



Health, social and community care Independent free information service
for people living, working or studying in the London Borough of Merton

Merton Civic Centre, London Road,
Morden SM4 5DX
Telephone: 020 8545 4710
Textphone: 020 8545 4356
E-Mail: info@care-connect.info

Advocacy and Counselling Organisations (and Support Groups)

***Advocacy Partners Speaking Up**

McMillan House, 54 Cheam Common Road, Worcester Park, Surrey KT4 8RH

Telephone: 020 8330 6644

Website: www.advocacypartners.org.uk

Email: info@advocacypartners.org

Advocacy services for older people as well as people with disabilities. Covers Merton.

***African Educational Cultural Health Organisation (AECHO)**

43 Palestine Grove, London SW19 2QN

Telephone 020 8648 5405

E-mail info@aecho.org.uk

Offer counselling as part of their mission to assist newly settled and emerging Black, Asian and minority ethnic communities integrate positively into British society working towards multi-cultural communities that are built on mutual trust and respect.

***Asian Elderly Group of Merton (AEGM)**

28 St George's Road, Wimbledon, London SW19 4DP

Telephone: 020 8944 9545 or 020 8947 5655

Cross cultural counselling service.

***Breaking Free**

Suite 23 – 25 Marshall House, 124 Middleton Road, Morden SM4 6RW

Telephone: 0845 108 0055 Helpline

Website: www.breakingfree4survivors.co.uk

- To support women survivors of child sexual abuse by providing a safe, confidential, supportive, understanding and non-judgmental environment.
- They provide a telephone help line, face to face support sessions, group meetings and support by letter.

***Carers Support Merton**

The Vestry Hall, London Road, Mitcham CR4 3UD

Telephone number: 020 8646 7515

Website: www.csmerton.org

Workers can help carers deal with complicated issues with other agencies such as dealing with social workers, schools, hospitals, housing and benefit claim appeals.

***Community Drug Service for South London**

20 Woodcote Road, Wallington SM6 0NN

Telephone: 020 8773 9393 or 020 8773 7865

Counselling and support services and face to face sessions for people who use drugs and their families.

***Cruse Bereavement Care**

Cruse House, 126 Sheen Road, RICHMOND, Surrey TW9 1UR.

Telephone: 0870 167 1677

E-mail info@crusebereavementcare.org.uk

Bereavement support – emotional and practical help

***Elm Therapists (The)**

Email: info@elm-therapists.co.uk

Website: www.elm-therapists.co.uk

For counselling in Central London: 66 Cambridge Street, London, SW1 4QQ - Tel: 0207 828 6661, Email: teresa@elm-therapists.co.uk

For counselling in South West London-Barnes: 18 Westfields Avenue, Barnes, London, SW13 0AU - Tel: 0208 878 3236, Email: linda@elm-therapists.co.uk

For counselling in South West London-Wandsworth: Vitality Centre, 155 Merton Road, Wandsworth, London SW18 5EQ - Tel: 0208 878 3236, Email: linda@elm-therapists.co.uk

For counselling in West London: Hammersmith: Mall Road, Hammersmith, London W6 - Telephone: 0208 741 5183, Email: elayne@elm-therapists.co.uk. Easily accessible from surrounding areas: Chiswick, Shepherds Bush, Kensington, Olympia, Fulham, Putney.

Offer psychotherapy and counselling for individuals, couples and families. Also, for people who require help with: stress, depression, anxiety, lack of confidence, difficulties or breakdown of relationships, drink problems, eating disorders, sexual difficulties, difficulties at work, bereavement, adolescent problems, working with divorce or separation, the effects on children of parental separation, child management, step-parenting, or just a general sense that things are "not right".

