM7 0PH



---

### RAMFEL

Support for migrants in crisis.

✉ [info@ramfel.org.uk](mailto:info@ramfel.org.uk)

🏠 [ramfel.org.uk](http://ramfel.org.uk)



---

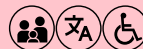
### House of Polish & European Community (HOPEC)

Community connection & support for migrants.

☎ 07869558880

✉ [admin@hopec.org.uk](mailto:admin@hopec.org.uk)

🏠 [hopec.org.uk](http://hopec.org.uk)



## Connecting with others

### Check in & chat befriending

Telephone befriending.

☎ 01708 922214

✉ [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk)

🏠 [haveringvc.org.uk](http://haveringvc.org.uk)

---

### OrangeLine

Confidential telephone support and in-person social groups for people who are bereaved, lonely or isolated.

☎ 01708 758649

🏠 [lwh.support/orangeline](http://lwh.support/orangeline)

## Di's Diamonds

Social group for over 50s.

☎ 0208 220 6000

✉ [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

🏠 [lwh.support/disdiamonds](http://lwh.support/disdiamonds)

---

## Havering Libraries

Free activities for all ages.

🏠 [libraries.havering.gov.uk/bookshelf](http://libraries.havering.gov.uk/bookshelf)

---

## Tea, Cakes and Chat

Social group for over 55s.

✉ [teacakesandchat@icloud.com](mailto:teacakesandchat@icloud.com)

🏠 [teacakesandchat.co.uk](http://teacakesandchat.co.uk)

---

## Havering London

Cultural events in Havering.

🏠 [haveringlondon.com](http://haveringlondon.com)

---

## Men's Shed and Cafe at Upminster Baptist Church

Space for men to do woodwork and socialise.

☎ 01708 783711

---

## Adventures in Compassionate Commerce

Support and eco-friendly activities in Havering.

☎ 07842 516 821

✉ [changemakers@aiccuk.org](mailto:changemakers@aiccuk.org)

🏠 [aiccuk.org](http://aiccuk.org)

---

## Havering Asian Social and Welfare Association (HASWA)

Low cost / free social events, groups and activities.

☎ 01708 522789

✉ [office@haswa.org.uk](mailto:office@haswa.org.uk)

🏠 [haswa.org.uk](http://haswa.org.uk)

---

## The Mercury Mall

Community groups and activities for residents of all ages.

🏠 [themercurymall.co.uk/events](http://themercurymall.co.uk/events)

---

## Men's Shed at Romford Care Home

Space for men to do woodwork and socialise.

☎ 01708 548305

---

## Together for Equity (BME Forum)

Support for BME community, Refugees & Asylum Seekers

☎ 07762 501656

✉ [forum.haveringbmeforum@gmail.com](mailto:forum.haveringbmeforum@gmail.com)

🏠 [haveringbmeforum.co.uk](http://haveringbmeforum.co.uk)

---

## Havering Music School

Community music school for all ages and abilities

✉ [musicschool@havering.gov.uk](mailto:musicschool@havering.gov.uk)

☎ 01708 450 313

🏠 [haveringmusicschool.org.uk](http://haveringmusicschool.org.uk)

---

## Havering Adult College

Adult education (19+)

✉ [Enquiries-AdultCollege@havering.gov.uk](mailto:Enquiries-AdultCollege@havering.gov.uk)

☎ 01708 434955

🏠 [haveringadultcollege.co.uk](http://haveringadultcollege.co.uk)

---

## Bereavement

### Grief Talk live chat and helpline

Free support for bereaved children and young people.

☎ 0808 802 0111

🏠 [griefencounter.org.uk](http://griefencounter.org.uk)



## At a Loss

Bereavement signposting website.

🏠 [ataloss.org](http://ataloss.org)



---

## Child Bereavement UK

Supports families when a baby or child dies or is dying, or when a child is bereaved.

