



Centre for  
**Society and  
Mental Health**

June 2022

# Mental Health and Psychosocial Support (MHPSS) Directory for Refugees and Migrants in London



Economic  
and Social  
Research Council

# CSMH Special S001

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## ESRC Centre for Society and Mental Health

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## Authorship

Abigail Oyedele, Zara Asif, Hanna Kienzler

## Affiliations

Centre for Society and Mental Health and Department of Global Health and Social Medicine, King's College London

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# Introduction

## What is the MHPSS Directory?

The MHPSS Directory is a broad and detailed list of organisations providing mental health and social support services to migrants, refugees and asylum seekers in London and Greater London.

## Who is the MHPSS Directory for?

This Directory is designed for refugees and migrants looking for mental health and psychosocial support for themselves or others. This resource can also support professionals, such as medical practitioners, social workers and legal advisers who need to refer refugees and migrants to relevant mental health and psychosocial support services in and around London.

## About Us

We are a team of researchers based at the ESRC Centre for Society and Mental Health at King's College London. Our work seeks to better understand the social consequences of mental illness among migrant and refugee communities. As part of this, we mapped mental health and psychosocial support services available to refugees and migrants in London to make them more accessible.

## The Directory lists 120 organisations offering services that include:

- Social support (e.g., social activities, training courses, career guidance, mentoring for children and adolescents, language training, housing)
- Legal advice (e.g., immigration, help with settlement or citizenship applications)
- Family support (e.g., activities for parents and children, after-school activities, counselling on marriage, family dispute and domestic violence)
- Wellbeing-focused services (e.g., community support groups, emotional support, mental and physical health support, help accessing healthcare services)

Some services are provided to all groups, others support people from a particular nationality or ethnic group, or are specifically designed for women, children, adolescents or older people.

## The Directory lists organisations in alphabetical order. The information provided for the organisations contains:

- Full contact details
- Service locations and how to access the services
- Types of services offered
- Service users
- Staff qualifications
- Languages spoken

## Iconography Key



Website



Focus



Service Location



Access and Referral



Telephone



Staff Qualifications



Email

## Contact us

If you have questions about the directory or our project, please get in touch with the Project Lead, Dr Hanna Kienzler at:

 [hanna.kienzler@kcl.ac.uk](mailto:hanna.kienzler@kcl.ac.uk)

Please note questions relating to particular services should be directed to the individual organisations

For more information about the ESRC Centre for Society and Mental Health:

 [www.kcl.ac.uk/csmh](http://www.kcl.ac.uk/csmh)

Connect with the Centre on twitter:

 [@kcsamh](https://twitter.com/kcsamh)



Scannable QR Code  
for Directory 

## Table of Contents

### List of organisations in alphabetical order:

Account3	6	Embrace UK Community Support Centre	22
Action for Community Development	6	Ethiopian Community in Britain	22
Afghan Academy International	7	Ethiopian Women's Empowerment Group (EWEG)	23
Afghan Association of London (Harrow)	7	FORWARD (Foundation of Women's Health Research and Development)	23
Afghan Association Paiwand Ltd	8	Freedom from Torture	24
Afghanistan and Central Asian Association	8	Gatwick Detainees Welfare Group	24
African Women's Care	9	Guy's and St Thomas' Health Inclusion Team	25
Akwaaba	9	Happy Baby Community	25
Al-Hasaniya Moroccan Women's Centre	10	Harmony House	26
Ashiana	10	Havering Asian Social & Welfare Association (HASWA)	26
Asian Women's Resource Centre	11	Helen Bamber Foundation	27
Baobab Centre for Young Survivors in Exile	11	Hibiscus Initiatives	27
Barnet Refugee Service (renamed New Citizens' Gateway)	12	Hope for the Young	28
Black Women's Health & Family Support	13	Horn of Africa Refugee Welfare Group	28
British Red Cross	13	Horn of Africa Youth Association (HAYA)	29
CARAS	14	HostNation	29
Central African Youth in Enfield (CAYE UK)	14	ILAYS	30
Certitude	15	IMECE Women's Centre (VAWG)	30
Children Family Empowerment Foundation (CFEF)	15	Inspired	31
Chinese Information and Advice Centre	16	Iranian Association	31
Community Development Association For Minority Communities Ltd.	16	Islington Centre for Refugees and Migrants	32
Community Language Support Services (CLSS)	17	Islington Somali Community (ISC)	32
Community of Refugees from Vietnam	17	Jesuit Refugee Service	33
DAY-MER Turkish and Kurdish Community Centre	18	Katherine Low Settlement	33
Derman for the Well Being of the Turkish and Kurdish Communities	18	Kurdish Advice Centre	34
Detention Action	19	Kurdish and Middle Eastern Women's Organisation (KMEWO)	34
Every Child Protected Against Trafficking UK (ECPAT)	19	Lambeth Somali Community Association	35
EACH Counselling and Support	20	Latin American House	35
Ealing Somali Welfare and Cultural Association	21	Latin American Women's Rights Service (LAWRS)	36
East European Resource Centre	21	Learn English at Home (LEAH)	36

Lewisham Refugee and Migrant Network	37	Sangat Advice Centre	53
Limehouse Project	38	Santé Project	54
Manor Gardens Welfare Trust	38	Say It Loud Club	54
Medical Justice	39	Shoreditch Trust	55
Metropolitan Thames Valley Care and Support	39	Shpresa Programme	55
Micro Rainbow	40	SOAS Detainee Support	56
Migrants Organise	40	Somali Integration & Development Association	56
Migrateful	41	South London Counselling & Support Services (SLCSS)	57
Nafsiyat Intercultural Therapy Centre	41	Southall Black Sisters	57
Network of Eritrean Women - UK (NEW-UK)	42	Southwark Day Centre for Asylum Seekers (SDCAS)	58
New Art Studio	42	Southwark Refugee and Migrant Project (SRMP)	58
New Citizens' Gateway (formerly Barnet Refugee Service)	43	Springfield Community Flat	59
Notre Dame Refugee Centre	44	Streatham Drop-in Centre	59
Ocean Somali Community Association (OSCA)	44	Sufra NW London	60
Off The Record	45	Tamil Community Centre (TCC)	60
OURMALA	45	Tamil Relief Centre	61
Pan Intercultural Arts	46	Tamil Welfare Association (Newham) UK (TWAN)	61
Phoenix Community Care	46	The Children's Society	62
RAMFEL	47	The Baytree Centre	63
Red Sea Community Programme	47	Manna Society	63
Refugee Action Kingston	48	The Maya Centre	64
Refugee and Migrant Network Sutton (RMNS)	48	UK Lesbian & Gay Immigration Group (UKLGIG)	64
Refugee Council	49	Waging Peace	65
Refugee Education UK	49	Waltham Forest Migrant Action (WFMA)	65
Refugee Therapy Centre	50	Waterloo Community Counselling	66
Refugee Youth	50	Welcome Project	66
Refugees Action Centre - part of Glory of God Ministries	51	West London Synagogue Asylum Seekers Drop-In	67
Roma Support Group (RSG)	51	Women for Refugee Women	67
Room to Heal	52	Women's Association for Networking and Development (WAND UK)	68
Russian Community Association	52	Young Roots	68
Salisbury WORLD	53		

# Directory

## Account3

### Address

3 Birkbeck Street  
London  
E2 6JY

### Website

<https://www.account3.org.uk>

### Service Location

Tower Hamlets

### Telephone

0207 739 7720

### Focus

Community training and development co-operative providing advice, support and education.

### Services

- Welfare advice
- Nursery
- Training courses and career guidance
- Support for those new to the UK

### Service Users

Women and their families, especially women facing multiple disadvantages

### Access and Referral

Self-referral

### Languages

Arabic, Bangladeshi, Bulgarian, Dari, Farsi, French, Greek, Polish, Portuguese, Rumanian, Russian, Somali, Spanish, Sylheti, Urdu, Yoruba

## Action for Community Development

### Address

9 Deptford Church Street  
Deptford Bridge  
Lewisham  
London  
SE8 4RX

### Website

<https://www.actionforcd.org>

### Service Location

Lewisham

### Telephone

0208 692 2277

### Email

[enquiries@actionforcd.org](mailto:enquiries@actionforcd.org)

### Focus

Professional training, information, career advice, guidance, counselling and advocacy.

### Services

- Health promotion, advocacy and workshops, including on mental health wellbeing
- Drop-in centre services to promote wellbeing
- Help in accessing other health services

### Service Users

Socially excluded members of the community:

- Ethnic minorities
- Refugees
- Asylum seekers
- Unemployed

### Access and Referral

Self-referral

## Afghan Academy International

### Address

Operating from different venues in West London.

### Website

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

### Service Location

West London

### Telephone

07950 243992

Contact form available on website

### Email

[info@afghanacademy.org.uk](mailto:info@afghanacademy.org.uk)

### Focus

Education, arts & culture, information, advocacy and support services.

### Services

- Educational, art and cultural projects and activities
- Social events and programmes
- Guidance, advice and information
- Mentoring and counselling support
- Support groups for individuals and families

### Service Users

Afghans in the UK and abroad, including refugees.

### Access and Referral

Self-referral

Referrals from third party

### Languages

Farsi-Dari, Pashto, English, German

## Afghan Association of London (Harrow)

### Address

Suite 103A-104, Signal House  
16 Lyon Rd  
Harrow  
Middlesex  
London  
HA1 2AG

### Website

<https://afghanassociationlondon.org.uk>

### Service Location

Harrow

### Telephone

0208 861 6990

### Email

[aalharrow@aol.com](mailto:aalharrow@aol.com)

### Focus

Support and advice for integration into UK society.

### Services

- Educational projects
- Cultural events
- Immigration and welfare support
- Mental and physical health support
- Sports and games
- Women's advice and social groups
- Activity groups and social gatherings for the elderly

### Service Users

Members of the Afghan community, including refugees.

### Access and Referral

Self-referral

## Afghan Association Paiwand Ltd

### Address

Ground Floor  
11 High Street  
Edgware  
HA8 7EE

Harrow College  
Lowlands Road  
Harrow on the Hill  
HA1 3AH

Edgware Primary School  
Heming Road  
Harrow on the Hill  
HA8 9AB

### Website

<https://www.paiwand.com>

### Service Location

Edgware and surrounding boroughs

### Telephone

02089058770

### Focus

Advice, advocacy, mental health support and education.

### Services

- Psychoeducation
- Talking therapies in Dari, Farsi, Pashtu and English
- Social activities for young people
- One-to-one mentoring for young refugees, asylum seekers and unaccompanied minors aged 11-18

### Service Users

Refugees, asylum seekers, unaccompanied minors, migrants

### Access and Referral

- Self-referral
- Referrals from third party organisations
- Referral form available on website

### Languages

Arabic, Dari, Farsi, Pashto, Urdu

## Afghanistan and Central Asian Association

### Address

Unit 9  
Griffin Centre  
Staines Road  
Feltham  
TW14 0HS

### Website

<https://aaca.org.uk>

### Service Location

Croydon, Epsom, Hounslow, Lewisham, Mitcham

### Telephone

02085720300  
07414993450

### Email

[admin@afghanistan-central-asian.org.uk](mailto:admin@afghanistan-central-asian.org.uk)

Women's project:

[women@afghanistan-central-asian.org.uk](mailto:women@afghanistan-central-asian.org.uk)

### Focus

Support, skills and knowledge to live and prosper in the UK.

### Services

- ESOL classes (English for Speakers of Other Languages)
- Women's support group: workshops and mentoring
- Saturday school and homework club
- Youth and family support services
- Drop-in and telephone advice on welfare issues
- Mentoring including specific mentoring for young people
- Volunteering opportunities
- Cultural and social events
- Visits to individuals and families in detention

### Service Users

Afghans and Central Asians living away from their homeland, including refugees and migrants

### Access and Referral

- Self-referral
- Referrals from another individual or organisation

## African Women's Care

### Address

Canalside House  
383 Ladbroke Grove  
London  
W10 5AA

### Website

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

### Service Location

Kensington

### Telephone

02089698389

### Email

[info@africanwomenscare.org.uk](mailto:info@africanwomenscare.org.uk)

### Focus

Support for issues including forced marriage, human trafficking, Female Genital Mutilation, gang violence and 'honour'-based violence.

### Services

- One-to-one and group counselling and mentoring
- Welfare advice, information and advocacy
- Outreach work
- Befriending service to provide home and hospital visits for women with terminal or life-threatening illness

### Service Users

- Women and children from the Black African community in the UK, including those with mental health needs
- Black and Minority Ethnic and Refugee women and girls who have experienced or been affected by domestic and sexual abuse

### Access and Referral

Self-referral

## Akwaaba

### Address

Stoke Newington Secondary School  
Clissold Road  
Hackney  
N16 9EX

### Website

<https://akwaaba.org.uk>

### Service Location

Hackney

### Telephone

Contact form available on website

### Email

[hello@akwaaba.org.uk](mailto:hello@akwaaba.org.uk)

### Focus

A space for rest, play, learning and mutual support. Hot meals, children's activities (members only, prior booking required), arts and crafts, sewing, IT support, English conversation and other activities.

