

healthwatch
Wandsworth

Information and Signposting Service

Helping people identify the services and support they need.

Available via email, telephone or by post.

We also provide information and signposting during our outreaches.



What can we do?

We can:

- * **Signpost** people to the local health, social care or advocacy services they need – enabling each client to contact the services themselves.
- * Provide information about what people can do when things go wrong – this includes either signposting people to a local **complaints** advocacy service or providing basic guidance on how to complain.
- * **Refer** people to sources of information on the health and care services available in Wandsworth.



What can't we do?

We cannot:

- * Investigate a complaint, or make a complaint on a client's behalf
- * Take on individual case work
- * Give medical, legal or professional advice, or suggest the best options
- * Provide counselling or emotional support.
- * Provide advocacy
- * Contact services on a client's behalf – unless the client is vulnerable, or we are making a referral



Mental Health & Wellbeing

Where can you get help?



Wellbeing Hub

The Wandsworth Wellbeing Hub is a free and impartial NHS service which aims to help patients and the public to find organisations and services to support their health and wellbeing needs.

Navigate the Hub pages using the icons below. You can read a summary by hovering over an icon

HOW WE CAN HELP YOU

Our community navigators are here to help 020 8812 6700

Contact us

- care4me directory of services
- Adult care information service
- Family information service
- Lifestyle services
- Self-management courses
- Primary care psychological services
- Education services



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Education services

Experiencing stress, anxiety
and low mood...

What support is there?

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Self-management courses



Primary care psychological services



Education services



**Primary Care
Psychological
Services**

Recent

Primary Care Psychological Services

Please visit the [Talk Wandsworth service website](#) or call the team on 020 3513 6264 for further information or to self-refer.

Services Offered



Talk Wandsworth is a free and confidential service, available to people aged 18 years or over, which provides access to expert advice and techniques to help address problems with stress, anxiety, depression, or low mood.

We provide help for people who are experiencing a range of issues including panic attacks, bereavement, work and money worries, trouble sleeping, phobias, post-traumatic stress disorder, obsessive compulsive disorder, health anxieties, and much more,

Treatment offered within the service

We offer a variety of NICE recommended psychological treatments for people over the age of 18 who live in Wandsworth or are registered with a Wandsworth GP and are experiencing common mental health problems such as anxiety, depression, phobias, obsessions and traumatic stress.

Treatments include:

- Groups, seminars, wellbeing workshops and courses for depression, anxiety, low self-esteem, sleep problems, employment support stress and anger management
- Individual therapy with a clinician
- Integrative psychotherapy - Counselling provided by The Awareness Centre in GP practices and community settings.
- Online Cognitive Behavioural Therapy (CBT)* - both live, in real-time using written (typed) conversations and guided self-help where patients are given the course material to work through in their own time and are allocated a psychological wellbeing practitioner who will guide them through the programme and help with any questions.
- Self-help materials and books on prescription

We also signpost to other sources of help including employment support.



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care4me

your community directory



Select Language ▼

[Home](#) [Services-](#) [Volunteering-](#) [Help & Feedback](#) [Login](#)



Providing a local community service?

REGISTER

Care4me and your privacy

DETAILS



Providing a local community service?

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Care4me and your privacy

DETAILS



Advice, Information & Advocacy



Benefits and money



Care and support



Caring for someone



Community and getting involved



Counselling



Education, training & work



Health and wellbeing



Housing and care homes



Keeping safe and secure



Leisure and activities



Self-Help Groups



Travel and getting about



Volunteer Bank



Volunteer Opportunities

Select Category

Show only local services

Advice, Information & Advocacy

- Advocacy (82)
- Independent Living (339)
- Legal Advice (62)

Benefits and money

- Benefits advice (101)
- Managing someone else's money (15)
- Money and debt advice (64)

Care and support

- Care at home (64)
- Care support brokerage (23)
- Living independently at home (80)
- Support planning (50)

Caring for someone

- Breaks and respite from caring (78)
- Money and legal matters (42)
- Support for carers (170)

Community and getting involved

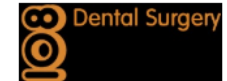
- Befriending (164)
- Cemeteries and Crematoriums (7)
- Community centres (214)
- Faith groups (191)
- Fundraising (20)
- Getting involved (206)
- Volunteering (195)
- Wandsworth Funders (15)

All Services

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44		

1737 Results

108 Dental Surgery



Dentist, Battersea

Here at the 108 Dental Surgery, we aim to provide good quality, affordable dentistry in an informal but efficient environment.