☎ 0800 0288840

🏠 [childbereavementuk.org](http://childbereavementuk.org)



---

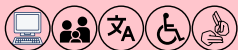
## Sands

Support for parents after pregnancy loss or the death of a baby.

☎ 0808 164 3332

✉ [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

🏠 [sands.org.uk](http://sands.org.uk)



---

## Muslim Bereavement Service

Support for women of any faith who have lost a loved one.

☎ 0808 164 3332

✉ [info@mbss.org.uk](mailto:info@mbss.org.uk)

🏠 [mbss.org.uk](http://mbss.org.uk)

---

## HBBS Counselling

See p.9.

---

## OrangeLine

Confidential telephone support and in-person social groups for people who are bereaved, lonely or isolated.

☎ 01708 758649

🏠 [lwh.support/orangeline](http://lwh.support/orangeline)

## Facing the Future

Safe online support groups for people bereaved by suicide.

✉ [ftf@cls.org.uk](mailto:ftf@cls.org.uk)

🏠 [facingthefuturegroups.org](http://facingthefuturegroups.org)



---

## Talking Therapies Bereavement Support Group

See p. 9.

---

## Mourning Coffee

Free bereavement group supervised by trained NHS staff.

✉ [anthony.minter@nhs.net](mailto:anthony.minter@nhs.net)

🏠 [lwh.support/mourningcoffee](http://lwh.support/mourningcoffee)



## Long-term health conditions & disabilities

---

## Sycamore Trust - Havering All Age Autism Service

On-line, telephone and face to face support for the Havering autistic community

☎ 02085 179317

✉ [enquiries@sycamoretrust.org.uk](mailto:enquiries@sycamoretrust.org.uk)

🏠 [lwh.support/HAAAS](http://lwh.support/HAAAS)



## Tapestry

Day centres, activities & support for residents with care needs.

☎ 01708 796600

✉ [hello@tapestry-uk.org](mailto:hello@tapestry-uk.org)

🏠 [tapestry-uk.org](http://tapestry-uk.org)

---

## Care Coordinators

Support for residents with complex needs to manage their care. Speak to your GP receptionist for a referral.

---

## Macmillan Cancer Information & Support Service

Compassionate support for anyone affected by cancer.

☎ 01708 435174

✉ [bhrut.cancerinfoandsupport@nhs.net](mailto:bhrut.cancerinfoandsupport@nhs.net)

🏠 [bhrhospitals.nhs.uk/macmillan](http://bhrhospitals.nhs.uk/macmillan)

---

## YMCA Cancer Rehab Programme

Free 10 week exercise programme for people diagnosed with / who are receiving treatment for cancer.

🏠 [lwh.support/cancerrehab](http://lwh.support/cancerrehab)

---

## From Me To You

Support for Black and other people in marginalised ethnic groups living with cancer.

✉ [info@frommetoyou-uk.org](mailto:info@frommetoyou-uk.org)

🏠 [frommetoyou-uk.org](http://frommetoyou-uk.org)



## Long COVID Community Cafe

Welcoming support group for people with lived experience of long COVID.

🏠 [lwh.support/long-covid](http://lwh.support/long-covid)

---

## Shine Cancer Support

Support for people aged 20-49 with a cancer diagnosis.

✉ [london@shinecancersupport.org](mailto:london@shinecancersupport.org)

🏠 [shinecancersupport.org](http://shinecancersupport.org)

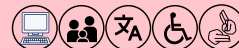


## Breast Cancer Now

Speak to a specialist breast care nurse. Local support for people affected by breast cancer.

☎ 0808 800 6000

🏠 [breastcancernow.org](http://breastcancernow.org)



## Saint Francis Hospice

Palliative care and specialist advice line for pain and symptom control.

☎ 01708 758643

🏠 [sfh.org.uk](http://sfh.org.uk)



## Cancer Coach peer support

For people who have completed cancer treatment.

☎ 02039 837616

🏠 [cancersupportuk.org/cancer-coach](http://cancersupportuk.org/cancer-coach)



## Diabetes UK support line

Information and advice about diabetes.

