



North West London
**Signposting
manual**

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National Signposting

Healthy Living

Health Checks

<https://www.nhs.uk/conditions/nhs-health-check/>

Healthy Weight

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

Healthy Lifestyles

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

Smoking

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

Nutrition

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

Physical Activity Guidelines

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

Active10

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

Sleep

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

Alcohol Consumption

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

Mood

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

London

Know Diabetes

A website for people with diabetes living in Hammersmith and Fulham, Kensington and Chelsea, Westminster, Ealing, Hounslow, Brent, Hillingdon and Harrow. Know Diabetes houses over 200 resources – videos, games, online courses and leaflets to help you self-manage your diabetes.

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

London Stop Smoking Helpline

Provides enhanced telephone support for anyone in London wanting to stop smoking.

0300 123 1044

(9am to 8pm Mon-Fri; 11am to 4pm Sat-Sun)

<https://www.nhs.uk/smokefree/help-and-advice/support>

Drinkline

National Alcohol Helpline. Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

Call: 0300 123 1110

(Weekdays 9am – 8pm, weekends 11am – 4pm)

DrinkAware Alcohol Support Services

If you are concerned that you or someone you care about has a problem with alcohol there is lots of help available. You can find some useful links and phone numbers here. Chat to an advisor online, call in to the support helpline, and find many other resources.

<https://www.drinkaware.co.uk/alcohol-support-services/>

Our Parks

Free and low cost exercise sessions run in a number of local parks and community venues.

www.ourparks.org.uk

Park Run

Parkrun organise free, weekly, 5km timed runs around many parks in London. They are open to everyone, free, and are safe and easy to take part in.

<http://www.parkrun.com/>

Central and North West London NHS Foundation Trust Single Point of Access

Our Single Point of Access provides a first point of contact for people wishing to access adult community mental health services in Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster.

0800 0234 650

cnw-tr.spa@nhs.net

<https://www.cnwl.nhs.uk/services/mental-health-services/single-point-of-access/>

Mind

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

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

The Free Mindfulness Project

The aim of The Free Mindfulness Project is to provide easy and free access to mindfulness meditation exercises by inviting the wider mindfulness community to share their resources. The focus of this site is mindfulness as practiced in mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT) and other closely related approaches

contact@freemindfulness.org

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

British Heart Foundation

Reliable, simple information about heart and circulatory diseases, and their risk factors.

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

Age UK

Age UK's vision is to make the UK a great place to grow older. We do this by inspiring, supporting and enabling in a number of ways.

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

Health Apps

There are a variety of Health Apps:

Smoking:

- Stoptober
- Smokefree

Alcohol/Drug Dependence:

- OneYou Drinks Tracker

Mindfulness:

- Headspace
- Mindfulness bell
- Meditation Timer & Log
- Smiling Mind
- <http://www.freemindfulness.org/>

Health and Physical Activity:

- Change4Life Sugar Tracker
- FitBit - <https://www.fitbit.com/au/app>
- MyFitnessPal- <https://www.myfitnesspal.com/>
- Carbs & Cals - <https://www.carbsandcals.com/>

Westminster, Kensington & Chelsea, Hammersmith & Fulham

Health and Exercise Wellbeing

Mytime Active

Range of services including free healthy lifestyle sessions for children and families.

0800 230 0263

0208 323 1725

info@mytimeactive.co.uk

<https://www.mytimeactive.co.uk/health/health-services/hammersmith-and-fulham-kensington-and-chelsea-and-westminster>

Healthy Hearts (provided by thrive tribe)

Free Healthy Lifestyle Service that provides people who are at risk of Cardiovascular Disease with a range of advice, support, activities and clubs for improving their health for a happier, healthier future.

0203 434 2500

hello@healthyhearts.org.uk

Our parks

Free exercise classes in local parks (Westminster/Hammersmith and Fulham)

<https://ourparks.org.uk/borough/hammersmith-fulham>

<https://ourparks.org.uk/borough/city-westminster>

Get involved, Get active

London Sports trust. Help children and families from all backgrounds achieve goals with sport

0208 735 1589

info@londonsportstrust.org

The Abbey Centre

Wide range of health and wellbeing activities including salsa and tango classes

0207 222 0303

enquiries@theabbeycentre.org.uk

Smoking cessation

Kick it (FREE Help to Quit)

0203 434 2500

kick-it.org.uk

Drug and alcohol services

Three Boroughs Recovery & Wellbeing Network (Drug and alcohol service)