SW11 1SH

1A Orthodontics



Orthodontist, Earlsfield

At 1A Orthodontics, we provide a full range of orthodontic treatments. We offer private treatment for adults and children, as well as NHS treatment for eligible children with NO waiting lists.

SW18 3TG

1st Local Self Help Service



Self Help Wandsworth

Self Help Wandsworth is a new programme of support for self help groups in the borough, delivered by Lifetimes, the Council of Voluntary Service in Wandsworth.

SW18 4LA

50 Plus Restart

Older people's group

50 Plus Restart is a thriving group that offers advice, activities and support for older people. We meet every Monday from 12midday to 4.30pm. The

Select Category

Show only local services

SW17 9SH

1 mile

GO

Advice, information & Advocacy

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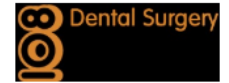
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3 miles

GO

Advice, Information & Advocacy

- Advocacy (22)
- Independant Living (106)
- Legal Advice (12)

Benefits and money

- Benefits advice (36)
- Managing someone else's money (8)
- Money and debt advice (25)

Care and support

- Care at home (35)
- Care support brokerage (13)
- Living independently at home (41)
- Support planning (26)

Caring for someone

- Breaks and respite from caring (48)
- Money and legal matters (20)
- Support for carers (80)

Community and getting involved

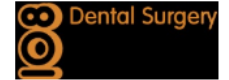
- Befriending (84)
- Cemeteries and Crematoriums (3)
- Community centres (145)
- Faith groups (134)
- Fundraising (6)
- Getting involved (110)
- Volunteering (83)
- Wandsworth Funders (8)

All Services within 3 miles of SW17 9SH

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

815 Results

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SW18 4LA

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no image

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50 Plus Restart is a thriving group that offers advice, activities and support for older people. We meet every Monday from 12midday to 4.30pm. The group is organised by volunteers and offers a range of activities and plans group outings as well. Men and woman of all background are welcome.

Counselling

- Counselling and talking therapies (71)
- Self-help groups (93)

Education, training & work

- Education and courses (107)
- Nurseries and childcare (46)
- Schools (22)
- Work and careers (40)

Health and wellbeing

- Addictions (29)
- Alternative Therapies (27)
- Doctors, dentists and other local services (120)
- Domestic violence (11)
- Hospitals (29)
- Keeping healthy (130)
- Loss and bereavement (5)
- Mental health (53)
- Pharmacists (51)
- Physiotherapy and rehabilitation (19)
- Self management courses (8)
- Sexual health and pregnancy (58)
- Specific health conditions (75)
- Visual or hearing impairment (17)

Housing and care homes

- Housing advice (26)
- Other housing issues (17)
- Repairs and adaptations (8)
- Residential and nursing homes (15)
- Sheltered, supported & extra care housing (2)
- Tenancy support and benefits (10)

Keeping safe and secure

- Domestic violence (17)

We provide a variety of services for people with learning disabilities designed to help improve confidence, social skills and living skills. Our services include Training Opportunities, Independent Living Support, Housing, Dance Workshops, DJ workshops, Outreach and Drama services.

SW17 8TA

Adult Dyslexia Support Group

no image

Merton & SW London Dyslexia Association

We provide a meeting place where adult dyslexics, 16 years upwards, can come and exchange ideas and experiences - both good and bad. Meetings are held every three months on the 2nd or 3rd Tuesday at 8pm at the Wimbledon Guild of Social Welfare. Meetings are FREE and open only to adult dyslexics.

SW19 4EF

Affordable Qi Gong Alternative Health Energy Exercise



Experienced-Insured instructor- CMA registered

Discover your natural healing energies through the art of Qi Gong. 4000 years to this day men and women, young and the elderly have been practicing a self-healing system known as Qi Gong. Qi Gong (pronounced Chi Kung) requires no strength, no effort and very little time. 4Free trial contact now.