☎ 0345 123 2399

✉ [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

🏠 [diabetes.org.uk](http://diabetes.org.uk)



**Bat & Chat Table Tennis for people with Parkinson's**  
Join a certified coach at MyPlace for £4 per session.

✉ [colin.sherrin@hotmail.com](mailto:colin.sherrin@hotmail.com)



---

### **Parkinson's UK Havering**

Support and social events for people affected by Parkinson's and their families / carers.

☎ 07486 708863

✉ [pukhavering@gmail.com](mailto:pukhavering@gmail.com)

🏠 [parkinsons.org.uk](http://parkinsons.org.uk)



---

### **Dementia UK helpline**

Talk to a specialist dementia nurse.

☎ 0800 888 6678

🏠 [dementiauk.org](http://dementiauk.org)



---

### **Alzheimer's Society Havering**

Support for people affected by dementia and their carers.

☎ 01708 739293

✉ [Havering@alzheimers.org.uk](mailto:Havering@alzheimers.org.uk)

🏠 [alzheimers.org.uk](http://alzheimers.org.uk)



---

### **The Dementia Music & Social Club**

2 social clubs a week (in Rainham and Romford). £6 per person.

☎ 07721 458581

✉ [dmscenquiries@hotmail.com](mailto:dmscenquiries@hotmail.com)

🏠 [thedementiamusicandsocialclub.webador.co.uk](http://thedementiamusicandsocialclub.webador.co.uk)



### **Upminster Dementia Choir**

Fortnightly choir for those living with dementia and their carers.

☎ 01708 641317

✉ [upminsterdementiachoir@gmail.com](mailto:upminsterdementiachoir@gmail.com)

🏠 [lwh.support/dementiachoir](http://lwh.support/dementiachoir)



---

### **Sight Action Havering**

Support for Havering residents with impaired sight.

☎ 01708 375238

✉ [enquiries@sightactionhavering.org.uk](mailto:enquiries@sightactionhavering.org.uk)

🏠 [sightactionhavering.org.uk](http://sightactionhavering.org.uk)



---

### **Havering Association for People with Disabilities (H.A.D.)**

Support services and activities for people with physical and sensory additional needs in Havering.

☎ 01708 476554

✉ [admin@hadhavering.co.uk](mailto:admin@hadhavering.co.uk)

🏠 [hadhavering.co.uk](http://hadhavering.co.uk)



---

### **APPLE Prostate**

Information and advice for anyone affected by prostate cancer.

✉ [info@appleprostate.co.uk](mailto:info@appleprostate.co.uk)

🏠 [appleprostate.co.uk](http://appleprostate.co.uk)

---

### **Pause - Menopause Support Group**

Online and in-person monthly menopause support group

🏠 [lwh.support/menopause](http://lwh.support/menopause)

# Healthy Money

[www.livewellhavering.org.uk/healthy-money](http://www.livewellhavering.org.uk/healthy-money)

## Help with money



### National Debtline

Speak to an adviser.

☎ 0808 808 4000

🏠 [nationaldebtline.org](http://nationaldebtline.org)

### Christians Against Poverty

Money management and debt support for people in RM1, RM2, RM3 and RM5.

☎ 0800 3280 006

🏠 [capuk.org](http://capuk.org)

### Havering Council Emergency Assistance Scheme

Emergency financial support.

🏠 [lwh.support/EAS](http://lwh.support/EAS)

### Citizen's Advice

Confidential advice on benefits, debt, employment, immigration, housing and more.

☎ 0808 189 8273

🏠 [citizensadvicehavering.org.uk](http://citizensadvicehavering.org.uk)

### Foodbanks

See p.3.

### Havering Libraries

Free pre-loved warm coats and school uniforms.

🏠 [libraries.havering.gov.uk/bookshelf](http://libraries.havering.gov.uk/bookshelf)

### Community Hubs

Free, in-person support and advice about benefits, money, employment, digital help, housing and council services.