Support and advice service

02074373523

turning-point.co.uk/recovery-wellbeing-service

Mark.Dronfield@turning-point.co.uk

Change, grow, live (Alcohol service)

0207 766 9900

drinkaware.co.uk

contact@drinkaware.co.uk

Support and advice service

Blenheim

<https://blenheimcdp.org.uk>

Charity offering support in all 3 boroughs for those affected by drug and alcohol use

Community projects

Community champions

Multiple community projects in the 3 boroughs

0207 641 4834

info@communitychampionsuk.org

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

Hammersmith community gardens

Multiple gardening projects in Hammersmith

07890 514 050

bookings@hcga.org.uk

Big Local

Range of community-based projects

<http://localtrust.org.uk/our-work/big-local/>

Hounslow

Health and Exercise Wellbeing

Healthy checks follow on programme

Free 6-week group sessions to help lower your risk of getting a heart condition, stroke or hypertension.

If you have had a Health Check with a Hounslow GP within the last 6 months and have a CVD risk score of over 10% then you will be eligible for this service.

One You Hounslow

Thames House (headquarters),
180 - 194 High Street, Teddington
Middlesex,
TW11 8HU
020 8973 3530

oneyou.hounslow@nhs.net

<https://www.oneyouhounslow.org/checking/>

Change4life Hounslow

Healthy Family Programmes providing nutrition workshops & children weight management programmes. Contact the team by telephone/ email OR register online.

<https://www.oneyouhounslow.org/family-weight-management/>

change4life.hounslow@nhs.net

020 8973 3530

OneYou Exercise Prescription Scheme

The scheme offers individualised 24 week of physical activity that includes gym, swimming, water aerobics and outdoor activities. A referral has to be made by your GP or other Healthcare Professional.

Register online at: www.oneyouhounslow.org

oneyou.hounslow@nhs.net

AgeUK Hounslow

Health and fitness classes as part of the Activity Programme for older age groups, as well as a 50+ Social Club. Registration costs £7.50/ year and examples of classes include: Keep-fit Chair Exercises, Line Dance, Walk & Talk, Yoga, Tai- Chi, Indian Dancing, Pilates, Low impact aerobics, Zumba.

Montague Hall, Montague Road,
Hounslow TW3 1LD

Call on 0208 560 6969

info@ageukhounslow.org.uk

<https://www.ageuk.org.uk/hounslow/>

HealthWalks

Find out about free walks around the Hounslow area.

<https://www.oneyouthounslow.org/move-more/free-health-walks/>

OurParks

Free exercise classes in various areas/parks in Hounslow.

Find local park on the website and sign up at <https://www.ourparks.org.uk/>

Smoking cessation

Stop Smoking

Register online or drop- in to one of their clinics. Please find all the details on their website.

Register online on:

<https://www.oneyouthounslow.org/stop-smoking/>

Drug and alcohol dependence services

Drink Less

Free local resources to support you in cutting down on alcohol or stopping altogether. For online resources and the chance to register to attend drop-in clinics, please visit the website and register online.

Register online on:

<https://www.oneyouthounslow.org/drink-less/>

ARC- Drug and Alcohol dependence

Cassiobury Court is a London based residential rehabilitation centre for people suffering from drug and alcohol addiction.

Telephone: 01923 804 139

Other Services include:

- [Alcoholics Anonymous](#)
- [Families Anonymous](#)
- [iHear Partnership](#)
- [Narcotics Anonymous](#)
- [Talk to Frank](#)
- [HYPE](#)

Mental & Sexual Health

Hounslow Improving Access to Psychological Therapies (IAPT) service

You can ask your GP to refer you or access a self-referral form on the website. Register and attend 'Mindfulness' group classes and several other workshops.

Hounslow IAPT
The Isleworth Centre
146 Twickenham Road
Isleworth
TW7 7DJ
0300 123 0739

Email: houccg.Hounslowiapt@nhs.net

www.hounslowiapt.nhs.uk/accessing-the-service/self-referral/

Mind in Hounslow

Mind in Hounslow provides a wide range of services to support to people with mental health conditions

<http://www.mind-eh.org.uk/>

info@mind-eh.org.uk

Telephone: 020 8571 7454

HeadsUp

Mental Health Network

07702562905

headsupealing@mind-eh.org.uk

SANEline

Offers emotional support and information from 6pm–11pm, 365 days a year.

