

South East London

Signposting manual

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National Signposting

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

South East London

Capital Growth

capitalgrowth@sustainweb.org

We support people to grow food in London, whether at home, on allotments or as part of a community group.

Mind

020 8519 2122

supporterrelations@mind.org.uk

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

OurParks

<https://www.ourparks.org.uk/>

Our Parks is a brand new initiative bringing FREE, group exercise classes, led by experienced, fully qualified and insured instructors, to parks near you in partnership with Councils / Local Authorities.

GoodGym

<https://www.goodgym.org/about>

GoodGym helps you get fit by doing good. We're a group of runners that combines regular exercise with helping our communities.

GLL Leisure

020 8317 5000

<https://www.better.org.uk/leisure-centre/activities/healthwise>

Exercise referral, weight management, walking groups, over 50s classes.

StopSmokingLondon

0300 123 1044

<https://stopsmokinglondon.com/>

There's lots of support available to give you the help you need to give up cigarettes. You are more likely to stop smoking for good with the right support.

Our Parks

0800 111 4464

<https://ourparks.org.uk/>

We aim to ensure that easy access to exercise is available to you and your local community and Our Parks utilises a bespoke technology to enable residents to book and register on classes and communicate with other park users to provide a fitter and socially active community.

The Free Mindfulness Project

<http://www.freemindfulness.org/>

The Free Mindfulness Project has been created to develop a collection of free to download mindfulness-based exercises in a centralized location. The spirit of this project is one of openness and compassion, encouraging the sharing of resources with the wider community.

56 Dean Street

020 3315 5656

<https://dean.st/>

We are an expert sexual health clinic in London who focus on the needs of the LGBTQI+ community. We're not here to tell you what to do. We want to empower people to manage their own (sex) lives and wellbeing.

Sexual Health London

<https://www.shl.uk/>

Sexual Health London is London's new sexual health e-service that provides free and easy access to sexual health testing via the internet and local venues.

The Albert Kennedy Trust

020 7831 6562

<https://www.akt.org.uk/>

We support young people into safe homes and employment, education or training, in a welcoming and open environment that celebrates LGBTQ+ identities.

Switchboard LGBT+ Helpline

0300 330 0630

<https://switchboard.lgbt/>

We provide support and information to millions of people in our community.

Terrence Higgins Trust

0808 802 1221

<https://www.tht.org.uk/>

We support people living with HIV and amplify their voices, and help the people using our services to achieve good sexual health.

HumanKind

<https://humankindcharity.org.uk/>

We are committed to reducing deprivation and exclusion and to improving people's wellbeing.

South London Carers

<https://southlondoncares.org.uk/home>

0207 118 0404

We are a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city.

South-east London healthy weight programme

020 7188 2010

<https://www.guysandstthomas.nhs.uk/our-services/nutrition-and-dietetics/south-east-London-healthy-weight-programme-new.aspx>

The south-east London healthy weight programme is an adult weight management service for complex needs associated with severe obesity.

Bromley

Mytime Active Exercise Referral Hub

Patients need to gain referral from GP

12 week exercise programme for patients whose medical condition would benefit from increasing activity, including walking, cycling or the gym.

Age 18+ & with any of the following:

- Arthritis, BMI ≥ 30 (S.Asian ≥ 28), Cancer, COPD, CVA/TIA, Diabetes Type 1, Diabetes Type 2, Hypertension, Mental Health Disorder, Multiple Sclerosis, Osteoporosis, Atrial Fibrillation, Parkinson's Disease, Pre-Diabetes, $\geq 10\%$ CVD risk

Walking for Health

07800578095

[facebook.com/walkingforhealthinbromley](https://www.facebook.com/walkingforhealthinbromley)

Regular weekly walks, of varied times & distances led by a trained volunteer leader.

Bromley Ramblers

0208 7772361

<https://www.ramblers.org.uk/go-walking/group-finder/areas/kent/groups/bromley.aspx>

We're an association of people and groups who come together to both enjoy walking and other outdoor pursuits and also to ensure that we protect and expand the infrastructure and places people go walking.

Cycling

020 8313 4546

road.safety@bromley.gov.uk

<https://www.bromley.gov.uk>

Bromley Local Authority Road Safety Education team. Free Levels 1, 2 & 3

Bikeability training to help equip those living & working in Bromley with the skills & confidence they need to cycle safely.

