



Do you live in the London Borough of Richmond upon Thames?



A partnership of 20 local charities, supporting adults of all ages to live independently, improve wellbeing and stay connected with their local community.

CILS INFORMATION NAVIGATION

Free advice, information & support on a range of topics including housing, health & social care and wellbeing & leisure opportunities.

CILS HEALTH AND WELLBEING

A range of wellbeing, social & practical support including activities, companionship, peer support, volunteering, transport and learning.

CILS Information Navigation

Provided by Richmond AID

Our team of Information Navigators can:

- ✓ Offer information, advice and support on a range of subjects
- ✓ Help you to find the right services to support your needs
- ✓ Support you through the health & social care system

Information Navigation areas include:

- Housing
- Benefits
- Grants and food vouchers
- Social and leisure opportunities
- Employment, education and training
- Health, social care and independent living
- Transport and mobility
- Access, aids and adaptations
- Consumer issues
- Volunteering
- Befriending

CONTACT US

We can help you if you are looking for support for yourself, a family member, friend or someone you are caring for. The service is free and confidential.

email: advice@richmondaid.org.uk

phone: 020 8831 6464

website: www.richmondaid.org.uk (click on CILS)

text/SMS: 07894 215 835

CILS Health and Wellbeing

Led by Age UK Richmond

Our partnership offers a range of wellbeing, social and practical support across the Borough led by Age UK Richmond to meet the needs of a range of people and conditions.

Health & Wellbeing services include:

- Wellbeing activities, groups and sessions at a range of locations across Richmond upon Thames
- Social & wellbeing centres for older people
- Befriending and companionship
- Peer support network for people with mental health issues
- Employment support for people with a range of disabilities
- Specialist dementia support for those with a dementia diagnosis
- Transport for people with limited mobility
- Integrated therapy for individuals with neurological conditions
- Volunteering opportunities across the partnership
- Support and engagement for minority communities

If you are not sure what support you might need you can contact the Information Navigation Service. Alternatively, if you know what support you might need you can contact all our partners directly.

See our website for the contact details of each partner:
www.ageukrichmond.org.uk (Click on CILS)

Our Partnership



Richmond AID
Advice and Information on Disability

Linden Hall
Community Centre

THE AVENUE CLUB
ACTIVE . SOCIAL . LIFE

WHITTON AND HEATHFIELD
NETWORK
VOLUNTARY CARE GROUP

Ham & Petersham
SOS
Neighbourhood Care Group

ins
neuro-support, for life

ruils
working together for independent living

ELLERAY HALL
SOCIAL CENTRE

greenwood
Community Centre

Teddington & Hampton Wick
Voluntary Care Group

RAKAT CT

local mencap
Richmond

Richmond upon Thames
age UK

HANDS

kna
Kew Neighbourhood Association
We're here to help

RICHMOND GOOD NEIGHBOURS

FiSH
FRIENDSHIP • INDEPENDENCE • SUPPORT • HELP
NEIGHBOURHOOD CARE, SERVING BAKERS, HOSTEL & EAST SHED

Alzheimer's Society
United Against Dementia

mind | Richmond Borough
for better mental health

Multicultural Richmond