- Harold Hill Library Community Hub, 13:00-16:00 every Tuesday and Thursday.
- Rainham Library Community Hub
- 11am-1pm, every Wednesday

🏠 [lwh.support/communityhubs](http://lwh.support/communityhubs)

### Cost of Living Support Line

For support with the cost of living.

☎ 01708 432280

✉ [costoflivingresponse@havering.gov.uk](mailto:costoflivingresponse@havering.gov.uk)

### S.M.I.L.E.

Support for families in financial crisis.

☎ 07415141437

🏠 [smilelondonsex.com](http://smilelondonsex.com)

### AgeUK BHR information & advice

See p.21.

## Help with NHS costs

Support paying for prescriptions and dental costs:

🏠 [lwh.support/medicalcosts](http://lwh.support/medicalcosts)

## Families

### Healthy Start food & vitamins

Free vitamins and support for pregnant people and families with children under 4 to buy healthy food and milk.

🏠 [healthystart.nhs.uk](http://healthystart.nhs.uk)

---

### Free school meals

All Primary School children get free school meals. However, applying gets your school extra money to pay for extra-curricular activities.

🏠 [lwh.support/FSM](http://lwh.support/FSM)

---

## Help with bills

### Havering Energy Doctors

Free home visit to help you save money on energy costs.

☎ 07943 877099

✉ [energydoctor@ageukrbh.org.uk](mailto:energydoctor@ageukrbh.org.uk)

🏠 [lwh.support/energydrs](http://lwh.support/energydrs)

---

### SHINE

Free advice & tips to reduce energy bills.

☎ 0800 953 1221

✉ [shine@islington.gov.uk](mailto:shine@islington.gov.uk)

🏠 [shine-london.org.uk](http://shine-london.org.uk)

---

### Money Saving Support

Save money on your bills

🏠 [livewellhavering.org.uk/article/bills/](http://livewellhavering.org.uk/article/bills/)

---

### Essex & Suffolk Water

Free water saving kit.

🏠 [esw.watersavingkit.com](http://esw.watersavingkit.com)

### DABD Centre for Warmth

Free energy advice and support

☎ 0330 054 2500 (Ext 106)

✉ [cadent@dabd.org.uk](mailto:cadent@dabd.org.uk)

🏠 [lwh.support/DABD](http://lwh.support/DABD)

---

## Help getting a job

### Havering Works

Free one-to-one support for unemployed residents to get into work, education or training.

☎ 01708 434456

✉ [havering.works@havering.gov.uk](mailto:havering.works@havering.gov.uk)

🏠 [havering.gov.uk/haveringworks](http://havering.gov.uk/haveringworks)

---

### CAP Job Club

Wednesday's (9.30am to 1.30pm) at St Georges Church Centre.

☎ 07921 814009

✉ [malcolmdunk@capjobclubs.org](mailto:malcolmdunk@capjobclubs.org)

---

### IPS Workwise

Support into paid work for people receiving mental health support.

✉ [info.workwise@hestia.org.uk](mailto:info.workwise@hestia.org.uk)

🏠 [lwh.support/workwise](http://lwh.support/workwise)

---

## Volunteering

### Havering Volunteer Centre

Support finding you the right volunteering opportunity.

☎ 01708 922214

✉ [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk)

🏠 [haveringvc.org.uk](http://haveringvc.org.uk)



# Healthy Home

[livewellhavering.org.uk/healthy-home](http://livewellhavering.org.uk/healthy-home)

## Help with housing



### Housing advice

Contact:

- Citizen's Advice (p.18)
- Peabody (p.18)

---

### Mary Ward Legal Centre

Free, independent legal advice on housing and social welfare issues.

☎ 020 7831 7079

🏠 [marywardlegal.org.uk](http://marywardlegal.org.uk)

---

### Havering Council Housing team

Support for Council tenants.

☎ 01708 776770

🏠 [havering.gov.uk/housing-1](http://havering.gov.uk/housing-1)

---

### Homelessness support

Register as homeless and get support.