### Services

- Arts and crafts
- Music group
- Yoga and boxercise
- Signposting and referral: communicating with legal representatives
- Workshops on migrants' rights and access to healthcare
- English classes
- Storytelling and creative writing
- Activities for children
- Mutual support group

### Service Users

- All migrants

### Access and Referral

Self-referral

### Languages

Arabic, Polish, Yoruba, French, Spanish

## Al-Hasaniya Moroccan Women's Centre

### Address

Bays 4 & 5  
Trellick Tower  
Golborne Road  
London W10 5PA

### Website

<https://www.al-hasaniya.org.uk>

### Service Location

Kensington & Chelsea

### Telephone

02030484488

### Email

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

Emotional Well-Being and Mental Health:  
[zohra@al-hasaniya.org.uk](mailto:zohra@al-hasaniya.org.uk)

Domestic Violence:  
[zainab@al-hasaniya.org.uk](mailto:zainab@al-hasaniya.org.uk)

### Focus

Health, welfare, educational support and cultural support

### Services

- Individual support for Arabic-speaking women suffering from mental health problems
- Support for women who have experienced domestic violence
- Emotional support for women over 55 through sociocultural gatherings and outings

### Service Users

- Black and Minority Ethnic and Refugee women and their families
- Arabic-speaking women and their families
- Moroccan women and their families

### Languages

Arabic

## Ashiana

### Address

Suite 204, Oceanair House  
750-760 High Road  
Leytonstone  
E11 3AW

### Website

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

### Service Location

Bexley, Hillingdon, Waltham Forest

### Telephone

02085390427

### Email

[info@ashiana.org.uk](mailto:info@ashiana.org.uk)

### Focus

Culturally sensitive advice, advocacy and counselling.

### Services

- Advice and advocacy including immigration, welfare, legal cases
- Support in finding safe housing and accommodation
- Refuges
- One-to-one and group support: welfare, health, accessing other support services
- One-to-one counselling
- Therapeutic and generic confidence-building groups
- Designated bed spaces for women with No Recourse to Public Funds

### Service Users

Black and Minority Ethnic, particularly South Asian, Turkish and Middle Eastern, women and girls aged 16-30 who are experiencing Violence against Women and Girls

### Access and Referral

- Referrals from other organisations
- Referral form available on website

### Staff Qualifications

- Advice and Support Workers
- Counsellors

## Asian Women's Resource Centre

### Address

108 Craven Park  
Harlesden  
London  
NW10 8QE

### Website

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

### Service Location

Barnet, Brent, Ealing, Enfield, Hammersmith, Harrow, Hillingdon, Hounslow, Kensington & Chelsea, Richmond-upon-Thames, Westminster

### Telephone

02089616549  
02089615701

### Email

[info@awrc.org.uk](mailto:info@awrc.org.uk)

### Focus

Domestic abuse support

### Services

- Domestic abuse support: safety planning, advice, casework, support groups
- Welfare support
- Referrals and signposting to other services
- Community engagement activities and workshops including sewing, computer and IT lessons

### Service Users

Women affected by domestic violence and harmful practices, particularly Black and Minority Ethnic and Refugee women

### Access and Referral

- Self-referral
- Referrals from voluntary, community and statutory agencies

### Languages

Azerbaijani, Bengali, Farsi, Gujarati, Hindi, Hinko, Italian, Konkani, Kurdish, Marathi, Pashto, Patwari, Portuguese, Punjabi, Kurdish, Urdu

## Baobab Centre for Young Survivors in Exile

### Address

6 Manor Gardens  
Holloway  
London  
N7 6BB

### Website

<https://www.baobabsurvivors.org>

### Service Location

Islington

### Telephone

02072631301

### Email

[info@baobabsurvivors.org](mailto:info@baobabsurvivors.org)

### Focus

Provision of a therapeutic community for young people

### Services

- Individual and group psychotherapy
- Psychosocial activities including music, art and philosophy
- Group meetings between young people and staff
- Group activities including residential retreats
- Access to tutors to develop English reading, writing and communication skills

### Service Users

Child and adolescent asylum seekers and refugees who have experienced organized violence, violation, exploitation, threats, rejection, loss and bereavement in their home communities and on their journeys into exile.

### Access and Referral

Referrals from third party organisations

### Staff Qualifications

Psychotherapists, psychiatrists, counsellors, psychologists, support workers, social workers, case workers

### Languages

Access to interpreters

## Barnet Refugee Service (renamed New Citizens' Gateway)

### Address

8th Floor, Hyde House  
Edgware Rd  
London  
NW9 6LH

### Website

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

### Service Location

London and online

### Telephone

02089059002

Counselling and emotional support:  
Rabia Bashir - Ext \*211

Gardening, workshops, men's group, services  
for Syrian refugees: Farida Stanikzai - Ext \*203

Women's group:  
Tanya Novick - 07914920880 or Ext \*203

Football for unaccompanied minors:  
Gloria Geretto - Ext \*212

### Email

[info@ncgateway.org.uk](mailto:info@ncgateway.org.uk)

Counselling and emotional support:  
Rabia Bashir - [Rabia@ncgateway.org.uk](mailto:Rabia@ncgateway.org.uk)

Gardening, workshops, men's group, services  
for Syrian refugees: Farida Stanikzai -  
[Stanikzai-farida@ncgateway.org.uk](mailto:Stanikzai-farida@ncgateway.org.uk)

Football for unaccompanied minors:  
Gloria Geretto - [Gloria@ncgateway.org.uk](mailto:Gloria@ncgateway.org.uk)

### Focus

Improving quality of life and promoting physical,  
social and mental well-being.

### Services

- Volunteering opportunities
- Counselling and emotional support: one-to-one talking therapy, group therapy
- Group activities: yoga, art therapy, drama therapy, mindfulness, photography, gardening
- Health and nutrition workshops
- Women's group for Black and Minority Ethnic and Refugee women: outings, photography, arts and crafts, health access
- Men's group: yoga, English lessons, games, outings
- Weekly youth social club: sports, cooking, outings
- Football for unaccompanied minors
- Mothers and toddlers' group for children under five: play and activities for children, socialising and English lessons for mothers

### Service Users

- Refugees, asylum seekers, unaccompanied minors

### Access and Referral

- Self-referral
- Referral form available online
- Referral by organisations

### Staff Qualifications

- BACP registered counsellors

### Languages

Bilingual counsellors

## Black Women's Health & Family Support

### Address

1st Floor  
82 Russia Lane  
London  
E2 9LU

### Website

<https://www.bwhafs.com>

### Service Location

Tower Hamlets

### Telephone

02089803503

### Email

[bwhafs@btconnect.com](mailto:bwhafs@btconnect.com)

### Focus

Promotion of physical and mental health with a focus on Female Genital Mutilation

### Services

- Activities for children
- Mental health support

### Service Users

Women from a BAME background, particularly Somali women, and their families

### Access and Referral

- Self-referral
- Referrals from GPs or other medical professionals
- Referral via education
- Referral from solicitors
- Referrals from voluntary or community organisations

## British Red Cross

### Address

44 Moorfields  
London  
EC2Y 9AL

### Website

<https://communitydevelopmentassociation.chessck.co.uk>

### Service Location

City of London

### Telephone

0344 8711111

### Email

[contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

### Focus

Support during times of crisis

### Services

- Young refugees (15-25): Health, education and social care support; group activities including day trips, art, drama and music therapy
- 25 years and older: Emotional support

### Service Users

Refugees, asylum seekers and other vulnerable migrants.

### Access and Referral

- Self-referral
- Referrals from others e.g. foster parent or social services

### Languages

Access to interpreters

## CARAS

### Address

25 Blakenham Road  
Tooting  
London  
SW17 8N

### Website

<http://caras.org.uk>

### Service Location

Tooting and surrounding boroughs

### Telephone

02030484488

### Email

[info@caras.org.uk](mailto:info@caras.org.uk)

### Focus

Practical, educational and social help.

### Services

- Family activity days
- Youth club
- Weekly women's drop-in: workshops and activities, crèche
- Saturday club for young refugees and asylum seekers
- Mentoring for children and young people
- Home visits
- Advocacy

### Service Users

- Anyone in the asylum system
- Anyone who has been granted refugee status
- Children who are joining their parents on refugee family reunion visas
- Refused asylum seekers and ARE cases

### Access and Referral

Referral form available on website

### Languages

Dari, Pashto, Somali, Tigrigna, Urdu

## Central African Youth in Enfield (CAYE UK)

### Address

The Ark, Marsh House  
Montagu Road  
Edmonton  
London  
N9 0UR

### Website

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

### Service Location

Enfield

### Telephone

07507641551  
02083732666

### Email

[info@caye.org.uk](mailto:info@caye.org.uk)

### Focus

Activities and support for children and families.

### Services

- Music academy for children and young people
- Youth club
- Parenting support programme

### Service Users

African French-speaking communities, including refugees

### Access and Referral

Self-referral

### Languages

French

## Certitude

### Address

31-33, Lumiere Court,  
209 Balham High Rd,  
London SW17 7BQ

### Website

<https://www.certitude.london/>

### Service Location

City of London

### Telephone

020 8772 6222

### Email

Contact form available on website

### Focus

Certitude is London's leading adult social care provider for people living with learning disabilities, autism, mental health support needs and their families and carers. They support over 1,500 people in 17 London boroughs. Services include cooking, gardening, befriending, digital support.

### Services

Adults living with learning disabilities, autism, mental health support needs and their families and carers.

### Service Users

Women from a BAME background, particularly Somali women, and their families

## Children Family Empowerment Foundation (CFEF)

### Address

54 Camberwell Road  
Methodist Church  
Walworth  
SE5 0EW

### Website

<https://www.cfefcentre.com>

### Service Location

Lambeth

### Telephone

07948564471

### Email

cfcf2@yahoo.com  
margaret@cfefcentre.com

### Focus

Building family resilience and relationships.

### Services

- Arts and crafts
- Holiday club
- Outreach services
- Counselling
- Parenting programme
- Advice and information
- Advocacy for parents whose children are subject to child protection enquiries or are at risk of being taken into care

### Service Users

- Children aged 5-16 and their families
- Refugees and asylum seekers who are in and out of detention

### Access and Referral

Self-referral

## Chinese Information and Advice Centre

### Address

Basement, 2 Gerrard Place  
London  
W1D 5PB

### Website

<https://ciac.co.uk>

### Service Location

Westminster

### Telephone

03002011868

### Email

[info@ciac.co.uk](mailto:info@ciac.co.uk)

### Focus

Information, advice and support.

### Services

Emotional and practical support to women in distress who have experienced domestic violence etc. including accompanying to appointments

### Service Users

Disadvantaged Chinese people living in the UK including asylum seekers and refugees.

### Staff Qualifications

Bilingual staff and volunteers

## Community Development Association For Minority Communities Ltd.

### Address

28 Church Road  
London  
N17 8AQ

### Website

<https://communitydevelopmentassociation.chessck.co.uk/>

### Service Location

Tottenham

### Telephone

02036748641  
07946379095

### Email

[communityassociation@hotmail.com](mailto:communityassociation@hotmail.com)

### Focus

Education, employment and welfare support.

### Services

- Supplementary school classes
- Welfare support and signposting
- Employment support
- Meetings to reduce social isolation
- Sports activities

### Service Users

- Children and young people from minority communities
- Refugees
- Asylum seekers

### Access and Referral

Self-referral

## Community Language Support Services (CLSS)

### Address

St Mellitus Church  
The Presbytery  
Tollington Park  
London  
N4 3AG

### Website

<https://www.communitylss.com/>

### Service Location

Islington

### Telephone

02072813228  
07932696429

### Email

[communitylss@hotmail.com](mailto:communitylss@hotmail.com)

### Focus

Access to mainstream services and the achievement of social inclusion.

### Services

- Interpreting and translation
- Provision of information
- Welfare advice and casework
- Escorting to appointments
- Counselling and emotional support
- Signposting and referrals
- Outreach services
- Self-help group

### Service Users

- Speakers of community languages, especially refugees and asylum seekers from East Africa and other Arabic speakers
- Outreach: isolated and housebound people
- Self-help group: sewing and knitting sessions for women delivered fortnightly

### Access and Referral

- Self-referral
- Referral from organisations, GPs, statutory services

### Staff Qualifications

- All staff are trained in mental health first aid
- Counsellor

### Languages

Arabic, Somali, Tigrinya, Amharic, Tigre, Belen

## Community of Refugees from Vietnam

### Address

Old Poplar Library  
45 Gillender Street - Unit 3  
Poplar London  
E14 6RN

### Website

<http://crveastlondon.co.uk>

### Service Location

Tower Hamlets

### Telephone

02075384986

### Email

[crveastlondon@aol.com](mailto:crveastlondon@aol.com)

### Focus

Counselling, welfare support and care.

### Services

- Luncheon club and activities
- Counselling
- Home visits and domiciliary care
- Outings
- Practical and emotional support to bereaved families
- Welfare support
- Befriending service
- Activities and mother-tongue school
- Cultural events

### Service Users

Members of the Vietnamese community, including refugees

### Access and Referral

Self-referral

## DAY-MER Turkish and Kurdish Community Centre

### Address

Former Library  
Howard Road  
London  
N16 8PU

### Website

<http://www.daymer.org>

### Service Location

Westminster

### Telephone

02072758440

### Email

[info@daymer.org](mailto:info@daymer.org)

### Focus

Advocacy for refugees and humanitarian entrants in England, particularly for Turkish and Kurdish people.

### Services

- General advice including on health matters
- Women's services: social and creative activities, health information
- Youth activities and camps

### Service Users

Turkish and Kurdish people living in London, especially refugees and humanitarian entrants

### Access and Referral

- Self-referral
- Referrals from GPs or other medical professionals
- Referrals from voluntary or community organisations
- Referral from solicitors
- Referral from social services
- Referrals from other professionals

### Languages

Kurdish, Turkish

## Derman for the Well Being of the Turkish and Kurdish Communities

### Address

The Basement  
66 New North Road  
London  
N1 6TG

### Website

<http://derman.org.uk/en/>

### Service Location

Hackney

### Telephone

02076135944

### Email

[services@derman.org.uk](mailto:services@derman.org.uk)

### Focus

Health-related services.