Telephone: 0300 304 7000

Sexual Health Hounslow

Sexual Health Hounslow provides contraception, family planning and sexual health services for the London Borough of Hounslow at three centres:

- West Middlesex University Hospital in Isleworth
- Heart of Hounslow Centre for Health
- Feltham Centre for Health

The sexual health clinics are renowned for both their clinical quality and the respect shown to our clients who come to us with a range of sexual health concerns.

<http://www.sexualhealthhounslow.org.uk/index.php>

Ealing

Health and Exercise Wellbeing

NHS Health Checks

If you are aged 40-74, you may be eligible for it. It checks your circulatory and vascular health. They are carried out across various sites in Ealing such as community centres, shopping malls, workplaces and social clubs.

<http://oneyouealing.org/checking/>

Telephone: 0300 456 0556

Email: oneyouealing@nhs.net

OneYou Ealing Moving Programme- HealthyWalks and HealthTrainers

OneYou Ealing provide a Healthy Walks programme to help you get active and stay active- the walks programme can be found on the website. Also, Health Trainers provide FREE one to one support for people who want to make changes to their lifestyle to improve their health. The service is available to anyone aged 18 or over living in the Ealing Borough.

Find out more information at <http://oneyouealing.org/moving/>

Everyone Active Exercise Referral Scheme

The scheme offers individualised 12 week of physical activity for people with long term health conditions to increase physical activity levels and improve health.

A referral must be made by your GP or a Healthcare Professional.

For more details about the programme visit the website

<https://www.everyoneactive.com/exercise-referral-ealing/>

To access the referral form, contact the Exercise Referral Manager Austin Lumley

Telephone: 07740 433240

austinlumley@everyoneactive.com

Get up and Go strength and balance programme

Classes for 65+ age group. It is a 10-week programme to help reduce the risk of falls for people over the age of 65 years

Live at Home

Greenford Methodist Church

Ruislip Road, Greenford

Middlesex

UB6 9QN

Telephone: 0208 813 0519

Email: ealing.liveathome@mha.org.uk

<https://www.mha.org.uk/live-home/ealing-live-home/>

Active Ealing

To access a range of exercises, go to the website and download the leaflet.

<https://www.ealing.gov.uk/sports>

Telephone: 0208 825 6161

Email: sports@ealing.gov.uk

Smoking cessation

Smoke Free

Register online and sign up for smoke free service. All the details are on the website.

E-mail: oneyouealing@nhs.net

Register online on:

<http://oneyouealing.org/smoking/>

Drug and Alcohol services

RISE- Alcohol and drug abuse service

Rise provides a pathway to recovery for adults challenged by the use of drug or alcohol. It offers a range of FREE community based support, rehabilitation services and treatments to adults.

Mental & Sexual Health

MIND Ealing

Mind in Ealing provides a wide range of services to support to people with mental health conditions.

48 Hartington Road
Southall, Middlesex
UB2 5AX

Telephone: 020 8571 7454

Email: headsupealing@mind-eh.org.uk

info@mind-eh.org.uk

<http://www.mind-eh.org.uk/>

HeadsUp

Mental Health Network

07702562905

headsupealing@mind-eh.org.uk

SANEline

Offers emotional support and information from 6pm–11pm, 365 days a year.

Telephone: 0300 304 7000

AgeUK Ealing

AgeUK Ealing host a number of services that aim to improve mental health and social isolation. Please visit <https://www.ageuk.org.uk/ealing/> for more information or see below for some of the programmes they offer:

- **Telephone support service-** Our telephone support service is a hugely important service for socially isolated and housebound older people. Call 020 8567 8017 or email reception@ageukealing.org.uk
- **Restore plus-** This is a partnership led by Age UK Ealing working with the Alzheimer's Society and the Volunteer Link Scheme. The project will help tackle social isolation by helping people regain their confidence and mental wellbeing, support them to live independently and or improve their mobility- vulnerable people over age of 70. In order to refer to the service please call us on 020 8567 8017 or email Restoreplus.coordinator@ageukealing.org.uk
- **Greenford Community Centre Social Club-** Join us to meet friends and chat or participate in a variety of activities such as gentle exercises, current affairs, arts and crafts or bingo. Tea, coffee and a light snack are available. Most weeks we operate on one other day providing trips to local places of interest or shopping venues.

If you are interested in attending or know someone who you believe would benefit from the service please call us on 020 8578 2712 and ask for the Day Centre Manager or email reception@ageukealing.org.uk.

Days: Mondays, Wednesdays and Thursdays.