🏠 [lwh.support/homeless](http://lwh.support/homeless)

In a homeless emergency

☎ 01708 432824 9am to 5pm  
01708 433999 5pm to 9am

---

### Streetlink

Let their team of responders know when you see someone sleeping on the street.

🏠 [thestreetlink.org.uk](http://thestreetlink.org.uk)

---

### Housing Repairs, Damp & Mould

If you are a Council tenant, report a repair using your online housing account:

☎ 01708 434000

🏠 [lwh.support/repairs](http://lwh.support/repairs)

---

### Habitat for Humanity

1-to-1 Advocacy & Support for Vulnerably Housed Women in Romford.

✉ [communityhub@habitatforhumanity.org.uk](mailto:communityhub@habitatforhumanity.org.uk)

🏠 [habitatforhumanity.org.uk/community-hub/](http://habitatforhumanity.org.uk/community-hub/)

---

### The Boundaries and Lucas Court

Housing and support for residents with severe mental health issues.

☎ 01708 734826

🏠 [lwh.support/riverside](http://lwh.support/riverside)



---

### Pest Control

If you are a Council tenant, report animals, birds and insects found in your home online.

🏠 [lwh.support/pest](http://lwh.support/pest)



## Staying independent

---

### AgeUK RBH Gardening service

Low-cost gardening service for residents 50+.

☎ 020 8220 6000

✉ [homesupportservices@ageukrbh.org.uk](mailto:homesupportservices@ageukrbh.org.uk)

🏠 [lwh.support/ageukgardening](http://lwh.support/ageukgardening)



## Ageing Well Community Wellness & Empowerment Service

Support for Havering residents aged 50+ delivered by Age UK Redbridge, Barking and Havering in partnership with the British Red Cross and Age UK East London.

- Support to navigate the health and social care system and access local services
- Social activity groups
- Health, wellbeing and nutrition advice
- Digital skills sessions
- Falls prevention advice and exercises.
- Support with hospital discharge to a safe home environment (provided by our partner British Red Cross).
- Support with small aids and equipment to improve home safety and independence (provided by our partner Age UK East London).

☎ 0208 220 6000

✉ [agewell@ageukrbh.org.uk](mailto:agewell@ageukrbh.org.uk)

🏠 [lwh.support/ageingwell](http://lwh.support/ageingwell)

## Getting online

### Digital devices & data

Get a free SIM card and data, digital skills training and a free device (subject to availability).

✉ [Communityhealthconnectors@havering.gov.uk](mailto:Communityhealthconnectors@havering.gov.uk)

## Public wi-fi and computers

All Havering libraries have free internet access and computers for library members. Contact your local library for more information.



---

## Havering Adult College ICT & Digital Skills

Free ICT and digital skills courses.

☎ 01708 434955

✉ [enquiries-adultcollege@havering.gov.uk](mailto:enquiries-adultcollege@havering.gov.uk)

🏠 [haveringadultcollege.co.uk/ict-and-digital-skills/](http://haveringadultcollege.co.uk/ict-and-digital-skills/)

---

## Digital Support Classes

Digital skills training for residents aged 50+.

☎ 07946032332

✉ [digitalchampions@ageukrbh.org.uk](mailto:digitalchampions@ageukrbh.org.uk)

🏠 [lwh.support/ageukdigital](http://lwh.support/ageukdigital)



## An extra helping hand

### Social Prescribing

Support for non-medical things affecting your health and wellbeing (like money, housing and more). Speak to your GP receptionist for a referral.

### Local Area Coordinators

Support in Rainham, Collier Row, Romford and Harold Hill to help you to stay safe, well, independent and connected to your community.

☎ 01708 433 472

🏠 [lwh.support/LAC](http://lwh.support/LAC)

### Rainham Foodbank - More Than Food

Rainham foodbank works in partnership to provide support: sewing, english language for refugees, advocacy and advice, citizens advice bureau, networking, budgeting and money management, counselling and befriending.

