

Out and About

About the group - Out and About is a one-to-one community-based therapeutic service to support people with learning disabilities and associated behaviours. It also provides a dramatherapy service. Out and About was established in 2013 by Paul Lucas, a qualified social worker who identified a gap in the market for community based services. Out and About have supported people with various goals including one person becoming a DJ and another becoming a volunteer at a National Trust garden.

When and how long?

4 – 8 hours

Where?

Southwark, and Barking & Dagenham

How much?

£17 per hour

Contact Details

Paul Lucas – Email paulsoutnabout@gmail.com or call 07847 383391



Wheels for Wellbeing

About the group - Wheels for Wellbeing is a charity supporting people of all ages in South London to enjoy the benefits of cycling, regardless of any physical or mental barriers they may experience. Since 2007 Wheels for Well-being have supported thousands of people to cycle in London. They are a leading inclusive cycling provider. They provide:

- regular off-road cycle sessions with a wide variety of standard and non-standard cycles
- outreach sessions across Lambeth, Southwark, Lewisham and Croydon where they bring their cycles for people to try
- Advice and support
- Inclusive cycling facilities

When and where?

Mondays 11 – 1.30 - Herne Hill Velodrome

Tuesdays 12 – 1pm – Ladywell Day Centre

Tuesdays 10 -1pm – Croydon Sports Arena

Friday 11 – 1pm - Croydon Sports Arena

Saturday 10- 12.30pm - Croydon Sports Arena



Contact Details

Call 0207 346 8482 or email Valerie Oldfield valerie@wheelsforwellbeing.org.uk (Mon, Tues and Wed)

Urban Growth Learning Gardens

About the group - Urban Growth deliver horticultural training to vulnerable groups and, in the process, transform outdoor areas into thriving urban oases of plants and biodiversity. Urban Growth offer training, employment and work experience to those in need of support.

The main areas they operate in are Southwark and Lambeth, though they also have ongoing or past projects in Hounslow, Ealing, Lewisham and Westminster.

When and how long?

Training - Tuesdays, Thursdays and Fridays at Time and Talents between 10 and 4pm. Ad hoc community days at other times.

Where?

Time & Talents, St Marychurch Street, Southwark, London, SE16 4JE

How much?

The sessions are free.

Contact Details

grow@urbangrowth.london



“I Choose to Smile”

About the group

“I Choose to Smile 😊” is an MS support group with the aim to involve, educate and socialise.

When and how long?

The first Wednesday of every month at 1pm.

Where?

Southwark Resource Centre, 10 Bradenham Close, SE17 2QB

How much?

Free entry, pay for refreshments

Contact Details

Eno Itauma – call 07949 982709



Sporting Recovery CIC

About the group (launching now following a successful pilot) - Sporting Recovery CIC encourages people with complex care needs to adapt a healthier lifestyle, promoting structure and social interaction in their daily lives. They focus on team sports to give structure and promote social interaction to people with complex care needs on their recovery journey. Sporting Recovery CIC offers a range of team sport activities and exercise nutritional advice and support to people on their recovery pathway.

When and how long?

42 weeks – weekly 4 hour sessions

Where?

Damilola Taylor Centre, 1 East Surrey Grove, Peckham, London, SE15 6DR

How much?

First 6 weeks are free, the rest has to be paid out of personal budgets.

Contact Details

Pat Berry help@sportingrecovery.org.uk

Knitwizzneedles

About the group

A therapeutic knitting and crochet service.

When and how long?

Wednesdays and Fridays 11- 2pm

Where?

James Wilson Coffee Shop, 357 Norwood Road, SE27 9BQ

How much?

Free

Contact Details

Lorraine Duncan 07463 050553



My Help at Home

About the group

Website providing a platform for carers to advertise their services, and for customers to choose their own carers.

When and how long?

24 hours a day

Where?

<http://myhelppathome.org/>

How much?

Price varies

Contact Details

Patrick Bartley patrick@myhelppathome.org

The Dragon Cafe

About the group

The Dragon Cafe provides a simple, affordable, healthy menu each week, and a wide range of creative and well-being activities, all of which are free and open to all. The aim is to provide creative connections for those in mental or emotional distress as well as the well.

When and how long?

Every Monday 12pm – 8.30pm

Where?

Crypt of St George the Martyr Church, Borough High St, SE1 1JA

How much?

Free entry, pay for food.

Contact Details

Seth Hunter – seth@mentalhealthclub.com

PHASES

About the group

PHASES was set up as 'Advocates for the Homeless' in 2001 but has changed its name to 'PHASES Social Enterprise' in 2010. PHASES is a South London-based charity and Social Enterprise. Their projects explore different ways in which construction and environmental work can improve not only surroundings, but also the lives of their trainees. PHASES help a wide range of marginalised people - the homeless, offenders, those with health problems and the long-term unemployed. They focus on construction and DIY skills.

When and how long?

The number of days can be tailored to the individual.

Where?

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How much?

TBC

Contact Details

Glenn Heaton – glenn@phases.org.uk