### Services

- Counselling: one-to-one therapy and group counselling
- Mental health recovery support: mental health awareness sessions, creative and psychosocial groups
- Advice and translation for medical consultations

### Service Users

Turkish, Turkish Cypriot and Eastern European Turkish people, mainly refugees and asylum seekers

### Access and Referral

- Self-referral
- Referrals from GPs, other primary health care professionals, locality mental health teams
- Referrals from voluntary sector organisations
- Referrals from other health professionals

### Staff Qualifications

Counsellors

### Languages

Kurdish, Turkish

## Detention Action

### Address

The Green House  
244-254 Cambridge Heath Road  
London  
E2 9DA

### Website

<https://detentionaction.org.uk>

### Service Location

Colnbrook, Harmondsworth and Morton Hall immigration removal centres, London prisons

### Telephone

02072263114

Freephone support for people in detention:  
08005872096

### Email

[admin@detentionaction.org.uk](mailto:admin@detentionaction.org.uk)

### Focus

Practical and emotional support for people held in immigration detention, campaigns for reform.

### Service Users

Immigration detainees

### Access and Referral

Self-referral

## Every Child Protected Against Trafficking UK (ECPAT)

### Address

81A Endell Street  
London  
WC2H 9DX

### Website

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

### Service Location

Westminster

### Telephone

02076072136

### Email

[info@ecpat.org.uk](mailto:info@ecpat.org.uk)

Referrals: [youth@ecpat.org.uk](mailto:youth@ecpat.org.uk)

### Focus

Protecting children from trafficking and transnational exploitation and supporting children who have been trafficked.

### Services

- Weekly peer support groups
- Life skills programme
- Creative projects
- Social activities
- Residentials
- Individual support plan and signposting for further support

### Service Users

Young people aged 15-23 who have been affected by trafficking

## EACH Counselling and Support

### Address

EACH Head Office  
Vine House  
1 - 2 Factory Yard  
Hanwell  
West London  
W7 3UG

EACH Hounslow  
Star Centre  
63-65 Bell Road  
Hounslow  
TW3 3NX

EACH Brent  
The Designworks  
Park Parade  
Harlesden  
NW10 4HT

EACH  
2 Rutland Road  
Harrow  
HA1 4JW

### Website

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

### Service Location

Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kingston upon Thames, Merton, Richmond upon Thames, Wandsworth

### Telephone

Head office:

020 8577 6059  
020 8579 4529

Brent:

020 8961 8623

Hounslow and Harrow:

02084275188

### Email

Head Office and Hounslow:

[info@eachcounselling.org.uk](mailto:info@eachcounselling.org.uk)

Brent:

[brent@eachcounselling.org.uk](mailto:brent@eachcounselling.org.uk)

Harrow:

[harrowfs@eachcounselling.org.uk](mailto:harrowfs@eachcounselling.org.uk)

### Focus

Holistic and culturally sensitive services empowering and supporting people to improve their health and wellbeing.

### Services

- One-to-one counselling including for alcohol and drug issues
- Support groups including for alcohol and drug issues
- Out-of-hours counselling and support for addiction issues
- Violence Against Women and Girls' Services
- Floating support (Ealing): welfare and housing support, training and education, signposting
- Drop-in centre (Hounslow): art therapy, cookery, games
- Culturally appropriate support (Brent): counselling, support groups, peer support, social activities
- Trauma services (Hillingdon)
- Employment support

### Service Users

- People affected by drugs and alcohol, mental health issues and violence and abuse
- People from Black and Minority Ethnic communities
- Trauma services: Sri-Lankan Tamil speaking residents experiencing negative emotions due to trauma as a result of war and conflict
- Employment support project is for people who are all of the following: Black or Minority Ethnic, aged 25 years or over, resident of North or West London, have experience of depression, anxiety or other common mental health issues, have been unemployed for 12+ months

### Access and Referral

- Self-referral
- Referrals from another individual or organisation
- Referral forms available online
- Floating support: referrals from Ealing Council specialist support team
- Drug and alcohol support for young people in Brent: referrals from Youth Offending Team

### Staff Qualifications

- Counsellors
- Mentors

### Languages

Dari, English, Gujarati, Hindi, Pashto, Polish, Portuguese, Punjabi, Somali, Tamil, Urdu

## Ealing Somali Welfare and Cultural Association

### Address

Ealing Somali Welfare and Cultural Association  
Northfields Community Centre  
71a Northcroft Road  
West Ealing  
London  
W13 9SS

Ealing Somali Welfare and Cultural Association  
Golf Links Community Centre  
Fleming Road  
Southall  
UB1 3PE

### Website

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

### Service Location

Ealing and surrounding boroughs

### Telephone

07476337736

### Email

[eswca@hotmail.com](mailto:eswca@hotmail.com)

### Focus

Education, poverty relief and promotion of refugee needs.

### Services

- Advice and advocacy on welfare issues
- Women's groups
- Health awareness discussions
- Fitness sessions
- Khat awareness
- Lunch clubs and social events for the elderly
- Home visits
- ESOL classes (English for Speakers of Other Languages)

### Service Users

The Somali community in and around Ealing, including refugees and asylum seekers

### Access and Referral

Self-referral

## East European Resource Centre

### Address

Room 18-19  
238 – 246 King Street (POSK building)  
London  
W6 0RF

### Website

<http://www.eeac.org.uk/#/>

### Service Location

Barking and Dagenham, Hammersmith and Fulham

### Telephone

02087411288

Advice line:

08001214226

### Email

[info@eerc.org.uk](mailto:info@eerc.org.uk)

### Focus

Information, advice and support.

### Services

- Drop-in centres
- Advice and support: employment, accessing services, immigration, welfare, victim support for those who have experienced modern slavery and hate crime
- English classes

### Service Users

Migrants from Bulgaria, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia, Slovenia

### Access and Referral

Self-referral

## Embrace UK Community Support Centre

### Address

Selby Centre, Selby Road, Tottenham, London, N17 8JL

### Website

<http://www.embraceuk.org>

### Service Location

Tottenham

**Telephone** Freephone for service users only:  
02088019224 08081680155

### Email

[post@embraceuk.org](mailto:post@embraceuk.org)

### Focus

Promotes any charitable purpose for the benefit of disadvantaged groups by the advancement of education, protection of health and the relief of poverty, sickness and distress.

### Services

- Welfare and education advice and support
- Exercise
- Online coffee mornings
- Befriending
- Activities
- Services: ESOL change to: ESOL classes (English for Speakers of Other Languages)
- Parent education programme
- Homework club
- Volunteering opportunities
- Summer outing
- Mentoring

### Service Users

- Disadvantaged groups including migrants, refugees and asylum seekers
- Black and Minority Ethnic and Refugee older people
- Young people

### Access and Referral

- Self-referral
- Referrals from GPs

### Staff Qualifications

Support workers

### Languages

Amharic, Arabic, Bamileke, Bemba, Duala, Dutch, Fante, French, Hausa, Kikuyu, Kinyarwanda, Lingala, Lozi, Luganda, Lusoga, Ndebele, Nyanja, Oromiffa, Pidgin, Polish, Runyankole, Russian Serbo-Croatian, Shona, Somali, Spanish, Swahili, Tigrigna, Tonga, Tumbuka, Twi, Yoruba

## Ethiopian Community in Britain

### Address

2a Lithos Road  
London  
NW3 6EF

### Website

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

### Service Location

Camden

### Telephone

02077944265

### Email

[postmaster@ethiopiancommunity.co.uk](mailto:postmaster@ethiopiancommunity.co.uk)

### Focus

Information, advice, advocacy and referral services.

### Services

- Areas: housing, benefits, health, education, training, employment
- Support, outreach and leisure activities for older people
- Social club

### Service Users

- Ethiopians of all ages and members of other communities
- Refugees and asylum seekers

### Access and Referral

- Self-referral
- Referrals from other agencies by email

### Languages

Amharic, Oromo, Tigrinya

## Ethiopian Women's Empowerment Group (EWEG)

### Address

116 Bramley Road  
Latymer Christian Centre  
London  
W10 6SU

### Website

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

### Service Location

Kensington and Chelsea

### Telephone

02089692608

### Email

[eweglondon@googlemail.com](mailto:eweglondon@googlemail.com)

### Focus

Enable access to health and social services, housing, education and employment.

### Services

- Exercise including Pilates and Zumba
- Support groups
- Coffee mornings and lunch clubs
- Health and wellbeing workshop
- Employability workshops

### Service Users

Refugee and migrant women regardless of origin

### Access and Referral

Self-referral

### Staff Qualifications

- Psychotherapists
- Psychologists

## FORWARD (Foundation of Women's Health Research and Development)

### Address

Suite 4.7 Chandelier Building  
8 Scrubs Lane  
London  
NW10 6RB

### Website

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

### Service Location

Harlesden

### Telephone

02089604000, extension 1  
07834168141

### Email

General enquiries:  
[forward@forwarduk.org.uk](mailto:forward@forwarduk.org.uk)

Support:  
[support@forwarduk.org.uk](mailto:support@forwarduk.org.uk)

### Focus

Working to end Violence Against Women and Girls.

### Services

- One-to-one emotional support
- Group emotional support
- Signposting to counselling, Female Genital Mutilation specialist clinics, education and training opportunities
- Self-care and listening skills training
- Coffee mornings
- Casework

### Service Users

Migrant African women and girls affected or at risk of female genital mutilation and other forms of gender-based violence.

### Access and Referral

- Self-referral
- Referral by another organisation
- Referrals from GPs
- Referral form available on website

### Staff Qualifications

Psychotherapists

### Languages

Amharic, Arabic, French, Somali and others

## Freedom from Torture

### Address

111 Isledon Road  
Islington  
London  
N7 7JW

### Website

<https://www.freedomfromtorture.org>

### Service Location

Islington

### Telephone

02076977777

### Email

[info@freedomfromtorture.org](mailto:info@freedomfromtorture.org)

### Focus

Recovery from complex PTSD, depression, anxiety and other problems caused by torture.

### Services

- One-to-one trauma focused therapy
- Creative and group activities: art, baking, gardening etc.
- Asylum support but not casework
- Can provide Medico-Legal Reports to solicitors
- All services can be interpreted

### Service Users

Torture survivors and their families, including refugees and asylum seekers

### Access and Referral

- Self-referral
- Referrals from GPs and other medical professionals
- Referrals from friends and family
- Referrals from voluntary or community organisations
- Referrals from solicitors
- Referral form available on website

### Staff Qualifications

- Counsellors
- Psychotherapists
- Doctors
- Care coordinators
- Pain management specialists
- Physiotherapists
- Trainers
- Access to interpreters

## Gatwick Detainees Welfare Group

### Address

The Orchard  
1-2 Gleneagles Court, Brighton Road  
Crawley  
RH10 6AD

### Website

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

### Service Location

Gatwick airport IRCs: Brook House and Tinsley House

### Telephone

01293657070

### Email

[info@gdwg.org.uk](mailto:info@gdwg.org.uk)

### Focus

Friendship, support and advocacy for fair treatment.

### Services

- Befriending for people held in Brook House and Tinsley House detention centres
- Walking community for newly released detainees

### Service Users

- Men age 18+ being held in Brook House and Tinsley House detention centres
- People newly released from detention centres

### Access and Referral

- Referrals from IRC staff
- Self-referral

## Guy's and St Thomas' Health Inclusion Team

### Address

Health and Social Care Centre  
2-8 Gracefield Gardens  
Streatham  
London  
SW16 2ST

### Website

<https://www.guysandstthomas.nhs.uk/our-services/community-health-inclusion-team/overview.aspx>

### Service Location

Lambeth, Southwark

### Telephone

02030494700  
02030494550  
02030494555

### Focus

Primary health care level services for vulnerable groups.

### Services

- Appointment-based services at community clinics and drop-in services at day centres
- Full health assessment
- Advice and intervention for people who suffer from long-term pain related to traumatic experiences
- Referrals to other services
- Care workers support
- GP service for destitute failed asylum seekers

### Service Users

Vulnerable groups including refugees, asylum seekers

### Access and Referral

Self-referral

### Staff Qualifications

- Nurses
- Specialist workers

## Happy Baby Community

### Address

### Website

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

### Service Location

Hackney, Thornton Heath

### Telephone

07712647282

### Email

[hello@happybabycommunity.org.uk](mailto:hello@happybabycommunity.org.uk)

### Focus

Support for pregnant women and new mothers.

### Services

- Trauma-informed yoga and relaxation
- Welfare advice
- Group talking and one-to-one counselling
- Ante-natal and post-natal support
- Activities for under 2s
- Swimming
- Knitting
- Medical care

### Service Users

- Women who have fled violence or traffickers, and are seeking protection in the UK
- Expectant mothers and those with children under age 4
- Women must be in the asylum system, NRM or with no Recourse to Public Funds

### Access and Referral

- Self-referral
- Referrals from other individuals/organisations

### Staff Qualifications

Counsellors

## Harmony House

### Address

Baden Powell Close  
Dagenham  
RM9 6XN

### Website

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

### Service Location

Dagenham

### Telephone

02085268200

### Email

[Enquiries@hhd.org.uk](mailto:Enquiries@hhd.org.uk)

### Focus

Support with integration into the community.

### Services

- Nurseries
- Lunch and socialising
- Crafts and activities
- Telephone and in-person befriending

### Service Users

Refugees and other immigrant groups

### Access and Referral

Self-referral

## Harving Asian Social & Welfare Association (HASWA)

### Address

Greenfields  
Kilmartin Way  
Hornchurch  
Essex  
RM12 5NB

### Website

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

### Service Location

Harving

### Telephone

01708522789

### Email

[office@haswa.org.uk](mailto:office@haswa.org.uk)

### Focus

The social, cultural and welfare needs of people and their social integration.