🏠 [lwh.support/MTF](http://lwh.support/MTF)

## Help filling out forms

For help doing applications or form filling, you can get support from:

- **Citizen's Advice (p.18)**
- **Age UK (p. 21)**
- **Havering One Stop Shop (p.13)**
- **HASWA (p. 6)**

## Transport

### Blue Badges, Freedom Passes and other help with travel

🏠 [lwh.support/travel](http://lwh.support/travel)

### Dial-A-Ride

Accessible door-to-door bus service for people with disabilities, 7 days a week, 7am-11pm.

🏠 [tfl.gov.uk/modes/dial-a-ride/](http://tfl.gov.uk/modes/dial-a-ride/)



### Taxicard

Subsidised taxis and private hire vehicles for people who may find it hard to access public transport.

🏠 [londoncouncils.gov.uk/services/taxicard](http://londoncouncils.gov.uk/services/taxicard)



For support with accessible transport, contact

- **AgeUK RBH (p21)**

## Social Care

If you are concerned about an adult being abused or harmed, call Havering Safeguarding team for advice and support

☎ 01708 433550

If an adult requires support with their care needs call Adult Social Care

☎ 01708 432000

# Healthy Community

[livewellhavering.org.uk/healthy-community](http://livewellhavering.org.uk/healthy-community)

## Green Spaces

Visit our map of green spaces to find somewhere to get outdoors.

🏠 [lwh.support/green](http://lwh.support/green)

## Keeping Safe

**Report anti-social behaviour**, like

- Noise late at night
- Vandalism, graffiti & littering
- Nuisance caused by animals
- Behaviour that causes harassment, alarm or distress

🏠 [lwh.support/report](http://lwh.support/report)

Call the police on 101 (or 999 in an emergency) to report:

- Aggressive, drunken or intimidating behaviour
- Drug dealing or drug use
- Criminal damage



### Fire safety

Get tailored advice for your home.

🏠 [lwh.support/fire](http://lwh.support/fire)

In a fire emergency

☎ 999

### Galop

Support for LGBTQIA+ people who have experienced abuse.

☎ 0800 999 5428

✉ [help@galop.org.uk](mailto:help@galop.org.uk)

🏠 [galop.org.uk](http://galop.org.uk)



### ACT Early Helpline

If you're worried someone is expressing extreme views or hatred, call the ACT Early Support Line

☎ 0800 011 3764

🏠 [actearly.uk](http://actearly.uk)

### Report a crime anonymously

☎ 0800 555 111

🏠 [crimestoppers-uk.org/fearless](http://crimestoppers-uk.org/fearless)

### Victim Support

Independent and confidential advice for crime victims.

☎ 08 08 16 89 111

🏠 [victimsupport.org.uk](http://victimsupport.org.uk)

### True Vision

Report a hate crime.

☎ 999 / 101

🏠 [report-it.org.uk](http://report-it.org.uk)

### CATCH

Support following a hate crime if you are over 18.

🏠 [catch-hatecrime.org.uk](http://catch-hatecrime.org.uk)

# Domestic Abuse, Sexual Assault & Safeguarding

## National Domestic Abuse Helpline

☎ 0808 2000 247

🏠 [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)



## Havering Women's Aid

Support for women experiencing abuse.

☎ 01708 728759 (Mon-Fri 9-5)

🏠 [haveringwomensaid.co.uk](http://haveringwomensaid.co.uk)

## MENDAS

Support for men experiencing abuse.

☎ 01708 737364

🏠 [haveringwomensaid.co.uk/mendas](http://haveringwomensaid.co.uk/mendas)

## Survivors UK

Support for men, boys and non-binary people who have experienced unwanted sexual activity. Chat online or via text Mon-Sun 12pm-8pm.

☎ 020 3322 1860

🏠 [survivorsuk.org](http://survivorsuk.org)



## National Ugly Mugs

Safety and wellbeing advice and support for sex workers.