***EQUINOX Merton Counselling Service**

4 Greenford Road, Sutton, Surrey, SM1 1JY
Telephone: 020 8770 0014
Website: www.equinoxcare.org.uk

As of April 2008, clients are seen in Sutton, but there are sessions available in Merton (at the Vestry Hall, Mitcham and GP satellite services). Provides counselling for alcohol related issues for: drinkers, partners of drinkers, couples, relatives of drinkers, friends of drinkers.

***Good Companions Befriending Scheme (The)**

Alzheimer's Society SW London Branch, 241 Garratt Lane, London SW18 4DU
Tel: 020 8877 0033 Fax: 020 8874 7254
E-mail swlondon@alzheimers.org.uk

Visiting and befriending scheme for people living with dementia and their carers. Offers one-to-one long-term visiting by trained volunteers at home or in residential/nursing care. Volunteers offer 1-3 hours a week, and receive ongoing training, support and supervision.

***Jigsaw4u**

40 Mill Green Road, Mitcham CR4 4HY
Telephone: 020 8687 1384
Website: www.jigsaw4U.org.uk

Provides Grief Support for vulnerable children and young people (and their parents) who have suffered a significant bereavement, such as the death of a parent or sibling.

***Kaleidoscope Project**

40-46 Cromwell Road, Kingston-Upon-Thames KT2 6RN
Telephone: 020 8287 1177 or 020 8549 2681
Website: www.kaleidoscopeproject.org.uk

Offers a counselling and support service which specialises in alcohol and substance misuse. People who are affected by a partner or family member's drinking can also get support from them; they will provide advice and support to those who are finding it hard to cope with someone else's drinking.

***Macmillan Butterfly Centre (The)**

First Floor, Bradbury Wing, Epsom General Hospital, Dorking Road, Epsom KT18 7EG
Telephone: 01372 735 456 or 01372 735461
Website: www.epsom-sthelier.nhs.uk

Provides services for anyone affected by cancer - counselling, information and complementary therapies.

***Marriage Care – Wimbledon Centre**

Guild House, 30 Worple Rd, Wimbledon, London SW19 4EF
Telephone: 0800 389 3801

Offers marriage and relationship counselling services.

***Merton Drug Interventions Programme**

Wimbledon Magistrates' Court,
Alexandra Road, London SW19
Telephone: 020 8274 5710
Website: www.cri.org.uk

Offers 1-to-1 Counselling, Group Work, Relapse Prevention and Peer Support to current and ex- drug users who have had some involvement with the Criminal Justice System which is a result of their drug use.

***Merton Mencap**

Wilson Hospital, Cranmer Road, Mitcham CR4 4TP
Telephone: 020 8646 0965
Email: info@swlondonmencap.nhs.uk

Merton Mencap offers support and advocacy to people with learning disabilities and their families.

***Merton Mind**

Vestry Hall, London Road, Mitcham CR4 3UD
Telephone: 020 8685 0791

For elderly people with long term mental health problems, dementia and their carers. Day care is offered at the Cumberland Day centre for 6 days a week for older people with dementia and their carers. Individual counselling and group work is available for carers. Disabled people counselling scheme - Referrals from Russell Road Phone: 020 8645 4490 or David on 0208 648 6565

***Merton Mental Health Users Forum (MMHUF)**

C/o Merton Mind Fairgreen Centre
187 London Road, Mitcham CR4 2 JB
Telephone: 020 8674 9480 24 hr ans phone or 0207247 1414 (day)
Email: maikel@safh.org.uk

Support and advocacy service for complaints re other services etc. Run the mental health carers support group every third Wednesday of each month – phone 020 8543 0347 for more information

***Merton and Sutton Mediation**

Athena House, 2nd Floor, 86-88 London Road, Morden, SM4 5AZ
Telephone: 0208 545 3499

Promote a professional service in Merton and Sutton, provide mediation in cases received from referrers and supervise the mediators worked with.

***Merton Women's Drop-In**

C/O Merton Mind, Vestry Hall, London Road, Mitcham CR4 3UD
Telephone: 020 8542 2334

Offers advice and information for women who have or are at risk of having mental health problems and an opportunity to meet other women for support & company. Referrals are not necessary. There is an open door policy.