### Services

- Social club
- Cultural activities and outings
- Language classes
- Healthy living information
- Social and welfare advice
- Exercise
- Yoga
- Meditation
- Signposting

### Service Users

Local community, particularly of Asian origin, with a specific emphasis on the isolated, disadvantaged, and vulnerable

### Access and Referral

Self-referral

## Helen Bamber Foundation

### Address

15-20  
Baynes Street  
London  
NW1 0TF

### Website

<http://www.helenbamber.org>

### Service Location

Camden

### Telephone

02030582020

### Email

[reception@helenbamber.org](mailto:reception@helenbamber.org)

### Focus

Addresses the complex needs and vulnerabilities of survivors of extreme physical, sexual and psychological violence.

### Services

- Evidence-based therapy
- Medical advisory service
- Counter-trafficking support
- Housing and welfare advice
- Community, arts and activity programmes
- Group work

### Service Users

Asylum seekers and refugees who have survived extreme violence and abuse

### Access and Referral

- Referrals from legal representatives
- Referrals from counter-trafficking and other migrant support organisations
- Referrals from GPs and mental health services
- Referrals from other third parties

### Staff Qualifications

- Psychotherapists
- Psychologists
- General practitioners
- Psychiatrists

### Languages

Access to interpreters

## Hibiscus Initiatives

### Address

Resource for London  
356 Holloway Road  
London  
N7 6PA

### Website

<https://hibiscusinitiatives.org.uk>

### Service Location

Islington

### Telephone

02076974120

### Email

[info@hibiscus.org.uk](mailto:info@hibiscus.org.uk)

### Focus

Reduce isolation and hardship, facilitate successful rehabilitation and minimise the damaging effects of depression and mental illness caused by incarceration.

### Services

- Support in understanding the prison system and in transitioning back into the community or returning to country of origin
- Practical and emotional support for those in Immigration Removal Centres
- Signposting
- Support to access mainstream services
- Mentoring and befriending
- Education and training
- Welfare support
- Trafficking referrals
- Women's Centre

### Service Users

- Marginalised foreign national, Black, Minority Ethnic and Refugee women in prison, in the community, in Court and in immigration removal centres.
- Community resettlement for foreign national women who have been affected by the criminal justice system or are at risk of being involved in the criminal justice system and for women survivors of human trafficking who are not eligible for other sources of support. Women must be 18 years old or older.

### Access and Referral

- Self-referral
- Referrals from other individuals/organisations

### Languages

Access to interpreters

## Hope for the Young

### Address

85-87 Bayham Street  
London  
NW1 0AG

### Website

<https://hopefortheyoung.org.uk>

### Service Location

London and UK-wide

### Telephone

07405654630

### Email

[info@hopefortheyoung.org.uk](mailto:info@hopefortheyoung.org.uk)

### Focus

Remove obstacles to education and wellbeing through financial support, advocacy and mentoring.

### Services

- 2-3 hours a week of mentoring
- Language development
- Enrolment advice
- Study skills
- Confidence building
- Emotional support
- Increasing access to services

### Service Users

Asylum seekers or refugees under the age of 28

### Access and Referral

- Self-referral
- Referrals from other individuals/organisations
- Referral form available on website

## Horn of Africa Refugee Welfare Group

### Address

Empire House  
Empire Way  
Middlesex  
HA1 0A1

### Website

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

### Service Location

Brent, Harrow and surrounding boroughs

### Telephone

02089702157  
02089702141

### Email

[Info@harwg.org.uk](mailto:Info@harwg.org.uk)

### Focus

Successful integration into the UK.

### Services

- Advice, including outreach to the elderly and disabled
- Sports for children
- Somali social and cultural events
- Health awareness sessions

### Service Users

Somali refugees and asylum seekers

### Access and Referral

Self-referral

### Languages

Somali

## Horn of Africa Youth Association (HAYA)

### Address

90 East Avenue  
Hayes  
Middlesex  
UB3 2HR

### Website

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

### Service Location

Hillingdon

### Telephone

020885899569

### Email

[info@haya.org.uk](mailto:info@haya.org.uk)

### Focus

Advice and opportunities for positive engagement through activities, training and employment.

### Services

- Gender-specific recreational activities
- Employability and skills seminars
- Facilitates access to health and wellbeing services
- After school education support
- Mentoring
- Sports activities

### Service Users

Minority ethnic groups including refugees and asylum seekers

### Access and Referral

Self-referral

## HostNation

### Address

Please see contact details below.

### Website

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

### Service Location

London and Greater London

### Email

[info@hostnation.org.uk](mailto:info@hostnation.org.uk)

### Focus and Services

One-to-one befriending for socially isolated or lonely refugees and asylum seekers

### Service Users

Refugees and asylum seekers aged 18 and over who speak some English

### Access and Referral

- Referrals from volunteers
- Referrals from other organisations
- Referrals from doctors, social prescribers and others in the NHS
- Referrals from English teachers

## ILAYS

### Address

38 Bensington Court  
New Road  
Bedfont  
Feltham  
Middlesex  
TW14 8HX

### Website

<https://ilays.org.uk>

### Service Location

Middlesex

### Telephone

02088905385  
07392090606

### Email

[ilays@hotmail.co.uk](mailto:ilays@hotmail.co.uk)

### Focus

Helping Black and Minority Ethnic communities and new arrivals in West London reach their full potential.

### Services

- Youth support services
- Social club and drop-in
- Confidence building sessions
- ESOL classes (English for Speakers of Other Languages)
- Music, song-writing and poetry classes
- Group trips
- Sewing classes
- Yoga, light exercise
- Sports
- Female Genital Mutilation counselling
- Health and wellbeing workshops

### Service Users

Migrant, refugee and asylum seeking communities of West London

### Access and Referral

Self-referral

### Languages

Swahili, Arabic, Somali, Ethiopian

## IMECE Women's Centre (VAWG)

### Address

2 Newington Green Road  
Islington  
London  
N1 4RX

### Website

<https://imece.org.uk>

### Service Location

Barking and Dagenham, Barnet, Enfield, Hackney, Haringey, Islington, Lewisham, Newham, Tower Hamlets, Waltham Forest

### Telephone

02073541359

### Email

[info@imece.org.uk](mailto:info@imece.org.uk)

Counselling:  
[counselling@imece.org.uk](mailto:counselling@imece.org.uk)

### Focus

Violence Against Women and Girls (VAWG) support services.

### Services

Individual and group counselling

### Service Users

- Turkish, Kurdish and Cypriot Turkish women
- Black and Minority Ethnic and Refugee women and migrant women
- Women aged 16+ who have experienced Violence Against Women and Girls (VAWF), including forced marriage and "honour" based violence

### Access and Referral

- Self-referral
- Referral from professional service
- Violence Against Women and Girls referral form available on website

### Staff Qualifications

Counsellors

### Languages

Turkish

## Inspired

### Address

Allenby House, 3rd floor  
1a Temple Road  
London  
NW2 6PJ

### Website

<https://www.brent.gov.uk/your-community/community-directory/inspired/>

### Service Location

Brent

### Telephone

07828877795

### Email

[info@inspired-humans.com](mailto:info@inspired-humans.com)

### Focus

Advice, support and activities.

### Services

- Sports club
- Befriending, advice and advocacy for refugees
- Support for the elderly and disabled in isolation

### Service Users

Women refugees

### Access and Referral

Self-referral

## Iranian Association

### Address

222 King St  
Hammersmith  
London  
W6 0RA

### Website

<https://iranianassociation.org.uk>

### Service Location

Fulham, Hammersmith

### Telephone

02087486682

### Email

[info@iranianassociation.org.uk](mailto:info@iranianassociation.org.uk)

### Focus

Services and activities to promote integration and wellbeing.

### Services

- Services for adults: Advice, IT and ESOL classes, health awareness workshops, exercise sessions, counselling, emotional support, social activities
- Children and young people: Maths/English homework class, emotional support
- Volunteering opportunities

### Service Users

Serves all ethnic groups, including those in need of immigration support

### Access and Referral

Self-referral

## Islington Centre for Refugees and Migrants

### Address

16 - 18 Cross Street  
London  
N1 2BG

### Website

<https://islingtoncentre.co.uk>

### Service Location

Islington

### Telephone

02073549946

### Email

Contact form available on website

### Focus

Holistic programme of services focusing on practical tools, support and creating a safe and welcoming space.

### Services

- English language lessons with community, art and social opportunities to use language skills
- Skills development activities, workshops and partnerships including art, writing and music
- Advice and advocacy on welfare, education and healthcare, support with accessing services
- Physical wellbeing activities: health checks, exercise and sports, food and hot drinks
- Emotional wellbeing support: therapeutic arts activities, pastoral support, workshops
- Social and recreational activities and outings.

### Service Users

Adult refugees, migrants and asylum seekers

### Access and Referral

- Self-referral
- Referral form available on website

## Islington Somali Community (ISC)

### Address

225-229 Seven Sisters Road  
London  
N4 2DA

### Website

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

### Service Location

Islington and surrounding boroughs

### Telephone

02072720550

### Email

[info@islingtonsomalicommunity.org.uk](mailto:info@islingtonsomalicommunity.org.uk)

### Focus

Improve wellbeing and work towards the full integration of people into the local community.

### Services

- Welfare, education, employment and health advice and information
- Signposting and referrals
- Befriending
- Outreach
- Youth project: promoting re-engagement with education and training, anti-alcohol and drugs education, sports
- Older people project including workshops on physical wellbeing
- Women's group
- Cultural events
- Mother tongue classes
- Supplementary classes
- Outings
- Interpretation and translation
- Emotional support and short-term counselling

### Service Users

- Members of the Somali community, including refugees and asylum seekers
- Somalian refugees and asylum seekers experiencing acute mental ill health

### Access and Referral

Self-referral

## Jesuit Refugee Service

### Address

The Hurtado Jesuit Centre  
2 Chandler Street  
London  
E1W 2QT

### Website

<https://www.jrsuk.net>

### Service Location

Tower Hamlets

### Telephone

02074887310

For people in refuge:

020 7488 7319

Day Centre:

020 7488 7310

### Email

[uk@jrs.net](mailto:uk@jrs.net)

### Focus

Emotional, pastoral and spiritual support.

### Services

- One-to-one visits to detainees in detention centres at Heathrow Airport, chaplaincy teams (all faiths)
- Day centre: peer support groups, creative activities
- Family trips
- Home hosting
- Spiritual companionship (all faiths)

### Service Users

Forced migrants, refugees, asylum seekers

### Languages

Access to interpreters

## Katherine Low Settlement

### Address

108 Battersea High Street  
London  
SW11 3HP

### Website

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

### Service Location

Wandsworth and surrounding boroughs

### Telephone

02072232845

Referrals:

02075850339

### Email

[info@klsettlement.org.uk](mailto:info@klsettlement.org.uk)

### Focus

Community centre.

### Services

- Social, creative and physical activities and trips for elderly people
- ESOL classes (English for Speakers of Other Languages), Maths, IT and childcare courses
- Children, young people and their families: befriending and mentoring, advocacy and casework, homework club, trips and activities

### Service Users

People living in Battersea, including refugees and newly-arrived communities

### Access and Referral

- Self-referral
- Referrals from schools
- Referrals from partner agencies
- Referral form available on website

## Kurdish Advice Centre

### Address

1 Eastfield Road  
London  
N8 7AD

### Website

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

### Service Location

Haringey

### Telephone

02083479657

### Email

[info@kurdishadvicecentre.org.uk](mailto:info@kurdishadvicecentre.org.uk)

### Focus

Advice, information, translation and activities.

### Services

- English language lessons with community, art Welfare, education, employment and health advice
- ESOL classes (English for Speakers of Other Languages)
- Life skills
- Music, dance, karate
- Lunch club with recreational activities
- Youth activities

### Service Users

Kurdish- and Turkish-speaking people, refugees and asylum seekers

### Access and Referral

Self-referral

### Staff Qualifications

- Mental health advisor
- Housing and benefits advisor

### Languages

Kurdish, Turkish

## Kurdish and Middle Eastern Women's Organisation (KMEWO)

### Address

Caxton House  
129 St. John's Way  
London  
N19 3RQ

### Website

<http://www.kmewo.com>

### Service Location

Islington

### Telephone

02072631027  
07748851125

### Email

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

### Focus

Advocacy and support.

### Services

- Advice on domestic violence, mental health-counselling, forced marriage, Female Genital Mutilation, Honour Based Violence
- Advocacy for women experiencing domestic and honour based violence, assistance for women to access safe-housing, police, protection and legal advice
- Risk assessment and crisis intervention
- Mentoring
- Group support

### Service Users

- Women who have experienced Violence Against Women and Girls
- Kurdish, Middle Eastern and North African women including those with unstable immigration status

### Access and Referral

- GP or other medical referral
- Self-referral
- Referrals by friends and family
- Referral by a solicitor or any other professional
- Referral by a voluntary or community organisation

### Staff Qualifications

- Counsellors
- Sessional workers

**Languages:** Arabic, Farsi, Kurdish, Tigrinya

## Lambeth Somali Community Association

### Address

Annexe Building  
13-15 Stockwell Road  
London  
SW9 9AU

### Website

<https://advicefinder.turn2us.org.uk/Home/Details/2115>

### Service Location

Lambeth and surrounding boroughs

### Telephone

02077386372

### Email

[lamsom@lamsom.org.uk](mailto:lamsom@lamsom.org.uk)

### Focus

Advice, information and activities.