Outdoor Gym

Free outdoor gym equipment in two locations in Bromley:

- Betts Park (Anerley)
- Farnborough Recreation Ground (Locksbottom)

Healthwatch Bromley

02038860752

info@healthwatchbromley.co.uk

Provide diabetes/pre-diabetes support groups

Talk Together Bromley

0300 003 3000

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

We offer a range of free and confidential talking therapies and support for adults over the age of 18 in the borough of Bromley, who are registered with a Bromley GP.

Sexual Health Bromley

0300 330 5777

<https://sexualhealthbromley.co.uk/>

We are a community-based early intervention service focused on improving sexual health within Bromley. We target high risk groups and vulnerable individuals to ensure they receive the best care and advice possible.

Drug and Alcohol Services-Bromley

020 8289 1999

<https://www.changegrowlive.org/bromley-drug-alcohol-service>

Bromley Mencap

020 8466 0790

<https://www.bromleymencap.org.uk/>

We provide provision of services, support and information to people with disabilities, their families, dependants and carers leading to independent living opportunities and improved life chances.

Bromley Welfare Fund

0208 464 3333

https://www.bromley.gov.uk/info/200008/benefits/1024/bromley_welfare_fund

This is a scheme is to help Bromley residents on low incomes to:

- Establish in the community following a stay in temporary accommodation provided by Bromley Council
- Establish in the community following a stay in hospital or similar settings
- Maintain a home in the community
- Settle in to accommodation when they are discharged from the council's homeless duty

Bromley Well

0808 278 7898

<https://www.bromleywell.org.uk/our-services/adults-with-long-term-conditio/>

We help people aged 18+, living with health conditions such as arthritis, fibromyalgia, chronic pain, irritable bowel disease, high blood pressure, diabetes, heart disease, COPD (Chronic Obstructive Pulmonary Disease) and many more. We provide free, practical lifestyle support to help you look after your physical and emotional wellbeing.

Bexley

Bexley Health Walks

020 3045 5902

helen.sadique@bexley.gov.uk

The Bexley area has a health walk running on throughout the week. All our walks are led by qualified and friendly walk leaders, and there is normally a drink and chat either during or at the end of each walk. Please note that only registered assistance dogs are allowed on our walks; smoking is not allowed on any of our walks.

Nordic Walking

<https://www.facebook.com/nordicwalkinginbexley/>

Healthwatch Bexley

0208 304 9344

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

Provide diabetes/pre-diabetes support groups

Bexley Sexual Health

020 8305 5002

<https://www.bexleysexualhealth.org/#>

We provide Bexley residents advice on how to avoid contracting Sexually Transmitted Infections (STIs) and how to access free testing for STIs, the Chlamydia screening programme, advice on contraception, free condom services, advice on how to avoid unintended or unwanted pregnancies and how to find the nearest confidential Sexual Health Clinic.

Bexley Drug and Alcohol Services

020 8303 7777

<https://careservices.bexley.gov.uk/Services/1517/Bexley-Drug-and-Alco>

Drug and alcohol services for Bexley residents aged 18 and over, or their carers, relatives or friends.

Drug and Alcohol Service (Bexley)

01322 357940

<http://oxleas.nhs.uk/services/service/drug-and-alcohol-service-bexle/>

The Drug and Alcohol Service (Bexley) is part of the Addictions Division and is based at Erith Health Centre. They provide assessment, treatment and advice for people, aged over 18, who have substance misuse (drug and/or alcohol) related problems. The Drug and Alcohol Service (Bexley) care for people who live in the London Borough of Bexley who are referred through the Drug Intervention Programme (DIP) and the courts on Drug Rehabilitation Requirement (DRR) orders.

SmokeFree Bexley

0800 783 2514

<http://www.smokefreebexley.co.uk/home>

Bexley Stop Smoking Service is available to anyone who wants to stop smoking and who has a Bexley GP. We offer FREE, friendly and effective practical support as well as advice on stop smoking medications that are proven to double your chance of successfully quitting.

Inspire Community Trust

020 3045 5100

<https://inspirecommunitytrust.org/>

Learning Disability Team

020 8269 3300

<http://oxleas.nhs.uk/services/service/learning-disability-team-bexle/referral/?p=/gps-referrers/learning-disability-services/bexley-learning-disability-ser/>

The team provides specialist community health services to people over the age of 18 with learning disabilities living in Bexley. Psychologists, community nurses, occupational therapists, physiotherapists, speech and language therapists, transition team and the consultant psychiatrist are all based here. The team is available Monday to Friday 9am to 5pm.