***Morden Pastoral Counselling Centre**

St Lawrence Church, London Road, Morden SM4 5QT
Telephone: 020 8646 0192 (24 hours)

Email: mordencounselling@yahoo.co.uk Website: www.mpccentre.org.uk

Counselling for people suffering from difficulties in their relationships or life situation, depression or other mental health concerns.

***Mort Smith, Counsellor (UKRC registered, BACP accredited)**

1a Crown Road, Morden SM4 5DD
Telephone: 020 8543 1818 / 07973 468124
Email: mort@mort-smith-counselling.co.uk

Provides counselling for individuals and couples undergoing a difficult period in their lives: anxiety, depression, bereavement or marital/relationship breakdown. Charges are applicable. Work carried out to the British Association for Counselling codes of ethics and practice.

***Mushkil Aasaan**

220-222 Upper Tooting Road, 1st Floor Side Entrance, Tooting, London SW17 7EW
Telephone: 020 8672 6581
Email: Mushkilaasaan@btconnect.com

Asian families in crisis. Services offered - crisis intervention, individual counselling, advocacy, mediation, befriending networks and bereavement support.

***Rape and Sexual Abuse Support Centre**

PO Box 383, Croydon CR9 2AW

Telephone: 020 8683 3300 (Helpline) or 020 8683 3311

Minicom: 020 8239 1124

Website: www.rasasc.org.uk

Provides telephone and face to face counselling to women and girls who have been raped or sexually abused however long ago.

***Relate - Croydon & Wimbledon**

The Guild House, 30-32 Worple Road, Wimbledon, London SW19 4EF

Tel: 020 8946 1788 or 020 8401 3514

Fax: 020 8296 0042

E-mail wimbledon@relatecandw.org.uk.

Offers counselling for adults with relationship problems, including same sex couples and individuals. Charge £45 per session, bursary scheme for low income/unwaged clients.

***ReThink – Merton & Sutton Carers & Users Support Group**

Telephone: 020 8542 3657 – Laura Johnson for more information

Rethink Advice Service: 0208 974 6814 (Mon/Wed/Fri 10-3, Tue/Th 10-1)

24-hr emergency helpline for users & carers in Merton & Sutton 0800 028 8000

Carers Support Workers Merton: Sue Batley/Johnsy Murray – 020 8543 0347

Website: www.Masrethink.org.uk

Every Wednesday between 5pm and 8pm at the Wimbledon Guild, 30-32 Worple Road, Wimbledon, London SW19. All service users are welcome. Provides information, support and advice to mentally ill people and their carers.

Also runs an advocacy service at Springfield Hospital for service users and carers. Contact Jane Thorpe or Nicola Lee, Advocacy Workers on 020 8682 6739 or (fax) 020 8767 7648, or on ward visits. Supports users living in the community or in hospital in Merton and Wandsworth. Open Monday-Friday 9am-5.30pm.

***Salvation Army – Wimbledon Corps**

109 Kingston Road, Wimbledon, London SW19 1LT

Telephone: 020 8542 4197

The centre offers a senior citizens club, fellowship and counselling. Please call for details before visiting.

***Samaritans – Putney Branch**

14 Princeton Court, 53 –55 Felsham Road, Putney, London SW15 1AZ

Telephone: 020 8789 9121 and 0208 789 9121 - 24 hour emergency service

Textphone: 020 8780 2521

Website: www.samaritans.org

- This service covers the borough of Merton offers emotional support to people who need to talk in confidence, who may be in crisis and who may have suicidal feelings.
- Telephone helpline is open 24 hours a day 365 days a year. Can arrange face to face appointments.