### Services

- Advice on welfare, health and employment
- Support to access health and social services
- Bilingual advocacy project
- Homework club
- ESOL classes (English for Speakers of Other Languages)
- Cultural events
- Supplementary school
- Mother tongue classes

### Service Users

The local Somali community, including refugees and asylum seekers

### Access and Referral

Self-referral

### Languages

Access to Somali interpreters

## Latin American House

### Address

10 Kingsgate Place  
London  
NW6 4TA

### Website

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

### Service Location

Camden

### Telephone

02073728653

### Email

[info@casalatina.org.uk](mailto:info@casalatina.org.uk)

### Focus

Integration, social inclusion and well-being.

### Services

- Legal and social welfare advice
- Children's education
- Adult community learning: English classes
- Community centre: activities, information, orientation
- Events promoting and showcasing Latin American cultures
- EU Settlement Scheme

### Service Users

Latin American and other Spanish and Portuguese-speaking migrants in London, and communities in the local neighbourhood

### Access and Referral

Self-referral

### Languages

Spanish, Portugese

## Latin American Women's Rights Service (LAWRS)

### Address

Tindlemanor, 52-54 Featherstone Street  
London  
EC1Y 8RT

### Website

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

### Service Location

Islington

### Telephone

02073360888  
08442640682

### Email

[info@lawrs.org.uk](mailto:info@lawrs.org.uk)

Violence Against Women and Girls:

[referrals@lawrs.org.uk](mailto:referrals@lawrs.org.uk)

Counselling:

[counsellingreferrals@lawrs.org.uk](mailto:counsellingreferrals@lawrs.org.uk)

### Focus

Advice, advocacy, information and counselling services.

### Services

- Welfare advice
- Violence Against Women and Girls advice, advocacy and practical support
- Psychotherapy
- Workshops
- Group therapy
- Outreach services: social activities, social and civic orientation
- English classes

### Service Users

Latin American women, including those in need of immigration support

### Access and Referral

Self-referral

### Staff Qualifications

- Counsellors
- Psychotherapists
- Caseworkers

## Learn English at Home (LEAH)

### Address

Siddeley House  
50 Canbury Park Road  
Kingston-upon-Thames  
Surrey  
KT2 6LX

### Website

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

### Service Location

Hounslow, Kingston, Richmond

### Telephone

02082556144

### Email

[info@leah.org.uk](mailto:info@leah.org.uk)

### Focus

Improving English language skills of ethnically diverse adults to overcome isolation, increase confidence and gain knowledge of local services – Inclusion through language.

### Services

- One-to-one ESOL (English for Speakers of Other Languages) service is delivered via online video and phone, and in homes, refuges, hostels and community spaces.
- In-work classes are delivered on site and remotely

### Service Users

- Services are for isolated ethnically diverse adults with limited English who are unable to access college classes due to caring responsibilities, physical and/or mental ill health, lack of self-confidence or illiteracy in their first language.
- LEAH clients include refugees, former refugees, asylum seekers and migrants

### Access and Referral

- Self-referral
- Referral form available on website

## Lewisham Refugee and Migrant Network

### Address

The Sayes Court  
341 Evelyn St  
London  
SE8 5QX

### Website

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

### Service Location

Lewisham

### Telephone

020 8694 0323

### Email

[info@lrmn.org.uk](mailto:info@lrmn.org.uk)

Gender-based violence:  
[cristina.zorat@lrmn.org.uk](mailto:cristina.zorat@lrmn.org.uk)  
[elsa.king@lrmn.org.uk](mailto:elsa.king@lrmn.org.uk)

Lewisham Community Wellbeing:  
[contact@lewishamwellbeing.org.uk](mailto:contact@lewishamwellbeing.org.uk)

### Focus

Empowering people to know and exercise their rights, integrate and re-take control of their lives.

### Services

- One-to-one counselling
- Nurturing sessions with childcare provided
- Summer activities for mothers and children
- Individual support and recovery planning
- Peer support groups
- Gardening groups, sewing and knitting classes
- Drop-in centre in Woolwich: advice and support

### Service Users

- Refugees, asylum seekers, migrants
- Women who have survived gender-based violence
- Adults resident in the London Borough of Lewisham or registered with a Lewisham GP
- Specific provision for BAME communities

### Staff Qualifications

- Immigration, housing, welfare benefits, access to healthcare advisors
- Advice and advocacy worker
- Women's group manager
- Community wellbeing and engagement manager
- Black and Minority Ethnic and Refugee mental health adviser

### Languages

Arabic, French, Italian, Tamil, Vietnamese, Romanian, Farsi

## Limehouse Project

### Address

789-791 Commercial Road  
Unit 2 – St Anne Street  
London  
E14 7HG

### Website

<https://limehouseproject.org.uk>

### Service Location

Tower Hamlets

### Telephone

02075380075

### Email

Contact form available on website

### Focus

Advice and advocacy, education and training opportunities, recreational activities.

### Services

- Drop-in centres
- Advice on welfare, health and education
- Outreach
- Luncheon club for those aged 50 and over: Exercise, crafts, health and faith speakers, games, outings
- Exercise, healthy eating and motivational support programme
- ESOL classes (English for Speakers of Other Languages)
- Women empowerment programme

### Service Users

Minority communities and disadvantaged residents of Tower Hamlets, including those in need of immigration support

### Access and Referral

Self-referral

## Manor Gardens Welfare Trust

### Address

6-9 Manor Gardens  
Islington  
London  
N7 6LA

### Website

<https://manorgardenscentre.org/index.php>

### Service Location

Islington and North London

### Telephone

02072724231

### Email

[mgassistance@manorgardenscentre.org](mailto:mgassistance@manorgardenscentre.org)

### Focus

Our mission is to work with people and communities to take action and enable good health, resilience and opportunity.

### Services

- Advocacy services
- Support for refugee and migrant families in the first 1001 days of their child's life
- Support for families struggling with mental health in the perinatal period: peer support groups, activities, mentoring
- Therapeutic groups for women affected by Female Genital Mutilation and violence
- Individual mental health support for adults

### Service Users

- Migrant and refugee communities

### Access and Referral

- Self-referral
- Referral form on website
- Referrals from third party organisations

### Staff Qualifications

We have a broad range of qualified staff providing wellbeing, therapeutic, advocacy and other types of support.

### Languages

Albanian, Amharic, Arabic, Bulgarian, Czech, French, German, Hindi, Italian, Polish, Portuguese, Russian, Somali, Spanish, Tamil, Tigrinya, Turkish.

## Medical Justice

### Address

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#### Website

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

#### Service Location

Brook House IRC and Tinsley House IRC at Gatwick Airport, Colnbrook IRC and Harmondsworth IRC at Heathrow Airport

#### Telephone

02075617498

#### Email

[info@medicaljustice.org.uk](mailto:info@medicaljustice.org.uk)

#### Focus

Independent medical advice and assessments and medico-legal reports.

### Services

- Health professionals visit detainees: document scars of torture and serious medical conditions, give advice about management of pre-existing or new medical conditions, assess injuries following alleged assault during removal process, writing of medico-legal reports
- Non-medical visits

### Service Users

Immigration detainees

#### Access and Referral

- Self-referral
- Referrals from legal representatives
- Referrals from family members
- Referrals from befrienders
- Referrals from medical professionals
- Referrals from organisations supporting the detainee
- Referral form available on website

#### Staff Qualifications

- Health professionals
- Access to interpreters

## Metropolitan Thames Valley Care and Support

### Address

Metropolitan Thames Valley Care and Support  
Endlesham Road, Wandsworth

Metropolitan Thames Valley Care and Support  
Longridge Road, Kensington and Chelsea

#### Website

[https://www.metropolitan.org.uk/support-services/?\\_sf\\_s=refugee&\\_sft\\_client-groups=refugee-migrant](https://www.metropolitan.org.uk/support-services/?_sf_s=refugee&_sft_client-groups=refugee-migrant)

#### Service Location

Kensington and Chelsea, Wandsworth

#### Telephone

Endlesham Road:  
02086733390

Longridge Road:  
0207370 6340

#### Email

[lamsom@lamsom.org.uk](mailto:lamsom@lamsom.org.uk)

#### Focus

Accommodation and support.

### Services

- Emotional support and motivation
- Social and leisure activities

### Service Users

Unaccompanied asylum seekers and refugees aged 15-24

#### Access and Referral

Longridge Road: must be referred by social services team at Royal Borough of Kensington and Chelsea

## Micro Rainbow

### Address

Unit 2.4, The Green House  
244-254 Cambridge Heath Road  
London  
E2 9DA

### Website

<https://microrainbow.org>

### Service Location

Cambridge Heath

### Telephone

Helpline:  
02035596490  
07704170550

### Email

[info@microrainbow.org](mailto:info@microrainbow.org)

### Focus

Support, safe housing and the facilitation of access to training, education and employment.

### Services

- Safe temporary housing
- Support with gaining employment
- One-to-one emotional support when going through asylum process
- Dance workshops
- Choir
- Mindfulness workshops
- Support group for Lesbian, Bisexual, Transgender and Intersex women who have suffered gender-based violence

### Service Users

Lesbian, Gay, Bisexual, Transgender and Intersex refugees and asylum seekers

### Access and Referral

Self-referral

## Migrants Organise

### Address

Please see contact details below.

### Website

<http://www.migrantsorganise.org>

### Service Location

London-wide

### Telephone

02089644815

### Email

[info@migrantsorganise.org](mailto:info@migrantsorganise.org)

### Focus

- Migrant organising
- Mentoring: one-to-one emotional and personal support
- Socio-educational classes and activities: sewing, football, singing, theatre
- English classes
- Wellbeing class
- Support with accessing services
- Welfare support
- Support for migrants who lack mental capacity

### Services

- Advocacy services
- Support for refugee and migrant families in the first 1001 days of their child's life
- Support for families struggling with mental health in the perinatal period: peer support groups, activities, mentoring
- Therapeutic groups for women affected by Female Genital Mutilation and violence
- Individual mental health support for adults

### Service Users

Migrants, refugees and those seeking asylum

### Access and Referral

Self-referral and via other partner agencies

### Languages

French, Italian, Arabic, Parsi and others as needed

## Migrateful

### Address

3rd Floor, Finsbury Business Centre  
40 Bowling Green Lane  
London  
EC1R 0NE

Migrateful Cookery School  
3 Corners Centre, Corporation Row  
London  
EC1R 0HU

### Website

<https://www.migrateful.org>

### Service Location

Holborn and Clerkenwell

### Telephone

02075617498

### Email

[hello@migrateful.org](mailto:hello@migrateful.org)

Casework enquiries: [med@medicaljustice.org.uk](mailto:med@medicaljustice.org.uk)

### Focus

Cooking classes led by refugees, asylum seekers and migrants who are struggling to integrate.

### Services

- Chef training leading to the delivery of cooking classes to the public
- English lessons
- Activities to expand network and community

### Service Users

Adult refugees, migrants and asylum seekers with English Entry Level 2

### Access and Referral

- Self-referral
- Referrals from another individual or organisation

## Nafsiyat Intercultural Therapy Centre

### Address

Unit 4, Lysander Mews  
London  
N19 3QP

### Website

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

### Service Location

Camden, Enfield, Haringey, Islington

### Telephone

02072636947

### Email

[admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)

### Focus

Psychotherapy and counselling services.

### Services

- Free short-term therapy
- Long-term therapy for a fee
- Arabic, Amharic and Tigrinya women's group: Creative classes, empowerment and integration, social activities

### Service Users

People from diverse religious, cultural and ethnic communities in London, including refugees

### Access and Referral

- Short-term therapy: Self-referral, GP referral, referral by third party organisation
- Long-term therapy: Self-referral

### Staff Qualifications

- Counsellors
- Psychotherapists
- Community Link Workers
- Clinical Administrator and Family Practitioner

### Languages

Amharic, Arabic, Bengali, Farsi, French, Ga, German, Hindi, Italian, Krobo, Korean, Kurmanci (Kurdish), Punjabi, Somali, Swahili, Sylheti, Tigre, Tigrinya, Turkish, Twi, Urdu

## Network of Eritrean Women - UK (NEW-UK)

### Address

Resource for London  
356 Holloway Road  
London  
N7 6PA

Drop ins:  
Ethar Relief  
One Westminster  
37 Chapel Street  
London  
NW1 5DP

### Website

<http://www.networkoferitreanwomen-uk.co.uk/index.html>

### Service Location

Islington

### Telephone

07444485216

### Email

[Info@networkoferitreanwome-uk.co.uk](mailto:Info@networkoferitreanwome-uk.co.uk)

### Focus

Cultural and linguistic advice, information, advocacy, and wellbeing support.

### Services

- Advice and workshops around harmful traditions towards women and girls, gender inequalities and Eritrean women's human rights and mental health wellbeing
- Casework, referrals and signposting to other services

### Service Users

Eritrean women, including refugees and asylum-seekers

### Access and Referral

- Self-referral
- Referral form available on website
- Referrals from voluntary community and statutory agencies

### Languages

Eritrean

## New Art Studio

### Address

Islington Arts Factory  
2 Parkhurst Rd  
London  
N7 0SF

### Website

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

### Service Location

Islington

### Telephone

02089644815

### Email

[info@newartstudio.org.uk](mailto:info@newartstudio.org.uk)

### Focus

A safe space and relief from the effects of profound trauma.

