

Services to signpost patients on to

Physical health support-

- Adult social care can arrange an assessment of needs where it is determined if the patient requires carers or equipment. They can also advise carers of respite services. To refer to adult social care please email them with the patient's details and a brief summary of the problem on adultsocialcare@havering.gov.uk.
- 12 week weight loss service referral
<https://www.everyoneactive.com/centre/harrow-lodge-leisure-centre/live-healthier-havering/>
- There will soon be a similar weight loss service for children, please contact the coordinator Taslima.Akther@havering.gov.uk for more information.
- At the Everyone Active gyms in Havering children can also access the gym equipment with a gym membership but need their parents present. They have a number of exercise classes also including basket ball and swimming.
- Sports groups for children with physical and emotional disabilities-
<https://www.haveringactive.co.uk/index.php/parasport>
- Please inform over 50s of the free swimming and badminton available via Everyone Active-
https://www.havering.gov.uk/info/20041/sports_and_fitness/273/free_leisure_activities_for_over_fifties
- Smoking cessation

Stop smoking London, telephone service available to all- 0300 123 1044

Specialist Stop Smoking Service for pregnant women and members of their household, further information available at

[#https://www.havering.gov.uk/info/20073/public_health/564/stopping_smoking_saves_lives](https://www.havering.gov.uk/info/20073/public_health/564/stopping_smoking_saves_lives)

Or patients can access the below-



FREE stop smoking support available at a pharmacy listed below.

Visit one today to book an appointment and
get started on your quit journey

Crescent Pharmacy	65 Masefield Crescent, Harold Hill, RM3 7PB
Day Lewis Pharmacy	Harold Hill Health Centre, Gooshays Drive, Harold Hill, RM3 9LB
Mim Pharmacy	118 North Street, Romford, RM1 1DL
Asvacare Ltd Pharmacy	197 Rush Green Road, Romford, RM7 0JR
WH Burdess Chemist	178 Mawney Road, Romford, RM7 8BU
Orchard Village Pharmacy	Mick Fury House, Lowen Road, Rainham, RM13 8HT
Williams Dispensing Chemist	139A Wennington Road, Rainham, RM13 9TR

February 2023

Get 12 weeks of FREE support, including up to
6 weeks of medication to help you quit



Mental health support-

The Proper Blokes Club- Walking group for men, they discuss mental health difficulties and meet every Wednesday by the side entrance of Upminster station at 6:30pm. Just turn up, no booking necessary.

<https://www.ucra.co.uk/the-proper-blokes-club/#:~:text=The%20Proper%20Blokes%20Club%20is,walks%20atdifferent%20locations%20across%20London.>

Mind- run a variety of community groups, please see below. They have quite a long referral form so I would advise you signpost patients to call-

<https://www.haveringmind.org.uk/services/social-inclusion-project/>

You can also refer parents of young people and children with mental health conditions to Mind for access to their support group.

Talking Therapy- providing cognitive behavioural therapy for those over the age of 18. To refer please contact HaveringTalkingTherapies@nelft.nhs.uk

Butterflies- mental health support for parents with children under the age of 2 and parents to be, operating from Havering Children's Centres

<https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=NXxnkdEJ2wM>

HBBS Counselling- This organisation have a limited number of free sessions available to Havering residents. They receive several grants a year to allow them to offer this service. Please advise patients to call to find out if it is available- 01277 283199

Bereavement support-

Grief in pieces- bereavement support for those who have lost loved ones to suicide. Please refer by contacting supportforsuicideloss@mindchwf.org.uk

Orange Line- telephone counselling service ran by St Francis Hospice, they do not need to have used the hospice. They also have a support group and walking group- 01708 758649. If they do not answer the first time advise patients to leave a vm as they will call back.

Long term conditions support-

Havering Carers Hub- can provide practical advice on issues such as accessing carers allowance. They also provide support groups for both the carers and those who are impacted by disability. Patients can call on 01708 961111

Havering Dementia Support- a local support group ran by loved ones of those who have suffered dementia and passed or continue to suffer from dementia. To refer please send the contact details

of the patient to Pam Shippen or Pam Rossi who run the service. pam.rossi@ntlworld.com,
pam.shippen@sky.com

Radfield Home Care- run regular lunches for people suffering from dementia as well as further services. Please see the attached presentation.