☎ 0161 629 9861

✉ [admin@nationaluglymugs.org](mailto:admin@nationaluglymugs.org)

🏠 [nationaluglymugs.org](http://nationaluglymugs.org)

## East London Rape Crisis

Free, confidential, specialist help for women and girls who have experienced sexual violence / assault.

☎ 0800 160 1036

✉ [rapecrisis@niaendingviolence.org.uk](mailto:rapecrisis@niaendingviolence.org.uk)



## Report a safeguarding concern

If you're worried about an adult, contact Adult Social Care

☎ 01708 432000 (Mon-Fri 9-5)

In an emergency or outside of office hours

☎ 01708 433999

If you're worried about a child, contact the Child Protection Team

☎ 01708 433222 (Mon-Fri 9-5)

In an emergency or outside of office hours

☎ 01708 433999

🏠 [lwh.support/ReportASC](http://lwh.support/ReportASC)



## Support for local groups & organisations

Get advice and support with challenges like

- Applying for funding
- Finding a venue
- Getting materials or furniture
- Understand and support write the documents or policies you may need.

🏠 [lwh.support/communities](http://lwh.support/communities)

# Index

111 3

## A

A&E 3  
Addiction 7  
ADHD 15  
Adult Social Care 22  
Adventures in  
Compassionate Commerce  
14  
AgeUK 6, 14, 21, 22  
Alcohol 7  
Alzheimer's 17  
Anti-social behaviour 23  
APPLE Prostate 17  
Armed forces 13  
Asylum seekers 13  
At a Loss 15  
Autism 15

## B

Baby feeding 3, 4  
Badminton 6  
Beat Eating Disorders 10  
Befriending 14  
Bereavement 15  
Bills 19  
Blood Pressure 3  
Boiler upgrade scheme 19  
Breast Cancer Now 16  
Breastfeeding 3, 4  
British Red Cross 21

## C

Cancer 16  
Care Coordinators 15  
Care Navigators 21  
Carers 12  
C-Card 8  
Change Grow Live (CGL) 7  
Check in & chat 13  
CAMHS 10  
Child Bereavement UK 15  
Children's Centres 4, 10  
Children's Social Care 24  
Christians Against Poverty  
(CAP) 18  
Citizen's Advice 18, 20, 22  
Contraception 8  
Couch to 5k 5

Counselling 9, 11, 13  
Crime 23

## D

Damp 20  
Dance 5, 6  
Deaf 3  
Debt 18  
Dementia 17  
Di's Diamonds 14  
Diabetes 4  
Dial-A-Ride 22  
Diet 3  
Digital skills 21  
Disability 15, 16, 17  
Disordered eating 10  
Domestic abuse 24  
Drugs 7, 8

## E

East London Rape Crisis  
24  
Emergency assistance  
scheme 18  
Emergency hormonal  
contraception 8  
Emergency help 3  
Employment support 19  
Energy bills 19  
England Netball 6  
Essex & Suffolk water 19  
Everyone Active 4, 6  
Exercise 5, 6, 7

## F

Facing the Future 15  
Families Anonymous 8  
Fire safety 23  
Food 3, 4  
Foodbanks 3  
Form filling 22  
Free school meals 4  
From Me To You: The Art  
of Survival 16

## G

Galop 23  
Gambling 8  
GamCare 8  
Garden 20

Good Thinking 9  
GP 3  
Green spaces 23  
Grief Talk 15

## H

Hate crime 23  
Habitat for Humanity 20  
HBBS 9, 15  
HASWA 6, 14  
Havering Adult College 14  
Havering Unpaid Carers  
Service 12  
Havering Energy Doctors  
19  
Havering Mind 9  
Havering One Stop Shop  
13  
Havering SEND Family  
Voice 12  
Havering Volunteer Centre  
13, 19  
Havering Women's Aid 24  
Havering Works 19  
Health & Wellbeing  
Coaches 4  
Health Trainers 3  
Healthy eating 3  
Healthy Start 4  
Hestia Reset Hub 10  
HIV 8  
Homelessness 20  
Homestart Havering 11  
Hospice 16  
Housing 20  
Hyper-tension 3