### Services

- Life drawing classes
- English classes
- Yoga workshops
- Opportunity to exhibit artwork

### Service Users

Asylum seekers, refugees

### Access and Referral

- GP or other medical referral
- Self-referral

### Staff Qualifications

Art psychotherapists

## New Citizens' Gateway (formerly Barnet Refugee Service)

### Address

8th Floor, Hyde House  
Edgware Rd  
London  
NW9 6LH

### Website

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

### Service Location

London and online

### Telephone

02089059002

Counselling and emotional support:  
Rabia Bashir - Ext \*211

Gardening, workshops, men's group, services  
for Syrian refugees: Farida Stanikzai - Ext \*203

Women's group:  
Tanya Novick - 07914920880 or Ext \*203

Football for unaccompanied minors:  
Gloria Geretto - Ext \*212

### Email

[info@ncgateway.org.uk](mailto:info@ncgateway.org.uk)

Counselling and emotional support:  
Rabia Bashir - [Rabia@ncgateway.org.uk](mailto:Rabia@ncgateway.org.uk)

Gardening, workshops, men's group, services  
for Syrian refugees: Farida Stanikzai -  
[Stanikzai-farida@ncgateway.org.uk](mailto:Stanikzai-farida@ncgateway.org.uk)

Football for unaccompanied minors:  
Gloria Geretto - [Gloria@ncgateway.org.uk](mailto:Gloria@ncgateway.org.uk)

### Focus

Improving quality of life and promoting physical,  
social and mental well-being.

### Services

- Volunteering opportunities
- Counselling and emotional support: one-to-one talking therapy, group therapy
- Group activities: yoga, art therapy, drama therapy, mindfulness, photography, gardening
- Health and nutrition workshops
- Women's group for Black and Minority Ethnic and Refugee women: outings, photography, arts and crafts, health access
- Men's group: yoga, English lessons, games, outings
- Weekly youth social club: sports, cooking, outings
- Football for unaccompanied minors
- Mothers and toddlers' group for children under five: play and activities for children, socialising and English lessons for mothers

### Service Users

- Refugees, asylum seekers, unaccompanied minors

### Access and Referral

- Self-referral
- Referral form available online
- Referral by organisations

### Staff Qualifications

- BACP registered counsellors

### Languages

Bilingual counsellors

## Notre Dame Refugee Centre

### Address

Maison Pierre Chanel  
16 Leicester Square  
London  
WC2H 7LE

### Website

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

### Service Location

Westminster

### Telephone

02074402668/9

### Email

[info@notredamerc.org.uk](mailto:info@notredamerc.org.uk)

### Focus

Counselling, therapy and advice.

### Services

- Counselling including referral to other services
- Drop-in clinic
- Art therapy group
- Theatre group

### Service Users

- Refugees, asylum seekers, undocumented migrants
- Other human rights applicants

### Access and Referral

Self-referral

### Staff Qualifications

Counsellor

### Languages

French, English

## Ocean Somali Community Association (OSCA)

### Address

Enterprise Centre  
420-421 Burdett Rd  
London  
E3 4AA

### Website

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

### Service Location

Tower Hamlets and surrounding boroughs

### Telephone

02079875833

### Email

[info@oceansomali.org.uk](mailto:info@oceansomali.org.uk)

### Focus

Support services to facilitate access to opportunities and to strengthen relationships with mainstream providers.

### Services

- Advice on welfare, immigration, health, employment
- Home Liaison project to support children's education
- Leisure activities for women with mental and physical health and wellbeing problems: swimming, sauna, dance, cycling
- Discussion forums and group meetings for women on issues like Female Genital Mutilation
- Support for families: confidence building, parenting courses, health and safety
- Afterschool clubs, sports activities, summer programmes.

### Service Users

The Somali community and other North African and Middle Eastern residents of East London, including asylum seekers and refugees

### Access and Referral

- Self-referral
- Referrals from primary and secondary schools in Tower Hamlets
- Referrals from social services
- Referrals from other agencies

### Languages

Somali

## Off The Record

### Address

Refugee Service  
72 Queens Road  
Croydon  
CR0 2PR

### Website

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

### Service Location

Croydon

### Telephone

02082510251

### Email

rass@talkofftherecord.org

### Focus

Provision of free, independent and professional counselling.

### Services

- Individual counselling for low to medium psychological distress
- Online counselling and workshops

### Service Users

Refugees, asylum seekers and forced migrants aged 14-25

### Access and Referral

- Self-referral
- Referrals from carers
- Referrals from other professionals

### Staff Qualifications

Access to interpreters

## OURMALA

### Address

1a Goldsmiths Row  
London  
E2 8QA

### Website

<https://www.ourmala.com>

### Service Location

Euston, Hackney, South Kensington

### Telephone

02072636947

### Email

Contact form available on website

### Focus

Specialist yoga classes.

### Services

- Therapeutic yoga classes
- Nutritional lunch
- English classes
- Access to critical services
- Access to education and other activities
- Refunds for the cost of travel

### Service Users

- People seeking international protection in the UK
- Refugees
- Survivors of torture, trafficking and modern-day slavery
- Asylum-seekers

### Access and Referral

- Referrals from other organisations
- Referral form available on website

## Pan Intercultural Arts

### Address

Brunswick Centre  
32 O'Donnell Court  
London  
WC1N 1NX

### Website

<https://www.pan-arts.net>

### Service Location

Camden, Croydon, Hackney, Crawley

### Telephone

02078332111

### Email

[post@pan-arts.net](mailto:post@pan-arts.net)

### Focus

Using arts to support refugees and asylum seekers to find their voice and rethink their future

### Services

- Drama groups for young refugees
- Weekly creative workshops for female survivors of trafficking
- Choirs for female survivors of trafficking
- Peer mentoring
- Leadership training

### Service Users

Unaccompanied asylum seeking minors (from age 14), young refugees, young Afghan women, female survivors of trafficking

### Access and Referral

Self-referral

## Phoenix Community Care

### Address

Unit 41, 639 Enterprise Centre  
Tottenham  
London  
N17 8AA

### Website

<http://phoenixcommunity.org>

### Service Location

Tottenham

### Telephone

02088876888

### Email

[info@phoenixcommunity.co.uk](mailto:info@phoenixcommunity.co.uk)

### Focus

Housing and support with welfare, employment and education.

### Services

- Accommodation for vulnerable adults who have left care and unaccompanied minors
- Key work
- ESOL lessons (English for Speakers of Other Languages)
- Job opportunities and education
- Social events and holidays
- Foster care agency

### Service Users

- Vulnerable adults who have left care
- Unaccompanied minors
- Children requiring foster care

## RAMFEL

### Address

The People's Place  
80 - 92 High Street  
London  
E15 2NE

### Website

<http://www.ramfel.org.uk/index.html>

### Service Location

Stratford

### Telephone

02070525212

### Email

Contact form available on website

### Focus and Services

- Integration support: advocacy, advice, welfare, help to access services
- Yoga classes

### Service Users

Asylum seekers, vulnerable migrants, refugees

### Access and Referral

- Self-referral
- Referrals from other organisations

## Red Sea Community Programme

### Address

Unity Centre  
103 Church Road  
Harlesden  
London  
NW10 9EG

### Website

<https://www.brent.gov.uk/your-community/community-directory/red-sea-community-programme/>

### Service Location

Brent, Harlesden, Harrow

### Telephone

02084519510

### Email

hhheresi@yahoo.co.uk

### Focus

Advice, support and classes.

### Services

- Advice and referrals on education and training
- Drop-in lunch club for older people
- Leisure activities for young people
- Educational programmes for children
- ESOL (English for Speakers of Other Languages)
- Outreach and home visits

### Service Users

Refugees

### Access and Referral

Self-referral

## Refugee Action Kingston

### Address

Siddeley House  
50 Canbury Park Road  
Kingston upon Thames  
KT2 6LX

### Website

<https://refugeeactionkingston.org.uk>

### Service Location

Kingston Upon Thames

### Telephone

02085470115

### Email

[admin@refugeeactionkingston.org.uk](mailto:admin@refugeeactionkingston.org.uk)

### Focus

Skills development, advice, counselling and assistance in access to services and employment.

### Services

- One to one and group Counselling
- Welfare and legal advice
- Help with English language skills
- Housing, Health and Education advice
- Information and advice on welfare issues, support with medical appointments and school applications
- Careers services
- Volunteering opportunities

### Service Users

Asylum Seekers and refugees who live in Kingston and surrounding boroughs

### Access and Referral

- Self-referral
- Referrals from friends and family
- Referrals from voluntary or community organisations

### Staff Qualifications

- Counsellors
- Access to interpreters

### Languages

Arabic, Farsi, Korean, Dari, Pashto, Ukranian, Russian

## Refugee and Migrant Network Sutton (RMNS)

### Address

Granfers Community Centre  
73-79 Oakhill Road  
Sutton  
Surrey  
SM1 3AA

### Website

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

### Service Location

Sutton

### Telephone

07725549411

### Email

[office@rmns.org.uk](mailto:office@rmns.org.uk)

### Focus

Assistance, advice and counselling for the relief of poverty.

### Services

- Advice, information and advocacy on immigration, welfare benefits, housing, education and health issues
- Befriending, access to counselling
- English classes with creche
- Emergency crisis help

### Service Users

Refugees, migrants and asylum seekers who reside in or plan to reside in the London Borough of Sutton.

### Access and Referral

- Self-referral.
- Referrals from friends, family, local authority, voluntary and community organizations, health providers

### Staff Qualifications

- OISC Level1

## Refugee Council

### Address

The Refugee Council  
PO Box 68614  
London  
E15 1NS

### Website

<https://www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/>

### Service Location

Croydon, Hackney, Stratford

### Telephone

02073466700

### Email

[info@refugeecouncil.org.uk](mailto:info@refugeecouncil.org.uk)  
[London.therapeutic@refugeecouncil.org.uk](mailto:London.therapeutic@refugeecouncil.org.uk)

### Focus

One-to-one counselling, psycho-education, casework and crisis intervention.

### Services

- Therapeutic services for women survivors of domestic and gender-based violence who are seeking asylum: one-to-one counselling, monthly psychosocial group, mothers and toddlers' group
- Unaccompanied 11-17s therapy: individual and group therapy, creative therapy, gardening therapy
- Drop-in destitution service: pastoral care, health access, psychosocial activities

### Service Users

- Refugee adults and families with children (asylum-route, VPRS, VCRS, Gateway)
- Separated children seeking asylum
- People with humanitarian protection status
- People with family reunion visas
- Asylum seekers or refused asylum seekers who are destitute, vulnerable and homeless.
- Asylum seekers-lost contact with asylum application, no legal representation

### Access and Referral

- GP or other medical referral
- Self-referral
- Referral by local authority
- Referral by a voluntary or community organisation

### Staff Qualifications

Therapists

## Refugee Education UK

### Address

Kings House  
174 Hammersmith Road  
London  
W6 7JP

### Website

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

### Service Location

London, West Midlands, East of England, Oxford

### Telephone

Please use email

### Email

[hello@reuk.org](mailto:hello@reuk.org)

### Focus

Help young refugees and asylum seekers to access education, thrive in education, and use that education to create a hopeful, brighter future.

### Services

- Mentoring
- Educational pathway planning and training
- One-to-one psychosocial and wellbeing support
- Youth leadership opportunities
- Educational access resources for newly arrived refugees and asylum seekers

### Service Users

Refugees and those seeking asylum, ages 14-25; practitioners, caregivers, teachers, further education and higher education support staff.

### Access and Referral

- Self-referral
- Referrals from social services, support workers, voluntary and community organisations, local authority, solicitors, caregivers
- Advice line referrals

### Languages

Access to interpreters.

## Refugee Therapy Centre

### Address

1A Leeds Place  
Tollington Park  
London  
N4 3RF

### Website

<https://refugeetherapy.org.uk>

### Service Location

Islington

### Telephone

07828049099

### Email

[info@refugeetherapy.org.uk](mailto:info@refugeetherapy.org.uk)

### Focus

Therapy provision.

### Services

- Individual therapy
- Child and adolescent therapy
- Family therapy
- Couple therapy
- Mentoring: language support for clients and schoolwork help for children

### Service Users

Refugees, asylum seekers

### Access and Referral

- Self-referral
- Referral from GP
- Referral from school
- Referral from workplace
- Referral from a mental health service
- Referral from another charity

### Languages

Amharic, Arabic, Deri, Farsi, French, Somali, Turkish

## Refugee Youth

### Address

52-54 Kennington Oval  
Oval  
London  
SE11 5SW

### Website

<https://www.refugeeyouth.org>

### Service Location

Croydon, Oval

### Telephone

02034894420

### Email

[info@refugeeyouth.org](mailto:info@refugeeyouth.org)

### Focus

Support to increase emotional wellbeing and reduce social isolation.

### Services

- Weekly youth groups: banner making, cooking, dance, film making etc.
- Creative workshops
- Summer programmes
- Residential activities
- Women's group: drama, sports, dance etc.

### Service Users

Young people aged 14-20 from refugee and migrant backgrounds

### Access and Referral

- Self-referral
- Referrals from other individuals/organisations

## Refugees Action Centre - part of Glory of God Ministries

### Address

St Paul's Church  
Freshwater Road  
Tooting Broadway  
London  
SW17 OBE

### Website

<http://www.gloryofgodministries.org/rac.php>

### Service Location

Tooting

### Telephone

07956819932

### Email

[website@gloryofgodministries.org](mailto:website@gloryofgodministries.org)

### Focus

Information, advice and support on welfare and employment.

### Services

- Welfare, education and employment support
- Seminars and workshops on physical and mental health promotion
- ESOL Lessons (English for Speakers of Other Languages)
- African culture and Lingala and French classes for children and young people

### Service Users

People requiring immigration support

### Access and Referral

Self-referral

### Staff Qualifications

Access to interpreters

### Languages

Lingala, French

## Roma Support Group (RSG)

### Address

17 Old Ford Road  
Bethnal Green  
London  
E2 9PJ

### Website

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

### Service Location

Barking and Dagenham, Ealing, Enfield, Hammersmith & Fulham, Newham, Redbridge, Tower Hamlets, Waltham Forest

### Telephone

07949089778

### Email

[info@romasupportgroup.org.uk](mailto:info@romasupportgroup.org.uk)

### Focus

Overcoming the effects of prejudice, isolation and vulnerability.