Alzheimer's Society- local support is available, please ask patients to contact the national service who will connect them to local services

https://www.alzheimers.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=Rebrand+23&gad=1&gclid=EAlaIQobChMIhsb5gsPZ_gIVkN_tCh2XtgbTEAAYASAAEgIdiPD_BwE&gclsrc=aw.ds

Tapestry- Provide day centres and sit in services for people with dementia. They also provide transport to and from the centres. Please outline to patients that there is a cost to this service as it is quite expensive-01708 796600

Headway East London- Support for those impacted by brain injury/illness. Services are running from Romford YMCA. <https://headwayeastlondon.org/>

Singing for the brain, music classes for those diagnosed with dementia and their families-

https://www.havering.gov.uk/events/event/2308/havering_singing_for_the_brain_-_wednesdays

https://www.havering.gov.uk/events/event/2428/havering_singing_for_the_brain_-_thursdays

Gym workouts for stroke survivors-runs at the YMCA in romford

<https://familyserviceshub.havering.gov.uk/kb5/havering/directory/service.page?id=fnByh831IHM>

Imago Young Carers Service- support for any child or young person living in a home with someone who is unwell. The service can visit the child at school or within the community.

<https://www.imago.community/Children-and-Young-People/Havering-Young-Carers>

HAD- Havering Association for People with Disabilities- a centre which patients can attend daily to take part in activities such as computer classes, arts and crafts, social clubs, external trips and more. Suitable for anyone living with a physical or emotional disability-

<https://www.hadhavering.co.uk/>

1A Woodhall Crescent

Hornchurch

Essex

RM11 3NN

Opening Time: Monday – Friday 9 am – 4 pm

Email: admin@hadhavering.co.uk

Telephone: 01708 476554

Mobile: 07599 998103

Activities for adults with Learning Difficulties- Based at The Holy Redeemer Church in Petersfield Avenue, Harold Hill (it is not a religious group)
To book 07415208178

The group is for adults 18+ with learning or physical disability.

- Day project 9:30-3:30 The full day clubs run on Mondays and Wednesdays for £65- they do activities such as archery, cooking, pubs and go for meals, go to the sea side, farms etc. They also do day trips and holidays.
 - Wednesday evening they do a dance class 5-6:30 using pom poms and cheer leading style. £5 to attend.
 - Monday morning- choir and BSL class, signing for songs and singing, they do performances £8, 10:30-12pm.
 - Thursday morning- keep fit, dance and yoga 9:30am-12pm £20.
 - Thursday afternoon is drama group, they are rehearsing for a show £6 1:30-3:30pm.
 - Friday morning music group which is sensory with party dances etc., 10:30am-12pm, £11 per session.
 - Afternoon music club 1:30-3:30 upbeat music class. £11 per session
- Everyone asked to have their covid vaccination and wear a face covering unless exempt.
Refreshments provided
They own a mini bus so can do days out.

RAGS- Romford Autistic Group Support- a support group for children and their families diagnosed with autism or needing support through the diagnosis stage. <https://www.rags-havering.org.uk/>

Domestic abuse support-

MARAC- For those who disclose domestic abuse please complete a MARAC referral-

https://havering-self.achieveservice.com/service/No_RRC_MARAC_Referral?portal_prefillurl=https%3a%2f%2fmy.havering.gov.uk%2fFFPrepopulation.ashx%3fkey%3d408ffb6b-64a9-4539-905f-4fd7c3beb050d29b1baa-0cab-4ac5-bbcd-cc8399f7fdf8

The above link is to a risk assessment, if the case meets the threshold you will be asked to present your case to a panel of multiagency staff who will discuss methods to put in place to keep your patient safe.

Women's Aid Havering- Provides counselling, floating support, support groups etc. To contact please call 01708 728759 www.haveringwomensaid.co.uk

Housing/benefits advice-

The Peabody Trust- To contact please call 01708776770 or email HaveringFloatingSupport@peabody.org.uk

Peabody can also help patients to access food bank vouchers, form filling, accessing transport services such as dial a ride, taxi card and blue badge applications. They will visit the patient's home to complete this.

Havering Citizens Advice- Central Library First Floor, St Edwards Way, Romford RM1 3AR. 0300 330 2179.