Bexley Voice

07512 409 936

<https://www.bexleyvoice.org.uk/>

We are a group of voluntary parents and carers of children and young people with disabilities, special or additional needs, who live in Bexley, Kent. The ages of the children and young people we represent are between 0-25.

Mind Bexley

0208 303 8932

<https://mindinbexley.org.uk/long-term-conditions>

Greenwich

Greenwich Co-operative Development Agency (GCDA)

020 8269 4880

<https://gcda.coop/>

GCDA deliver free cookery clubs and manage 5 community gardening sites in Greenwich. Free to all Greenwich residents.

Charlton Athletic Community Trust (CACT)

020 8850 2866

<https://cact.org.uk/>

CACT empowers communities and changes lives by improving health, education and employment and reducing crime.

Live Well Greenwich

0800 470 4831

<https://livewellgreenwich.org.uk/>

The Live Well Greenwich line is a FREE helpline staffed by local, trained health and wellbeing advisors for signposting and support to live well. All sorts of things in life affect our health and wellbeing. Live Well Greenwich is a partnership approach, led by Royal Greenwich Public Health and Wellbeing, to support local residents to live healthier, happier lives for longer.

Greenwich Community Directory

An online resource offering local residents access to information on health, wellbeing, social care and advice services in the Royal Borough of Greenwich. For more information, visit www.greenwichcommunitydirectory.org.uk

Greenwich Healthy Living – Stop Smoking Support

0800 470 4831 / Text 'QUIT' to 60060

support@greenwichstopsmoking.org.uk

<http://www.greenwichstopsmoking.org.uk/>

Greenwich Time to Talk

020 3260 1100

<http://oxleas.nhs.uk/services/service/greenwich-time-to-talk/>

Greenwich Time to Talk offers free psychological treatment as recommended by the National Institute for Health and Clinical Excellence (NICE) guidelines for anxiety and depression. This is mainly cognitive behaviour therapy (CBT) and counselling. We can help you learn ways to help yourself so that you feel more able to cope with your problems. We offer support for people over 16 who are either registered with a Greenwich GP or live in the Greenwich Borough.

Greenwich Sexual Health

0208 305 5005

<https://www.greenwichsexualhealth.org/>

We offer a wealth of advice to Greenwich residents on all matters relating to sexual health.

WDP

0300 303 4552

<https://www.wdp.org.uk/find-us/london/greenwich>

We provide help for drug and alcohol problems, offering thousands of people the support that they need to lead fulfilling lives, free from dependency.

Disability Support Greenwich

020 8921 2304

https://www.royalgreenwich.gov.uk/info/200276/people_with_disabilities

Greenwich Association of Disabled People

020 8305 2221

<https://metrocharity.org.uk/community/metro-gad>

We provide advice and information, advocacy and volunteering opportunities for disabled people who live, work or study in the Royal Borough of Greenwich. We're a user-led organisation of disabled people in London.

Benefit and Financial help

https://www.royalgreenwich.gov.uk/info/200244/benefits_and_financial_help

Plumstead Community Law Centre

020 8853 9993

<http://www.pclc.org.uk/>

We provide free and independent legal advice to those who live, work or study in the Royal Borough of Greenwich.

Advocacy now

020 8269 0298

<https://advocacynow.org.uk/>

We work with all adults from 18 upwards who feel that they need support to make their voice heard in decisions affecting their lives.

Healthwatch Greenwich

020 8301 8340

<https://healthwatchgreenwich.co.uk/>

Provide diabetes/pre-diabetes support groups

Lambeth

Guy's and St Thomas' NHS Trust

0800 856 3409 or 0203 049 5186

stopsmoking@gstt.nhs.uk

<http://www.guysandstthomas.nhs.uk/our-services/stop-smoking-service/overview.aspx>

Healthwatch Lambeth

02072748522

info@healthwatchlambeth.org.uk

Provide diabetes/pre-diabetes support groups

Lambeth GP Food Co-op

gpfoodcoop@gmail.com

<http://lambeth.gpfoodcoop.org.uk/>

They build food growing gardens in NHS surgeries and patients participate in weekly food growing groups.

SLaM: Improving Access to Psychological Therapies

0203 228 6747 / <https://slam-iapt.nhs.uk/lambeth/welcome-to-lambeth-talking-therapies-service/>

They offer talking therapies for people experiencing mild to moderate depression, general anxiety and worry, panic attacks, social anxiety, traumatic memories and obsessive compulsive disorder. They also offer help with other problems including anger, eating, and relationship or sexual difficulties.