SW18 4ED

African Caribbean Cancer Support Group



Paul's Cancer Support Centre

The group offers a safe environment in which to exchange experiences, meet others, and to develop a network of support and mutual aid. There will be opportunities to discuss living with cancer and its effects, and to share the changes that cancer has brought to people's lives.

SW11 3QA

Albany Trust



Counselling, Psychotherapy & Consultancy

Albany Trust Charity is a specialist counselling and psychotherapy service promoting sexuality and relationships. Originally the Trust was set up to help

Leisure and activities

- Activities and things to do (206)
- Adult and Community Learning (118)
- Arts and culture (68)
- Charity Shops (6)
- Day centres and social clubs (110)
- Libraries (29)
- Parks (11)
- Play schemes and activities (101)
- Sports and fitness (103)
- Theatre and performance (20)

Self-Help Groups

- Addictions (15)
- Cancer (13)
- Carers (36)
- Mental Health (39)
- Other (65)
- Self management courses (6)

Travel and getting about

- Getting out and about (50)
- Holidays (42)
- Shopping services (11)
- Transport help (21)
- Wheelchairs and walking supports (3)

SW17 7BE

Alcohol Fresh Start Clinic



Bridge Lane Group Practice

Bridge Lane Practice offers specialist services to support patients with alcohol problems. We provide services such as counselling, motivational interviewing, and planned home alcohol detoxification for patients with mild to moderate alcohol dependency. Contact us to arrange an initial consultation.

SW11 3AD

Alzheimer's Society Peer Support Tooting



for people with a dementia diagnosis

Joining a support group can help you feel more confident and less alone, and provides information about helpful services and how to access them. You will meet others dealing with similar issues and feelings.

CR4 4AA

Aquarius Ward

South West London and St George's 
Mental Health NHS Trust

Adolescent mental health centre

The adolescent resource centre provides an integrated age appropriate service for adolescents presenting in a mental health crisis. For young people aged 12-18

SW17 7DJ

Asian Cancer Support Group



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SW11 3QA

- Fundraising (6)
- Getting involved (110)
- Volunteering (83)
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Merton Dementia Hub
67 Whitford Gardens
London
CR4 4AA

0208 687 0922

[visit website](#)

wandsworth@alzheimers.org.uk

- Loss and bereavement
- Mental health
- Mental Health
- Care support brokerage
- Domestic violence
- Independent Living
- Support for carers
- Education and courses
- Self-help groups
- Activities and things to do
- Arts and culture
- Getting out and about
- Holidays
- Support planning
- Safeguarding adults from abuse
- Benefits advice
- Other housing issues
- Housing advice
- Doctors, dentists and other local services
- Keeping healthy
- Care at home
- Living independently at home
- Counselling and talking therapies

close



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moderate alcohol dependency. Contact us to arrange an initial

SW11 3AD



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South West London and St George's **NHS**
Mental Health NHS Trust

for adolescents presenting in a mental health crisis. For young people

SW17 7DJ



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SW11 3QA



Contact the Wandsworth Wellbeing Hub

- * Community Navigators
- * Wandsworth CCG offices will be moving
- * **Telephone number: 020 8812 6700**
- * **New telephone number: 020 3880 0366**
- * **<https://www.wandsworthccg.nhs.uk/hub>**

Any Questions?

How can people get in
contact with us?



People can contact us via...

Outreach and events

Email

information@healthwatchwandsworth.co.uk



Telephone

0208 516 7767

Letter

Healthwatch Wandsworth, Trident Business Centre, 3rd Floor, 89 Bickersteth Road, London SW17 9SH

Our 'Have Your Say' form on our website



Other organisations and Contacts

Wandsworth CCG Wellbeing Hub

- Helps people to find organisations and services to support their health and wellbeing needs.
- **020 8812 6700**

Talk Wandsworth

- Free confidential help for problems such as stress, worry and low mood
- **020 3513 6264**

VoiceAbility

- Advocacy to help support you to tell people what you want, and be involved in decisions about your care needs.
- **020 7924 7772**

Samaritans (INNER SOUTH WEST LONDON)

- Provides emotional support to anyone in distress.
- **116 123** (Free to call)



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Thank You