

# EMOTIONAL SUPPORT FOR ADULTS



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

There are a wide range of services available to help people who are in need of emotional support following the Grenfell Tower Fire. This leaflet includes information on some of the key services available to support all adults, without the need for a GP referral or to speak to the NHS. More information will be made available via our website over the coming weeks via [www.rbkc.gov.uk/localoffer](http://www.rbkc.gov.uk/localoffer).

## HESTIA

Hestia is a well established local service and has increased its universal and targeted offer by increasing outreach and intervention capacity to support to those who have been affected by the fire.

Hestia are offering drop in, psychological first aid, counselling and support groups which can be accessed by anyone in the community. This includes practical and emotional support, such as what parents can tell their children about fire safety and coming to terms with the tragedy, supporting local parents to be comfortable and confident in talking to their children about the fire.

This is provided via two community centres:

**Grove Resource Centre, 1-9 St Marks Road, W11 1RG**  
020 7221 0052

**Oremi Centre, Unit 3, Trellick Tower, W10 5PA**  
020 8964 0033

## THERAPEUTIC SUPPORT AT CLARE GARDENS

A therapeutic offer has been set up at Clare Gardens Children's Centre to provide physical therapy such as Reiki, Massage, and Reflexology to parents affected by the Fire. This includes a space for adults to have a snack, meditate or pray.

This space will have the support of a trained Clinical therapist to speak to, if attendees decide that this is what they want. To ensure parents are able to maximise the benefits of the therapies and the space, the Early Years Service are able to offer crèche places for children while parents attend these sessions.

**Clare Gardens Children's Centre, 349 Westbourne Park Rd, London W11 1EG**  
020 7727 2725

## MOTHER TONGUE COUNSELLING SERVICE

Free one-to-one counselling sessions in Arabic and Farsi languages for management of symptoms of psychological trauma and other common mental health difficulties.

**Muskaan Khurana, Community Development Worker**  
[mothertongue@wwmind.org.uk](mailto:mothertongue@wwmind.org.uk)  
020 7259 8120 / 07715 636626

# LATIMER COMMUNITY ART THERAPY TRUST

Art Therapy is a psychological therapy involving both verbal communication and communication through art and play. Art therapy can be an excellent way to address emotional issues that you may be dealing with. This is available at the following locations:

## **The Grove Centre, 1-9 St Marks Rd, London W11 1RG**

Thursdays and, from September, Fridays.

## **ACAVA Studios, 54 Blechynden St, London W10 6RJ**

Wednesdays from 10.30am-12.30pm and Thursdays from 2.30pm - 4.30pm

## **Dalgarno Trust, London W10 5LE**

Tuesdays 10.00am-3.00pm

## **Henry Dickens Centre, 104 St. Anns Rd, London W11 4BU**

Wednesdays from 2.00pm-3.00pm

For more information, you can contact Susan Rudnik at [s.rudnik@gold.ac.uk](mailto:s.rudnik@gold.ac.uk) or call 07932 054 834.

## COUNSELLING SUPPORT IN HOTELS

A drop-in offer of counselling support is being provided by Help Counselling and the local Clinical Practice Team (providing general support for adults) and Child Bereavement UK (support for people who have lost a child and children who have experienced loss) for families who are in temporary accommodation:

### **The Holiday Inn Earls Court, 295 North End Road, London, W14 9NS**

- Help Counselling:

Monday afternoons from 1.00pm-5.00pm

7 August, 14 August, 21 August and 28 August

- Child Bereavement UK:

Tuesday afternoons from 1.00pm-5.00pm

8 August, 15 August, 22 August, 29 August

### **The Radisson in Kensington, 68-86 Cromwell Rd, Kensington, London, SW7 5BT**

- Help Counselling:

Tuesday afternoons from 1.00pm-5.00pm

15 August, 22 August, 29 August

- Child Bereavement UK:

Monday afternoons from 1.00pm-5.00pm

7 August, 14 August, 21 August, 28 August

## THE LISTENING PLACE

The Listening Place offers face to face support for those who no longer think life is worth living and offers a warm and welcoming environment; somewhere that individuals can talk openly about their feelings, without being judged or being given advice. More information can be found at [www.listeningplace.org.uk](http://www.listeningplace.org.uk) or by calling 020 3906 7676.

## AL-HASANIYA MOROCCAN WOMEN'S CENTRE

Al-Hasaniya Moroccan Women's Centre is providing support the survivors and their families as well as those affected within the community with both emotional, practical and psychological support.