South London Cares

tess.young@southlondoncares.org.uk / hannah.davies@southlondoncares.org.uk

<https://southlondoncares.org.uk/about-us>

South London Cares is a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city.

Good Gym

0203 432 3920

<https://www.goodgym.org/areas/lambeth>

GoodGym helps you get fit by doing good. We are a group of runners that combines regular exercise with helping communities.

Mind Lambeth

020 8159 8355

<https://www.lambethandsouthwarkmind.org.uk/>

Sexual Health – KCH

020 3299 5000

<https://www.kch.nhs.uk/service/a-z/sexual-health>

CliniQ

07545 143797

<https://cliniq.org.uk/>

We offer a holistic sexual health, mental health and wellbeing service for all trans people, partners and friends.

Streatham Hill sexual and reproductive health clinic

020 7188 7188

<https://www.guysandstthomas.nhs.uk/our-services/sexual-health/clinics/streatham-hill/overview.aspx>

We provide comprehensive sexual health screening for sexually transmitted infections and all methods of contraception.

Drugs and Alcohol Treatment in Lambeth

0207 095 1980

<http://www.lambeth-drug-alcohol.co.uk/home/>

Disability Advice Service Lambeth (Dasl)

020 7738 5656

<https://disabilitylambeth.org.uk/>

Dasl provides peer led services with and for disabled people.

Benefits and Financial support

034 5302 2312

<https://beta.lambeth.gov.uk/benefits-financial-support>

Lambeth Early Intervention and Prevention Service (LEIPS)

020 3049 5242

<https://www.guysandstthomas.nhs.uk/our-services/leips/overview.aspx>

LEIPS is a weight management service which provides weight management intervention in order to achieve and maintain a healthy weight. It aims to improve the quality of life for adults aged 18 years and over who are registered with a Lambeth GP.

Lambeth GP food co-op

gpfoodcoop@gmail.com

<http://lambeth.gpfoodcoop.org.uk/>

GP garden communities provide a space and a reason for people to socialise, learn and grow food together.

Urban Health

020 7089 4550

<https://urbanhealth.org.uk/our-work/urban-health>

We take a place-based approach to tackling urban health issues. Partnering with individuals, groups and organisations, we learn what works to improve health in inner cities, and share lessons with others across the world.

Lewisham

Healthwatch Lewisham

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

Provide diabetes/pre-diabetes support groups

Greenwich Co-operative Development Agency (GCDA)

020 8269 4880

<https://gcda.coop/>

GCDA deliver free cookery clubs, health walks and manage 5 community gardening sites in Greenwich. Free to all Lewisham residents.

SLaM: Improving Access to Psychological Therapies

0203 228 1350 / slm-tr.IAPTLewisham@nhs.net / [https://slam-](https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/)

[iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/](https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/)

They offer talking therapies for people experiencing mild to moderate depression, general anxiety and worry, panic attacks, social anxiety, traumatic memories and obsessive compulsive disorder. They also offer help with other problems including anger, eating, and relationship or sexual difficulties.

Smokefree Lewisham

0800 082 0388 or Text 0752 267 9249

quit@smokefreelewisham.co.uk

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

1 Life – Downham Health & Leisure Centre

02084619200

<https://www.1life.co.uk/downham>

Discounted membership and free/cheap exercise classes in public spaces and centres

Food Cycle

Lewisham Irish Community Centre, 2A Davenport Road,
London, SE6 2AZ, Saturdays, 1.15pm

lewisham@foodcycle.org.uk

<https://www.foodcycle.org.uk/location/lewisham/>

Accessibility:

Fully accessible

FoodCycle Lewisham opened in 2016 and we want to serve as many people who are in need of a community meal as possible.

Every Saturday we serve a three-course meal lunch made from surplus food. Our meals are cooked and served in the London Irish Community Centre, in partnership with Rushey Green Timebank. Join us!

HIV services at University Hospital Lewisham

020 3192 6752

<https://www.lewishamandgreenwich.nhs.uk/hiv-services-in-lewisham>

The Alexis Clinic is University Hospital Lewisham's centre for treating outpatients and inpatients with HIV in a confidential, comprehensive and patient-centred manner.