***Shaka Services**

38-40 Kennington Park Road, Kennington, London SE11 4RS

Telephone: 020 7735 6744

E-mail: info@shakaservices.org.uk or radams@shakaservices.org.uk

Offers information and advice on HIV/AIDS, STIs and sexual health. Advocacy and support for people from BMER (Black and Minority Ethnic) communities living with or affected by HIV. Also, support on immigration, housing, community care, domiciliary care, welfare rights and health. Young people project (16-25): raising awareness of HIV/AIDS, STIs and sexual health issues.

***Social Care Advice Line (Disability Advice Service)**

5th Floor, Bedford House, 215 Balham High Road, London SW17 7BQ

Telephone: 020 8333 6949

Offers Advice and Advocacy to those who need help with social care.

***South East Cancer Help Centre**

2 Purley Road (Tesco Development), Purley CR8 2HA

Telephone: 020 8668 0974

Website: www.cancer-help-centre.org.uk

Provides counselling and support for people affected by cancer.

***South London African Women's Organisation (SLAWO)**

12 Goodwin Close, Mitcham CR4 5HZ

Telephone: 0808 800 4444 (24hr helpline) or 020 8640 1917 or 020 8648 1808

Email: africaslawo@aol.com

Provides a culturally appropriate counselling service to survivors of domestic violence.

***South London Refugee Association (SLRA)**

Unit B 006, Trident Business Centre, 89 Bickersteth Road, London SW17 9SH
Tel(Public): 020 8682-4350

Range of services for asylum seekers and refugees. Advice and information on immigration, housing, welfare benefits, education and employment. Advocacy and interpreting services. Dance therapy for refugee women.

***South London Somali Community Association**

5 Upper Green West, Mitcham CR4 3AA
Telephone: ☎ 020 8640 6661

Provides casework support and family mediation services.

***Spires Day Centre (The)**

8 Tooting Bec Gardens, London SW16 1RB
Telephone: 020 8696 0943
Email: info@spires.org.uk

Offers drug and alcohol counselling and support.

***St Peter's Church**

St Francis Hall, 193 Bishopsford Road, Morden SM4 6PH
Telephone: Les 020 8644 9203 or Heidi 020 8644 8441

Support Group – the aim of this group is for people to meet with people who share life's problems with the hope that people can off load their thoughts and feelings in a confidential group and setting. Anyone is welcome. Please note that this is **not** a counselling service. 7.30pm Start. Aim to finish 9pm.

***Sutton and Croydon Multiple Sclerosis Therapy Centre**

The Mount, Lloyds Ave, Coulsdon CR5 2QS
Telephone: 020 8660 1181
Email: office@ms-therapy-centre.org.uk Website: www.surrey-ms.org

Counselling service offered to people with Multiple Sclerosis.

***Sutton Community Drug Team**

Cheviot House, Sutton Hospital, Cotswold Road, Sutton SM2 5NF
Telephone: 020 8296 4489

NHS Community Drug Team – Counselling service offered they will see anyone with a drug problem (excluding primary alcohol problem) who lives in Merton and Sutton aged between 17 and 70 years.

***Sutton Counselling**

21a Cheam Road, Sutton, Surrey, SM1 1SN.
Telephone: 0208 661 7869

Website: www.suttoncounselling.co.uk

Sutton Counselling is a service offering open ended and brief individual counselling, for people over 18 who live in either Sutton or the surrounding areas. Initial session enables clients to clarify if counselling could help. Fees negotiable up to £40

The Jeremiah Project

49 Oakwood Avenue, Mitcham CR4 3DQ

Telephone: 020 8715 9338 Mobile 07939 817 836 – Contact: Kevin Vickers

Email: info@jeremiahproject.org.uk

Website: www.jeremiahproject.org.uk

A free community initiative offering pastoral support to families and workshops in simple money management and preparing a household budget, personal confidential budget coaching and referrals to specialist debt advice where necessary as well as other support.