**Al-Hasaniya Moroccan Women's Centre,  
Bays 4 & 5, Trellick Tower, Golborne Road, London W10 5PL**

Nadia Elbhiri

0208 969 2292

[contact@al-hasaniya.org.uk](mailto:contact@al-hasaniya.org.uk)

## MIDAYE SOMALI DEVELOPMENT NETWORK

Midaye Somali Development Network are currently offering practical and emotional support to families and the community members affected. This is an outreach service which operates on the ground and in partnership with support centres by linking the affected members of the community to access mainstream services as well as other available support services.

**Midaye Somali Development Network  
Unit 6, 7 Thorpe Close, London W10 5XL**

Filsan Ali

0208 969 7456

[filsan@midaye.org.uk](mailto:filsan@midaye.org.uk)

## TIME TO TALK AT THE VENTURE CENTRE

Take Time to Talk is a free and confidential NHS service for people aged 18 and over. They provide a range of psychological therapies and support to help people who are anxious, depressed, stressed or worried. The service is holding weekly sessions at the Venture Centre every Thursday from 10am-12pm, there is no need for an appointment just turn up. This is not structured counselling but it is a supported conversation from a member of the NHS IAPT team.

**Venture Centre, 103A Wornington Rd, London W10 5YB**

[www.take-time-to-talk.com](http://www.take-time-to-talk.com)

020 8206 8700.

## AL MANAAR MUSLIM CULTURAL HERITAGE CENTRE

Al Manaar Muslim Cultural Heritage Centre is providing relief and support to meet the needs of all families and victims of the fire, regardless of their faith. This includes provision of therapists, translation and counselling. The centre is open from 10am-10pm.

Nasim Khanom is providing therapeutic counselling at the centre from 9am-5pm three days per week. Please contact the centre directly for details and to book an appointment.

**Al Manaar, the Muslim Cultural Heritage Centre**

244 Acklam Road

London W10 5YG

020 8964 1496

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

## FULL OF LIFE

Full of Life, are coordinating counselling to support parents with disabled children over the summer period. There are also going to be therapeutic group sessions at delivered at Full of Life in partnership with the Tavistock and Portman Trauma Unit on the following dates:

19 September at 11.30am, 4 October at 11.30am, 8 November at 11.30am,  
22 November at 11.30am, 6 December at 11:30am

### Full of Life

Sue Redmond

020 8962 9994

[www.fulloflifekc.com](http://www.fulloflifekc.com)

[info@fulloflifekc.com](mailto:info@fulloflifekc.com)

## OPEN AGE

Open Age undertake outreach and connect with older people over 50 who have been affected by the Grenfell tragedy and provide them with support to access a range of services, so that they get physical and mental respite from the stress, emotion and practical problems they'll be experiencing, as well as access other support from other organisations.

### Open Age

**St. Charles Centre For Health & Wellbeing, Exmoor Street. London W10 6DZ**

Helen Leech [hleeche@openage.org.uk](mailto:hleeche@openage.org.uk)

## ONLINE SERVICES

### MIND

MIND has an online directory of services also host the Elefriends online forum - Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others. The service is available via: [www.elefriends.org.uk](http://www.elefriends.org.uk).

## TELEPHONE SERVICES

### The Samaritans

Samaritans offers emotional support round the clock. Anyone can contact Samaritans in confidence at any time for free from any phone on **116 123** (even if you don't have credit on your mobile). This number will not show up on your phone bill. Or you can text **07725 90 90 90** or email [jo@samaritans.org](mailto:jo@samaritans.org) or go to [www.samaritans.org](http://www.samaritans.org) to find your nearest branch where you can talk to someone face to face.

## IF YOU THINK YOU NEED MORE SUPPORT...

### NHS: Single Point of Access (SPA)

If you think you or someone else you know is in need of more support than can be provided by the services listed above, you can call the dedicated NHS response service number where your needs will be assessed and appropriate mental health support services as well as information and advice will be provided. This is available 24 hours a day. Please let the operator know you are calling as a result of the fire at Grenfell Tower. The number to call is **0800 0234 650** or email [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net).

*If you require this information to be translated, please contact Labibun Nessa-O'Sullivan at [labibun.nessa-o'sullivan@bkc.gov.uk](mailto:labibun.nessa-o'sullivan@bkc.gov.uk)*