## I

IMAGO Young Carers  
Service 12  
Independence 21  
Infant feeding 3, 4  
Internet 21  
Isolation 13

## K

Kaleidoscope 11  
Kooth 10

## L

LatchOn Havering 3  
Legal advice 20

Leisure Centres 6  
LGBTQIA+ 9, 11, 23  
Libraries 14, 21  
Local Area  
Coordinators 22  
Loneliness 13  
Long COVID 16  
Long term health  
condition 15, 16, 17

## M

Macmillan Cancer  
support 16  
Mary Ward Legal  
Centre 20  
Mealia 3  
Mediation 9  
Men's Shed 14  
MENDAS 24  
Menopause 17  
Mental health 9, 10,  
11, 12, 13, 14, 15  
Mental health crisis 9  
Mental Health Direct 9  
Migrants 13  
Money 18, 19  
Morning after pill 8  
Mould 20  
Music School 14  
Muslim Bereavement  
Service 15  
Muslim Youth Health  
Line 10  
MyPlace 5, 11, 17  
My Ends Programme  
11

## N

National Ugly Mugs 24  
Netball 6  
NHS costs 18  
NHS Health Check 4

## O

Op COURAGE 13

## P

Papryus 8  
Parenting 11, 12  
Park Run 5  
Parkinson's 17

Perinatal mental health  
12  
Pest control 20  
Pharmacy 3  
Police 23  
Positive East 8  
Post-natal depression  
12  
Pregnancy loss 15

## R

Ramblers 5  
RAMFEL 13  
Rape 24  
Refugees 13  
Repairs 20  
Running 5

## S

S.M.I.L.E. 18  
SA Nutrition 3  
Safe Connections 9  
Safeguarding 24  
Samaritans 9  
Sands 15  
SEND Family Voice 12  
Sex work 24  
Sexual abuse 24  
Sexual assault 24  
Sexual health 8  
Sexual Health London 8  
Shine Cancer Support 16  
Sight Action Having 17  
Sleep 7  
Smoking 7  
Social Care 24  
Social groups 13, 14  
Social prescribing 22  
Sport 5, 6, 7  
Sport for Confidence 5  
Saint Francis Hospice 16  
Stem4 10  
STI testing 8  
Stop Smoking 7  
Stop. Breathe. Think. 11  
Streetlink 20  
St Alban's Baby &  
Toddler CIC 12

Suicide prevention 8, 9  
Survivors UK 24  
Swimming 6  
Switchboard 9  
Sycamore Trust 15

## T

Table Tennis 5, 17  
Talk to Frank 7  
Talking Therapies 9, 14  
Tapestry 15  
Taxicard 22  
Thames Chase 5  
The Dementia Music &  
Social Club 17  
The Habbit Factory 11  
The Magic Stork 13  
The Proper Blokes Club 9  
Togetherall 13  
Transport 22  
True Vision 23

## U

Unpaid carers 12  
Upminster Dementia Choir  
17  
Urgent treatment 3  
Utility bills 19

## V

Vaping 7  
Veterans 13  
Victim Support 23  
Vision Impairment 17  
Volunteering 19

## W

Walks 5, 9  
Water bills 19  
Weight 4

## Y

YMCA 16  
Yoga 5  
Young Carers support 12  
Youth service 11

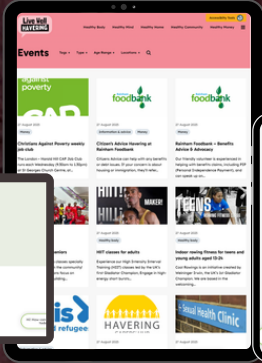
Whatever you're facing,  
support is closer than you think

Start with the Live Well  
Havering website

[www.livewellhavering.org.uk](http://www.livewellhavering.org.uk)



Scan here!



## Our partners