***The MACS Project**

296a Kingston Road, London SW20 8LX

Tel: 0800 043 2296 (free) and 0208 417 1960/ 0208 417 1975 Fax: 020 8417 1975

Website: www.cdssl.org

E-mail: Jackie@cdssl.org

The project is self-referring and clients are offered a series of interventions and support. For an immediate appointment call 020 8417 1960.

- Structured Counselling - one-to-one counselling tailored to clients needs offered by professionally qualified counsellors. Also women's group.
- Complementary Therapies - auricular acupuncture, reiki and other therapies are offered to relieve stress and anxiety and aid detoxification
- Family Support - group work, individual support and complimentary therapies are offered to carers, families and partners affected by substance misuse
- Life Skills Support - advice and support on specific day to day living topics, such as housing, careers advice, parenting, etc.

Located outside Wimbledon Chase Main Line Station to the rear of the shopping parade through central archway. Buses 163, 164, 152, and K5. Wimbledon Chase Main Line Station. Also, close to Raynes Park and Wimbledon Main Line Station, Merton Park Tramlink, South Wimbledon Northern Line Underground and Wimbledon District Line Underground. Parking - on side streets, short term in local car parks at owners risk, No visitor car parking.

Wandsworth Bengali Welfare Association

Trinity Road Asian Day Centre, 57-59 Trinity Road
Tooting Bec, London SW17 7SD

Telephone: 020 8672 9308 or 8682 4934

Email: mui207@hotmail.com and Mlslam207@aol.com

Asian Carer's Project: Free advice, Information and practical help for Asian carers and Asian elderly. Also, offers one to one counselling.

***Wimbledon & District LIFE Group (Branch of National Charity LIFE)**

22, Aylward Road, Merton Park, London SW20 9AF

Telephone number: 0208 287 0176

E-Mail: teeceedee@waitrose.com (local)

info@lifecharity.org.uk (national)

Website: www.lifecharity.org.uk

Care work done with: Pregnant women, men, women & couples faced with a crisis pregnancy, those who have had abortions, pregnancy loss or infertility.

Education Work done with: School children, students, church groups, youth groups and others.

LIFE Pregnancy Care Centres offer free pregnancy testing and counselling, in pregnancy and after any pregnancy loss, abortion, miscarriage etc.

National Helpline: 0800 915 4600 Mon-Fri 9am-9pm, Sat 9am-5pm

Local education programme. Speakers are available (expenses only) for High Schools, to speak on life issues (abortion, euthanasia, IVF, stem cell research, relationships).

Conferences can be organised for year 10 or 6th form students. In primary schools, a talk entitled "The First Nine Months" is available for year 5 or 6 children. Speaker is also available for Church groups, youth clubs and other groups.

***Wimbledon Guild Counselling Service**

30-32 Worple Road, Wimbledon, London SW19 4EF

Telephone: 020 8296 0030

Website: www.wimbledonguild.co.uk

Experienced counsellors, supervised by qualified practitioners, provide the counselling service. Fee structure - The service is subsidised by the Wimbledon Guild to ensure that even clients who can only contribute minimally to the cost can still receive quality counselling. Contributions are, therefore negotiated with clients on an individual basis. Client's incomes are taken into account. There is a non-refundable booking fee for the first consultation, and there is no free service. The majority of counselling at WGCS is one to one but they also provide: Family work, Group therapy, Counselling for young people, Continuing Professional Training for counsellors and an Eating Disorders Group.

Also, offers befriending scheme, by which volunteers visit the older person for approximately 1 hour a week. Telephone 020 8946 0735; and First Service, which offers assistance with shopping, taking for walks/wheelchair pushing, accompanying on outings, assistance with form filling, gardening, paper clearing/recycling, home safety checks etc. Telephone 020 8296 1133.

We take care to update the information we provide regularly to try to ensure it is accurate. However, CareConnect cannot accept liability for any errors or omissions, nor can we be held responsible for the services provided by any of the agencies or bodies referred to.