Opening hours: 9:30am until 4:00pm

**Greenford Community Centre,
170 Oldfield Lane South,
Greenford
London
UB6 9JU.**

Brent

Smoking cessation

Brent Smoke Free

020 8937 5490

stopsmoking@brent.gov.uk

Up to 12-weeks of free support for would-be quitters, which includes regular clinics and free or affordable medication such as nicotine replacement. Normally offered weekly one-to-one appointments with an advisor, but group, drop-in services and telephone support may also be available. Based at Brent Civic Centre.

Drug and Alcohol services

New Beginnings

03003034611 (Free)

0800 107 1754 (24/7 Helpline)

<https://www.cnwl.nhs.uk/service/addiction-recovery-and-clinical-centre-arcc/>

New Beginnings (Formerly the Addiction Recovery and Clinical Centre) helps people in Brent who want to break a cycle of addiction to substances such as heroin, club drugs, other types of stimulants or long term alcohol addiction. The service is free and open to all Brent residents aged 18 or over, as well as their families and carers.

Mental Health

Social Isolation in Brent Initiative (SIBI)

0741 531 5998/ 020 3011 1699

<https://www.cvsbrent.org.uk/services/social-involvement-in-brent-initiative/>

sibi@cvsbrent.org.uk

SIBI is a joint initiative funded by Brent Adult Social Care, Brent Public Health, Brent CCG and managed by Brent CVS. Aims to address social isolation in individuals who are 18+ and identified as being at risk of, or suffering from, social isolation.

SIBI signposts people to a wide range of clubs, groups, classes and activities in Brent. SIBI has a list of 1,100 activities in Brent so can usually suggest several activities in the local community.

Brent Talking Therapies

<https://www.cnwl.nhs.uk/service/brent-talking-therapies/>

020 8206 3924

A free, confidential NHS service which provides psychological treatment for depression and anxiety disorders. The service is able to support people who are over 18 and are a resident of Brent or registered with a GP in Brent. Patients can self-refer.

Brent Mind

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

Provide a range of services to support children, young people and adults in Brent whose lives have been affected by mental health problems, enabling them to take control of their wellbeing and lead fulfilled, productive lives. We offer a number of therapeutic services, as well as our Building Better Opportunities program, designed to support individuals back into work and volunteering, as well as providing quality supported housing to eligible individuals within the Borough.

Dementia Café

020 8955 1120

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

HPAwilllesden@1life.co.uk

A place for people with dementia and their carers to relax, socialise, do activities and get support. All ages welcome. On Tuesdays, 1pm to 3pm, Willesden Sports Centre Donnington Road, Willesden, London NW10 3QX

Reading Well

<https://readingagency.org.uk/adults/quick-guides/reading-well/>

readingwell@readingagency.org.uk

Reading Well helps you to understand and manage your health and wellbeing using helpful reading. The books are all endorsed by health experts, as well as people with living with the conditions covered and their relatives and carers. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself.

Physical Activity

My Heart Beats for Brent

healthyliving@brent.gov.uk

<https://www.brent.gov.uk/services-for-residents/healthy-living/physical-activity-and-well-being/my-heart-beats-for-brent/>

'My heart beats for Brent' is inspired by the many active residents who already demonstrate a real affection for the facilities; classes; parks; open spaces and clubs in Brent and many of these activities are absolutely FREE! They provide a few ways for you to improve your health

B.Active Scheme at Willesden, Bridge Park and Vale Farm Sports Centres

<https://www.brent.gov.uk/bactive>

Get reduced prices at Brent's Sports Centres with the B.Active Scheme. For a small one-off payment they give regular users 25% off. Senior citizens (60+), people with a disability, people on income support get 40% off normal prices for many activities.

Exercise Referral Scheme

<https://www.brent.gov.uk/services-for-residents/sport-leisure-and-parks/sports/bridge-park-community-leisure-centre/exercise-referral-scheme/>

Participants work with fully qualified instructors who develop a safe and fun exercise programme to suit your conditions and individual needs. Activities include gym based exercise, gentle group exercise classes and a variety of different activities including badminton.

For more information speak to your GP to check if you are eligible. To join the scheme you need to have support from your GP or a healthcare professional, and they will need to complete a referral form. The exercise referral team will then contact you to arrange an appointment. You will be entitled to a discounted membership of £20 per month or the pay as you go rate of £2.90 per gym session or the exercise referral class.

Our Parks

0800 111 4464

getfitnow@ourparks.org.uk

<https://www.ourparks.org.uk/borough/brent-0>

Free exercise classes across Brent London Parks including: Yoga, Abs Workout, Circuit, Bootcamps, Run Classes. All outdoor fitness sessions are for women and men. Book Online. Some locations include Gladstone Park, King Edward VII Park Wembley, One Tree Hill Recreation Ground, Queens Park, Roe Green Park.