New Direction Drug and Alcohol Recovery Service

020 8314 5566

<https://www.changegrowlive.org/new-direction-lewisham/info>

Lewisham Disability Coalition

0208 697 0100

<http://ldcadvice.co.uk/>

Lewisham Disability Coalition works to promote equality for disabled people and to provide services that support Independent Living.

Southwark

Bags of Taste

<http://www.bagsoftaste.org/>

Cooking classes and education on eating well for less for those who struggle with food costs. All recipes are sourced from around the world and aimed to only cost £1 per person. Ingredients are then made available to buy at the end of the class for £3 (includes enough to cook 4 meals).

Guy's and St Thomas' NHS Trust

0800 856 3409 or 0203 049 5186

stopsmoking@gstt.nhs.uk

<http://www.guysandstthomas.nhs.uk/our-services/stop-smoking-service/overview.aspx>

Healthwatch Southwark

0207 358 7005 / info@healthwatchsouthwark.co.uk

Provide diabetes/pre-diabetes support groups

Mobile Gardeners

richard@mobilegardeners.org

<http://www.mobilegardeners.org/>

The Mobile Gardeners are a network of community gardeners and community growing spaces based at the Elephant and Castle since 2011.

South London Cares

tess.young@southlondoncares.org.uk / hannah.davies@southlondoncares.org.uk

<https://southlondoncares.org.uk/about-us>

South London Cares is a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city.

SLaM: Improving Access to Psychological Therapies

0203 228 2194 / <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/>

They offer talking therapies for people experiencing mild to moderate depression, general anxiety and worry, panic attacks, social anxiety, traumatic memories and obsessive compulsive disorder. They also offer help with other problems including anger, eating, and relationship or sexual difficulties.

Food cycle

All Saints Church Hall, Blenheim Grove, Peckham, London, SE15 4QS

Wednesdays 4.30 pm & Saturdays 5:30 pm

peckham@foodcycle.org.uk

<https://www.foodcycle.org.uk/location/peckham-hub/>

Wheelchair accessible

FoodCycle Peckham serves at All Saints Church, just off bustling Rye Lane. Peckham is an exciting place to be based and the project has been initiated in response to local issues of food waste, a desire to build community by providing a welcoming space for people to come and eat together and as a help to people struggling with food poverty.

We serve a free and tasty three course meals every Wednesday from 4.30 pm to 6pm and Saturday 5.30 to 7pm.

Southwark Food Action Alliance

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

We are a collective of charities, businesses, Food start-ups, community partners, residents, Growers, and public sector workers uniting together to help increase food security and food equality for Southwark residents.

Silver Fit

07450 611 155

<https://www.silverfit.org.uk/contact/>

Walking for Health

<https://www.walkingforhealth.org.uk/walkfinder/london/fusion-health-walks-southwark>

Walks are open to all, last no longer than one hour, shorter distance options are available for beginners and those with long term health conditions.

Free swim and gym

020 7525 2000

<https://www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym>

Southwark residents can use swimming and gym facilities for free in all of the council leisure centres. Free access is available at the following times:

- all day Fridays (check with your local leisure centre for any exceptions)
- Saturday and Sunday (from 2pm to closing)
- adults aged over 60yrs can take part in any Silver sessions free throughout the week
- disabled residents can use every leisure centre free 7 days a week

Mind Southwark

020 8159 8355

<https://www.lambethandsouthwarkmind.org.uk/>

Burrell Street Sexual Health Centre

020 7188 6666

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

Drug and Alcohol Services Southwark

0203 404 7699

<https://www.changegrowlive.org/drug-alcohol-service-southwark>

The Bridge

020 7089 6250

<https://www.thebridge-uk.org/>

SDA Independent Living

020 7358 7744

<https://www.sdail.org/>

Southwark Disablement Association (SDA) is a Deaf and Disabled People's user led organisation providing Independent Living Support to Disabled Adults primarily with physical, neurological or sensory impairments living in Southwark.

Step Change

0800 138 1111

<https://www.stepchange.org/>

We offer free debt advice that is based on a comprehensive assessment of your situation. We'll then provide practical help and support for however long it's needed.

Bags of taste

<https://www.bagsoftaste.org/>

We specialise in dietary change for people in poverty, helping them to achieve an improved and healthier diet on a low budget. Many of our participants are vulnerable adults, or people struggling with a number of challenges in their lives. Many may be suffering from mental health issues, physical or mental disability, unemployment, insecure housing, debt, addiction or other issues.