Havering Housing Solutions- patients who are homeless or at risk of homelessness can refer themselves via the following link-

<https://www.havering.gov.uk/info/20001/housing/614/homelessness>

For patients who are digitally illiterate please complete a duty to refer form-

<https://www.havering.gov.uk/info/20001/housing/614/homelessness/3#:~:text=As%20part%20of%20the%20Homelessness,to%20which%20they%20are%20referred.>

For those who are street homeless please contact Street Link, you will need to provide a location of where the person is sleeping at night for them to find the person-

<https://www.havering.gov.uk/info/20001/housing/614/homelessness/4>

Immigration and homelessness- St Mungos provide support to those facing immigration issues who are homeless/facing homelessness- to refer please complete the following referral-

<https://docs.google.com/forms/d/e/1FAIpQLSfYfDoyYcxigXmSJnevID3tYgwpGr1wIYt5EWFDEj9giQKfUA/viewform>

subregionallinkworkers@mungos.org

RAMFEL- <http://www.ramfel.org.uk/>

Havering Environmental Health- For patients who are reporting issues of mould etc. in their home please contact Environmental Health- environmental.health@havering.gov.uk

Peabody Trust can also help patients to navigate the above issue, along with issues around antisocial behaviour in neighbours.

Activities-

ESOL classes- free ESOL classes at Rainham foodbank- info@rainham.foodbank.org.uk

Age UK- Age UK can help with community activities, falls prevention services, befriender services (face to face and over the phone), form filling and home help which includes cleaning, shopping and hairdressing (generally charge around £20 per hour). Age UK also have a list of recommended handyman services such as gardeners etc. Tel: 0208 220 6000

Telephone befriender services- This service is provided by the Havering Volunteers Service- Volunteering@haveringvc.org.uk

Activities at Havering Museum- They offer weekly activities and social clubs.

Havering Women's Guild- <https://www.the-tg.com/Guild/collier-row-afternoon/325.aspx>

University of the Third Age, Havering- <https://u3asites.org.uk/havering/home> Has a number of activities and events including Bridge, cards club, photography and more. Contact Jean Gerrish jeangerrish4@gmail.com for membership information.

- The knitting club at Rush Green Community Centre Association. Mondays 7-10pm. They also have a tea club on Thursdays 1-3pm, Ladies Club Tuesday 8-10pm and a Flower Arranging Club every 3rd Monday of the month 8-10pm. For more information call 0844 487 8779 on Wednesday & Thursday 10am until 6pm.
- Over 60s social club- The Spitfire club is a social club for the over 60's that meets at the Robert Beard Youth House in Hornchurch. Our cafe area has a selection of cakes, snacks and light lunches. We have two FREE pool tables, card tables and games tables for scrabble, chess, dominos etc. We have badminton, table tennis for the more sporty members and a comfy corner with the days papers for those who prefer things more relaxed. We also have FREE wi fi and a selection of music from the 1940's to 1960's. Age 60 plus social club. Teas and Light lunches. Pool tables. Games and Card tables. Morning papers. Music. Badminton. Table Tennis. Quizzes. First tea or coffee FREE. Open from Thursday 8th July 2021, every week from 12:30-14:30 at The Robert Beard Centre, 233 High Street, Hornchurch, RM11 3UX. Admission is £3. Contact Gill or Dave on 07544 233720 or dave@bsocialclubs.co.uk.
- Havering Indoor Bowls Club at Harrow Lodge Park, Hornchurch. As well as Bowls they also have cabaret nights and a snooker hall. For more information call 01708 475722 or 01708 454822.
- Upminster and Cranham Bridge Club, Cranham Community Centre Friday 7:30-10:30pm.
- Over 60s club. Cranham Community Centre Thursdays 1.00 pm to 3.00 pm.
- The Phoenix Club at St Edward the Confessor Church in Romford. Over 50s group who meet weekly on a Thursday from 1:30-3:30pm, it is a social group who play games like Bingo
- Friendship club in Havering ran by the salvation army. The friendship club is a pensioners club. They meet on a Thursday from 11am and have a concert in the afternoon. They have entertainers every Thursday. No booking necessary.
- Harold Wood Methodist Church Older Ladies Social Club Tuesday 13:45. Needs to be pre-booked 01708 342420.
- Romford Care Home Come Dine With US- monthly dinner club where transport is arranged. To book please call 01708 548 305.
- Tea break meeting, every Saturday 11:30am-1pm. North Romford Community Centre, Collier Row RM5 3QJ- 07951774158 or 07950624154 or 07939592035.

Help to find work-

Havering Works- They provide support with access employment advice, CV writing, interview support and confidence building- Havering.Works@havering.gov.uk

DWP Job Coaching Services- Please refer by contacting dalitso.sajiwandani-@dwp.gov.uk with the patient's details.

Drug and Alcohol support-

Aspire, Havering- <https://www.changegrowlive.org/aspire-havering>

01708 747 614

Email: havering.info@cgl.org.uk