### Services

- Advocacy and advice for welfare, health and employment issues
- Music classes
- Education support for children and young people
- After-school activities
- Mental health advocacy and support
- Sports activities

### Service Users

East European Roma refugees and migrants

### Access and Referral

Self-referral

### Staff Qualifications

Mental health advocates

### Languages

Romani, Polish, Romanian

## Room to Heal

### Address

Mildmay Community Centre  
Woodville Road  
London  
N16 8NA

### Website

<https://www.roomtoheal.org>

### Service Location

Islington

### Telephone

07863442929

### Email

[info@roomtoheal.org](mailto:info@roomtoheal.org)

### Focus

Support for people who have experienced torture, organised violence, persecution and indefinite detention.

### Services

- Short-term individual therapy
- Therapeutic support groups
- Social creative activities and workshops, emphasis on gardening
- Two intensive therapeutic retreats a year

### Service Users

People in exile who have been subjected to torture and/or cruel treatment

### Staff Qualifications

- Therapists
- Support workers

## Russian Community Association

### Address

1 Aylesford St  
Pimlico  
London  
SW1V 3RL

### Website

<http://russiancommunity.org.uk>

### Service Location

Westminster

### Telephone

02086612117  
07786961523

### Email

[olga.bastable@gmail.com](mailto:olga.bastable@gmail.com)

### Focus & Services

- Drop-in centre with weekly meetings
- Welfare support and advice
- ESOL classes (English for Speakers of Other Languages)
- Social events

### Service Users

Russian-speaking refugees and immigrants

### Access and Referral

Self-referral

## Salisbury WORLD

### Address

Salisbury WORLD  
Salisbury Rd  
London

### Website

<https://salisburyworld.org.uk>

### Service Location

Brent

### Telephone

02073722244

### Email

[mail@salisburyworld.org.uk](mailto:mail@salisburyworld.org.uk)

### Focus

Working with schools to support children.

### Services

- After-school and holiday clubs: trips and activities
- Mentoring: educational guidance and support to refugee and migrant pupils
- Welfare advice
- ESOL classes (English for Speakers of Other Languages)

### Service Users

Refugee, migrant and asylum seeking children and their families

## Sangat Advice Centre

### Address

Sangat Advice Centre  
Sancroft Road  
Harrow  
HA3 7NS

### Website

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

### Service Location

Harrow and surrounding boroughs

### Telephone

02084270659

### Email

[info@sangat.org.uk](mailto:info@sangat.org.uk)

### Focus & Services

- Welfare support
- Yoga
- Dance

### Service Users

Members of the Asian community and other minority communities, including those in need of immigration support

### Access and Referral

Self-referral

## Santé Project

### Address

12 Salcombe Lodge  
Lissenden Gardens  
London  
NW5 1LZ

### Website

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

### Service Location

Camden

### Telephone

02074822903

### Email

[santeproject44@gmail.com](mailto:santeproject44@gmail.com)

### Focus & Services

Advocacy and befriending: helping people access services, rebuild confidence and overcome practical problems.

### Service Users

Asylum seekers living in London who are aged 17 or over with mental health issues

### Access and Referral

- Self-referral
- Referrals from community organisations
- Referrals from GP
- Referrals from social or other support workers

## Say It Loud Club

### Address

34B York Way  
King's Cross  
London  
N1 9AB

### Website

<https://www.sayitloudclub.org>

### Service Location

King's Cross

### Telephone

07478801676

### Email

[info@sayitloudclub.org](mailto:info@sayitloudclub.org)

### Focus

Support and advocacy.

### Services

- Mentoring
- Workshops
- Social events
- Peer support
- Referrals to partner organisations

### Service Users

Lesbian, Gay, Bisexual, Transgender, Asexual and other non-heterosexual refugees and asylum seekers

### Access and Referral

Self-referral

### Staff Qualifications

Access to interpreters

## Shoreditch Trust

### Address

12 Orsman Road  
London  
N1 5QJ

### Website

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

### Service Location

City of London, Hackney

### Telephone

02070338501  
02070338587

Pregnancy services: 02070338524

Text: 07584598086

### Email

[info@shoreditchtrust.org.uk](mailto:info@shoreditchtrust.org.uk)

### Focus

Improving health, wellbeing, social networks and opportunities.

### Services

- Pre- and post-natal support from staff and peer mentors
- Activities: gardening, yoga, walks, sewing, exercise
- Volunteering opportunities

### Service Users

- Residents of the City of London and Hackney
- Specific support for women with mental health problems
- Specific support for women facing immigration issues or who are new to the UK

### Access and Referral

- Self-referral
- Pregnancy service: form available on website
- Referrals from health or social care professionals

## Shpresa Programme

### Address

Mansfield House  
30 Avenons Road  
Plaistow  
London  
E13 8HT

### Website

<http://www.shpresaprogramme.com/index.html>

### Service Location

Newham and surrounding boroughs

### Telephone

02075111586

### Email

[shpresaprogramme@yahoo.co.uk](mailto:shpresaprogramme@yahoo.co.uk)

### Focus

Integration, education, training, health and wellbeing and advocacy.

### Services

- Albanian schools that work with local schools to help children integrate, help parents engage with children's education and promote Albanian culture
- Social activities for children and young people: dancing, kickboxing, football, self-defence, Jack Petchey Award
- Individual and group mentoring for children and young people
- Weekly support groups and therapy sessions for women
- English lessons and training
- Information, advice and advocacy in employment, immigration and welfare
- Volunteering opportunities
- Emergency support with food, clothes and data

### Service Users

- Albanian-speaking refugees, migrants and asylum seekers
- Other members of new migrant communities

### Access and Referral

- Self-referral
- Referrals from schools

### Languages

Albanian

## SOAS Detainee Support

### Address

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### Website

<http://www.soasdetaineesupport.co.uk/>

### Service Location

Colnbrook and Harmondsworth (Heathrow), Brook House and Tinsley House (Gatwick), London prisons

### Telephone

For detainees: 07438407570 (free to call from Lyca)

### Email

[s.det.sup@gmail.com](mailto:s.det.sup@gmail.com)

### Focus

Break the isolation of immigration detention and empower people to resist imprisonment and deportation.

### Services

- Emotional support
- Practical support: finding a solicitor or medical expert, bringing essential items
- Campaigning

### Service Users

Immigration detainees

### Access and Referral

- Self-referral
- Referrals from other individuals/organisations

## Somali Integration & Development Association

### Address

Unit 50  
Camberwell Business Centre  
99-103 Lomond Grove  
London  
SE5 7HN

### Website

<http://sidauk.org>

### Service Location

Southwark

### Telephone

02073583274

### Email

[contact@sidauk.org](mailto:contact@sidauk.org)

### Focus

Support to improve quality of life.

### Services

- Health advice and counselling
- Referrals to other services
- Football activities
- Socialising
- Education support for children and parents
- Support for mothers
- Family conflict resolution and mediation
- Befriending services for older people
- Trips and social activities for older people

### Service Users

Members of the Somali community including refugees and migrants

### Access and Referral

Self-referral

### Staff Qualifications

- Multilingual Staff
- Female specialist support worker

## South London Counselling & Support Services (SLCSS)

### Address

6 Eltham Road  
Lee Green  
London  
SE12 8TF

### Website

<https://www.slcsservices.org>

### Service Location

Greenwich, Lambeth, Lewisham, Southwark

### Telephone

02088523400  
07957630187

### Email

[info@slcsservices.org](mailto:info@slcsservices.org)

### Focus

Counselling.

### Services

- Individual, couples and group counselling
- Domestic violence
- Child psychology
- Marriage/civil unions
- Child custody

### Service Users

Anyone in need of counselling, particularly those from Black and Minority Ethnic and Refugee groups or poor backgrounds

### Access and Referral

Self-referral

## Southall Black Sisters

### Address

21 Avenue Rd  
Southall  
UB1 3BL

### Website

<https://southallblacksisters.org.uk>

### Service Location

Hounslow, Southall

### Telephone

02085719595

### Email

Contact form available on website

### Focus

Highlighting and challenging gender-related violence against women and empowering them to have more control over their lives.

### Services

- Domestic violence advice surgery (Hounslow)
- Counselling
- Self-help support services
- Advocacy
- Casework

### Service Users

- Women affected by gender-related violence including those in need of immigration support
- Hounslow service: Black and Minority Ethnic women residing in Hounslow who have experienced domestic or sexual violence or more specific cultural forms of violence

### Access and Referral

- Self-referral
- Referrals from other agencies
- Referral form available on website

## Southwark Day Centre for Asylum Seekers (SDCAS)

### Address

C/O Copleston Centre  
Copleston Road  
London  
SE15 4AN

121 Peckham Park Road  
Baptist Church  
London  
SE15 6SX

### Website

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

### Service Location

Tuesdays at Copleston Centre and Wednesdays at Peckham Park

### Telephone

02077320505

### Email

[office@sdcas.org.uk](mailto:office@sdcas.org.uk)

### Focus

Advice and signposting on immigration, health access, housing, homelessness and benefits.

### Services

- Support around destitution
- Integration and social activities as available including ESOL, gardening, knitting circle
- Run various social activities
- Connecting people to health services including mental health support with the help of our local NHS health inclusion team
- Connecting people to GPs, supporting clients by referring them to external counselling services

### Service Users

Asylum seekers, refugees and migrants

### Access and Referral

Contact the office before referring clients to us to ensure we have capacity

### Staff Qualifications

- Centre workers
- Early Action Development Worker
- Early Action and Mental Health Development Worker
- Play Leader

## Southwark Refugee and Migrant Project (SRMP)

### Address

Sojourner Truth Community Centre  
161 Sumner Road  
Peckham  
London  
SE15 6JL

### Website

<http://www.southwarksrp.org>

### Service Location

Southwark

### Telephone

02077033857

### Email

Contact form available on website

### Focus

Welfare of refugees, asylum seekers and migrants.

### Services

- ESOL classes (English for Speakers of Other Languages)
- Employment support
- Social activities
- Advice and signposting

### Service Users

Refugee, asylum seeker and migrant communities in Southwark

### Access and Referral

Self-referral

### Staff Qualifications

- Family support worker
- Bilingual staff

## Springfield Community Flat

### Address

110 Union Road  
London  
SW8 2SH

### Website

<https://www.springfieldcommunityflat.com>

### Service Location

Springfield Estate, Lambeth

### Telephone

02074980777  
02070186980

### Email

[admin@springfieldcommunityflat.com](mailto:admin@springfieldcommunityflat.com)

### Focus

Social justice and the fight against social and health inequalities.

### Services

- Breakfast and after school club
- Holiday club
- Lunch club
- Crèche
- Outreach services
- Befriending
- English classes
- Outings and events
- Advocacy
- Health and child safety workshops
- Youth activities

### Service Users

- Deprived people
- Young families
- Children and young people
- Elderly people
- Disabled people
- Refugees and asylum seekers

### Staff Qualifications

- Family support worker
- Bilingual staff

## Streatham Drop-in Centre

### Address

2 Mitcham Lane  
Streatham  
London  
SW16 6NN

### Website

<http://streathamdropin.org.uk>

### Service Location

Lambeth and surrounding boroughs

### Telephone

02086647432

### Email

[dropin@emchurch.plus.com](mailto:dropin@emchurch.plus.com)

### Focus

Support, information, advice and health and wellbeing interventions.

### Services

- Health and wellbeing support: weekly specialist refugee nurse, advice and advocacy case worker
- Creche and play facilities
- Women's wellbeing activities: jewellery making, yoga, music and movement, healthy lifestyle promotion
- Teas, coffees and refreshments
- Homework and Families Learning Project (by application)
- Trips

### Service Users

Asylum seekers, refugees

### Access and Referral

Self-referral

### Staff Qualifications

- Refugee nurse
- Health advice and advocacy case worker

## Sufra NW London

### Address

160 Pitfield Way  
Stonebridge  
London  
NW10 0PW

### Website

<https://www.sufra-nwlondon.org.uk>

### Service Location

Brent

### Telephone

02034411335

### Email

[admin@sufra-nwlondon.org.uk](mailto:admin@sufra-nwlondon.org.uk)

Refugee and asylum seeker services:  
[zena@sufra-nwlondon.org.uk](mailto:zena@sufra-nwlondon.org.uk)

### Focus

Addressing the causes and consequences of impoverishment in the community.

### Services

- Meals
- Welfare advice
- Community garden
- Cooking classes for qualifications
- Refugee resettlement
- ESOL classes (English for Speakers of Other Languages)
- Life-skills workshops
- Women's support group
- Children's homework club
- Outings
- Foodbank and foodbank services (by referral only)

### Service Users

People in crisis due to poverty and/or homelessness, including refugees and asylum seekers

### Access and Referral

Self-referral

### Languages

Arabic, English, Gujrati, Polish, Somali

## Tamil Community Centre (TCC)

### Address

Community Hall  
31 Northolt Road  
Harrow  
London  
HA2 0NR

Tamil Community Centre & Otthulaippu Trinity  
Community Centre  
East Avenue  
London  
E12 6SG

Tamil Community Centre  
The Hive  
359 Hanworth Road  
Hounslow  
London  
TW3 3SQ

### Website

<https://tccentre.co.uk>

### Service Location

Harrow, Hounslow, Newham

### Telephone

07947816273

### Email

Contact form available on website

### Focus

Wellbeing support to increase confidence and independence.

### Services

- Dance and fitness classes
- One-to-one support: domestic violence, substance misuse, welfare, social services
- Signposting
- English classes

### Service Users

Tamils, including refugees and asylum-seekers

### Access and Referral

Self-referral

## Tamil Relief Centre

### Address

Community House  
311 Fore Street  
Edmonton  
London  
N9 0PZ

### Website

<http://www.trcuk.org/about.html>

### Service Location

Edmonton

### Telephone

02083736249

### Email

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### Focus

Needs-led services related to community welfare and integration as well as education and training programmes.

### Services

- Welfare advice and information
- Women's outreach project: visit women at home to reduce isolation, provide counselling, advocacy and support
- Elders project: weekly drop-in, exercise, outings, spiritual trips, day-day support

### Service Users

Asylum seekers, refugees, minority ethnic communities, immigrants

### Access and Referral

Self-referral

## Tamil Welfare Association (Newham) UK (TWAN)

### Address

602 Romford Road  
Manor Park  
London  
E12 5AF

### Website

<http://twan.org.uk>

### Service Location

Newham

### Telephone

02084780577

### Email

[twan@twan.org.uk](mailto:twan@twan.org.uk)

### Focus

Relieving the Tamil migrant community from poverty and assisting individual refugees with resettlement in the UK.

### Services

- Primary healthcare and counselling
- Family advice
- Day centre for senior citizens
- Creative classes and play for migrant and refugee children

### Service Users

Members of the Tamil community in the UK, including refugees

### Access and Referral

- Self-referral
- Referral from social services

### Staff Qualifications

- Support workers
- Caseworkers

## The Children's Society

### Address

Whitecross Studios  
50 Banner Street  
London  
EC1Y 8ST

### Website

<https://www.childrenssociety.org.uk/what-we-do/our-work/young-refugees-migrants>

### Service Location

East London

### Telephone

03003037000

Services for 14-21-year-olds:

0788 597 2057  
0208 221 8205

Services for 11-25-year-olds:

0208 221 8210

### Email

[supportercare@childrenssociety.org.uk](mailto:supportercare@childrenssociety.org.uk)

Services for 14-21-year-olds:

[alice.myers@childrenssociety.org.uk](mailto:alice.myers@childrenssociety.org.uk)

Services for 11-25-year-olds:

[francesca.nyman@childrenssociety.org.uk](mailto:francesca.nyman@childrenssociety.org.uk)

### Focus

Emotional support, therapy and social activities.

### Services

- Emotional support
- Befriending/mentoring schemes
- Trauma-focused therapy
- Social activities
- Peer network groups including separate groups for boys and girls
- Socio-education
- Self-care support
- Support through immigration and legal systems
- Help with accessing financial support and grants
- Advocacy and casework

### Service Users

- Asylum seeking refugee children and their families including NRPF families
- Unaccompanied Asylum-Seeking Children (UASC)
- Separated asylum seeker, refugee and migrant young people
- Trafficked boys and young men aged 11-25
- Migrants including undocumented migrants
- Vulnerable EU nationals through the EU settlement scheme
- Those with precarious immigration status or who are struggling to access resources because of their immigration status

### Access and Referral

- Referrals from social workers
- Referrals from solicitors
- Referrals from other NGOs
- Referrals from police
- Referrals from people in the community

### Staff Qualifications

- Counsellors
- Therapists
- Occupational Therapists
- Access to interpreters

### Languages

Pushto, Urdu, Dari, Farsi

## The Baytree Centre

### Address

300-302 Brixton Road  
London  
SW9 6AE

### Website

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

### Service Location

Brixton

### Telephone

02077335283

### Email

[enquiries@baytreecentre.org.uk](mailto:enquiries@baytreecentre.org.uk)

### Focus

Education, training and employability opportunities.

### Services

- One-to-one mentoring and group sessions
- ESOL classes (English for Speakers of Other Languages)
- Family activities for mothers and daughters
- After school and weekend activities for children
- Volunteering and work-experience opportunities
- Support for young immigrants and refugees as they enter school

### Service Users

Women and girls in Brixton including migrants, refugees and asylum seekers

### Access and Referral

Referral forms available on website

## The Manna Society

### Address

12 Melior Street  
London  
SE1 3QP

### Website

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

### Service Location

London Bridge

### Telephone

02073579363

### Email

[mail@mannasociety.org.uk](mailto:mail@mannasociety.org.uk)

### Focus

Day centre providing breakfast, lunch and advice and welfare services.

### Services

- Weekly advice for refugees and migrants
- Weekly mental health surgery
- Food and hospitality

### Service Users

Homeless people, including those in need

### Access and Referral

- Drop-in
- Self-referral

### Staff Qualifications

- Advice workers
- Project workers

### Languages

Polish

## The Maya Centre

### Address

Unit 8  
9-15 Elthorne Road  
London  
N19 4AJ

### Website

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

### Service Location

Islington

### Telephone

Referral line: 02072720995  
General line: 02072818970

### Email

[admin@mayacentre.org.uk](mailto:admin@mayacentre.org.uk)

### Focus

Supporting minoritised and low income women with history of domestic violence or child sexual abuse.

### Services

- One-to-one counselling
- Group counselling: art therapy, dance movement psychotherapy, psychoeducation
- Non-counselling sessions/workshops
- Holistic healing services
- Community support

### Service Users

Women over the age of 18 who have experienced any of the following and are in receipt of any form of means-tested state benefit:

- Mental health issues
- Trauma
- Gender-based violence
- Institutional abuse
- Being refugees or asylum seekers

### Access and Referral

- Self-referral
- Referral form available on website

### Staff Qualifications

- UKCP & BACP Members & Accredited Qualified Therapists, OCC trainees

### Languages

Albanian, Bengali, Hindi, Urdu, Arabic, Danish, French, German, Kurdish, Turkish, Farsi, Somali, Urhobo

## UK Lesbian & Gay Immigration Group (UKLGIG)

### Address

CAN Mezzanine – Borough  
7-14 Great Dover St  
London  
SE1 4YR

### Website

<https://uklgig.org.uk>

### Service Location

Borough

### Telephone

Enquiries from asylum seekers: 02079227811  
Other enquiries: 02079227812

### Email

[admin@uklgig.org.uk](mailto:admin@uklgig.org.uk)

### Focus & Services

- Psychosocial and emotional support
- Legal information and advice
- Referrals to solicitors

### Service Users

LGBTQI+ people seeking asylum or seeking to migrate to the UK to live with a partner, including people living in detention centres

### Access and Referral

Self-referral

## Waging Peace

### Address

14 St Mary's Street  
Stamford  
PE9 2DF

### Website

<https://wagingpeace.info>

### Service Location

London-wide  
(Services provided remotely throughout the UK)

### Telephone

0208 191 9235

### Email

[info@wagingpeace.info](mailto:info@wagingpeace.info)

### Focus

Integration into life in the UK.

### Services

- Sudanese Visitors' Group: visits to Sudanese people in detention
- Emotional support in person or over the phone
- Women support groups for refugees and asylum seekers

### Service Users

Sudanese refugees and asylum seekers

### Languages

Arabic

## Waltham Forest Migrant Action (WFMA)

### Address

Blackhorse Road Baptist Church Hall  
65 Blackhorse Road  
London  
E17 7AS

### Website

<https://wfma.org.uk>

### Service Location

Waltham Forest

### Telephone

07496394175

### Email

[supportcentre@wfma.org.uk](mailto:supportcentre@wfma.org.uk)

### Focus

Migrant support and the promotion of integration between migrants and non-migrants.

### Services

- Support Centre: Advice on welfare, benefits and housing
- Food and baby bank referrals and some immigration casework through our partnership with RAMFEL
- Signposting and socialising

### Service Users

Migrants (regardless of immigration status), asylum-seekers and refugees.

### Access and Referral

Self-referral

## Waterloo Community Counselling

### Address

Barley Mow Clinic  
Greet House  
Frazier Street  
London  
SE1 7BD

### Website

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

### Service Location

Lambeth and Southwark

### Telephone

02079283462

### Email

[info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)

### Focus

Community counselling and psychotherapy service.

### Services

- Mother-tongue, multi-ethnic, individual and group talking therapy
- Reimbursement of travel expenses to refugees and asylum seekers
- Signposting

### Service Users

Asylum seekers, refugees, undocumented migrants, including victims of torture, human trafficking, and modern slavery.

### Access and Referral

- Self-referral
- Referrals from GPs
- Referrals from caseworkers
- Referral form available on website
- In Southwark and Lambeth WCC also supports referrals (e.g., EU migrants) with language counselling via contracts with the local IAPT Services

### Staff Qualifications

- Psychologists
- Counsellors

### Languages

Albanian, Amharic, Arabic, Bengali, Cantonese, Farsi, Dari, French, Hindi, Italian, Korean, Kurdish, Mandarin, Polish, Portuguese, Romanian, Russian, Spanish, Tamil, Turkish, Twi, Urdu

## Welcome Project

### Address

2-6 St Marys Road  
Ilford  
Essex  
IG1 1QX

### Website

<http://www.healthylivingprojects.org.uk/about-the-project.html>

### Service Location

Redbridge and surrounding boroughs

### Telephone

02085143283

### Email

Contact forms available on website

### Focus

Information, advice and guidance on issues associated with homelessness.

### Services

- One-to-one support: welfare, advocacy, drugs and alcohol, mental health
- Art sessions
- Exercise
- Relaxation sessions
- Allotment gardening
- Cooking and nutrition
- Woodwork
- Residential retreats
- ESOL classes (English for Speakers of Other Languages)
- Training classes
- Signposting and referrals to other health services including counselling
- Women's support group
- Hot meals, showers, laundry and clothing services

### Service Users

Homeless people, including those with insecure immigration status

### Access and Referral

- Self-referral
- Referral from another individual or organisation

### Staff Qualifications

- Nurses
- Support workers

## West London Synagogue Asylum Seekers Drop-In

### Address

33 Seymour Place  
London  
W1H 5AU

### Website

<https://www.wls.org.uk/FAQs/drop-in>

### Service Location

Westminster

### Telephone

02077234404

### Email

[dropin@wls.org.uk](mailto:dropin@wls.org.uk)

### Focus

Support and companionship.

### Services

- Hot meals
- Grocery vouchers
- Clothing
- Advice

### Service Users

Families who have been made destitute while seeking asylum in the UK

### Access and Referral

Self-referral

## Women for Refugee Women

### Address

Tindlemanor  
52-54 Featherstone Street  
London  
EC1Y 8RT

### Website

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

### Service Location

Islington

### Telephone

02072501239

### Email

[admin@refugeewomen.co.uk](mailto:admin@refugeewomen.co.uk)

### Focus

Empowerment of women to speak out, become leaders and advocate for change.

### Services

Empowerment activities: drama, support for LGBTQ+ women, advice, yoga, public speaking, digital inclusion workshops, creative courses (e.g. knitting, writing) and English lessons

### Service Users

Refugee and asylum-seeking women

### Access and Referral

Self-referral

## Women's Association for Networking and Development (WAND UK)

### Address

St. Charles Centre for Health and Wellbeing  
Exmoor Street  
London  
W10 6DZ

### Website

<https://www.wanduk.org>

### Service Location

North Kensington

### Telephone

02089624132  
07813485607  
07534155619

### Email

Contact form available on website

### Focus

Drop-in sessions, outreach services and networking events.

### Services

- One-to-one visits
- Social activities
- Awareness campaigns
- One-to-one emotional wellbeing support
- Coffee mornings
- Taichi, Zumba, massage, yoga, gardening, dance
- Advice and information
- Opportunities for education and training
- Enhancement of life skills
- Children's centre
- Wellbeing messages

### Service Users

Women in isolated and excluded communities, including asylum seekers, refugees and migrants

### Access and Referral

- Self-referral
- Referrals from the community
- Referrals from healthcare and social care professionals

## Young Roots

### Address

Cornerstone House  
14 Willis Road  
Croydon  
CR0 2XX

### Website

<https://youngroots.org.uk>

### Service Location

Brent, Croydon

### Telephone

02086849140

### Email

[london@youngroots.org.uk](mailto:london@youngroots.org.uk)  
Send referral forms to:  
North London: [NLReferrals@youngroots.org.uk](mailto:NLReferrals@youngroots.org.uk)  
Croydon: [CroydonReferrals@youngroots.org.uk](mailto:CroydonReferrals@youngroots.org.uk)

### Focus

Improving well-being and life chances.

### Services

- Peer-led language learning
- One-to-one casework: enabling young people to access services
- Weekly youth club: cooking, games, dance, creative activities, language support, sexual health and rights workshops
- Football
- Peer one-to-one and small group mentoring
- Cycling lessons for young women
- Girls' group: art, music, games, dance, workshops
- Referrals to the Helen Bamber Foundation (Brent) and Off the Record (Croydon)
- Leadership programme

### Service Users

Young refugees, migrants and asylum seekers

### Access and Referral

Referral form available on website

## Contact us

If you have questions about the directory or our project, please get in touch with the Project Lead, Dr Hanna Kienzler at:

 [hanna.kienzler@kcl.ac.uk](mailto:hanna.kienzler@kcl.ac.uk)

Please note questions relating to particular services should be directed to the individual organisations

For more information about the ESRC Centre for Society and Mental Health:

 [www.kcl.ac.uk/csmh](http://www.kcl.ac.uk/csmh)

Connect with the Centre on twitter:

 [@kcsamh](https://twitter.com/kcsamh)



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Mental Health**

**ESRC Centre  
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44-46 Aldwych  
London  
WC2B 4LL  
[www.kcl.ac.uk/csmh](http://www.kcl.ac.uk/csmh)  
[csmh@kcl.ac.uk](mailto:csmh@kcl.ac.uk)  
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