Outdoor gyms

<https://www.brent.gov.uk/services-for-residents/sport-leisure-and-parks/sports/outdoor-sport-facilities/outdoor-gyms/>

There are 19 outdoor gyms in Brent which can be used free of charge, seven days a week and suitable for persons over 1.2 metres tall. For those who would like guidance on how to use the equipment, induction sessions with qualified gym instructors can be arranged.

Brent Healthy Walks Programme

020 8937 3707 - Brent Council's Active Lifestyles Team

<https://www.walkingforhealth.org.uk/walkfinder/brent-healthy-walks-programme>

Walks are led by qualified leaders, allow participants to walk at their own pace, improve their health and wellbeing and make new friends. All walks are FREE.

Park Run

<http://www.parkrun.org.uk/gladstone/>

gladstoneoffice@parkrun.com

Gladstone parkrun is a FREE weekly 5km event for runners of all standards, which takes place every Saturday at 9:00am at Gladstone Park, Kendal Road, London, NW10 1JH. Open to everyone, free, and are safe and easy to take part in.

Healthy Living Brent

<https://www.brent.gov.uk/services-for-residents/healthy-living/>

Healthy Living is something we should all be concerned about. From eating healthy foods, preventing health issues such as diabetes and smoking and staying fit through exercise and mental wellbeing, we all need to take care of our health. Check out all the programmes and campaigns that we are running to promote and encourage a healthy lifestyle.

Disability Sport

Disability Sports Coach

<https://disabilitysportscoach.co.uk/community-clubs/club-brent/>

A group for people with all disabilities, though most people are aged 15-30 and have a learning disability. There are quite a few wheelchair users.

Vale Farm Sports Centre

020 8908 6545

<https://www.everyoneactive.com/centre/vale-farm-sports-centre/>

Offers supervised gym sessions for young people and adults with a disability including wheelchair users. Come along to the target population gym on the ground floor of the centre between 1pm to 3pm on Mondays and Fridays. Carers are also welcome.

Instructability

07407532197

instructability1@aspire.org.uk

<https://www.instructability.org.uk/what-we-do>

Funded by Sport England and offers disabled people free gym instructor training and an industry work placement. The aim of the scheme, created by Aspire, the spinal injury charity and delivered in partnership with YMCAfit, is to support disabled people into a fitness career where they can encourage other disabled people to access leisure facilities and enjoy and active lifestyle.

Harrow

Addiction and Dependency

Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/#.W7y3yntKhhE>

Visit Mind for more information about addiction and sources of support.

Mental Health

IAPT Harrow Talking Therapies

020 8515 5015

harrow.iapt@nhs.net

<https://www.cnwl.nhs.uk/service/harrow-talking-therapies/>

A free, confidential NHS service which provides psychological treatment for depression and anxiety disorders. Patients can self-refer or get referred by their GP.

Harrow Recovery Centre

0300 303 2868

harrow@wdp.org.uk

<http://www.wdp.org.uk/find-us/london/harrow-0>

Harrow Recovery Centre is a fully integrated, recovery-focused service delivered by WDP in partnership with Build on Belief (BoB) in the London Borough of Harrow

Physical Activity

Exercise Referral Scheme

020 8901 5980

harrowinfo@everyoneactive.com

info@aspire.org.uk

The exercise on referral programmes are designed for inactive adults at risk of developing chronic disease. They tend to be aimed at those overweight or obese. They are 10-12 weeks long and are tailored to meet your needs under the guidance of an exercise specialist. To check if you are eligible contact your GP, physiotherapist or other health professional for a referral. Activities at Harrow Everyone Active and Aspire Leisure Centre.

Harrow health walks

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

Harrow Health Walks are free and provide residents with an opportunity to walk regularly in a relaxed, friendly environment and enjoy some beautiful green spaces. The walks are led by qualified leaders, who encourage you to walk at your own pace. Everyone is welcome regardless of age and fitness level. You do not need to book in advance - just turn up on the day. There's a walk happening every day of the week and in all corners of the borough. Find a list of regular health walks on the website.

Our Parks

0800 111 4464

getfitnow@ourparks.org.uk

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

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

Park Run

harrowhelpers@parkrun.com

A FREE 5km run every Saturday at 9am, at Harrow Recreation Ground. Every week we grab a post parkrun coffee in Harrow St Marys pavilion. Register online to attend. Run at your own pace.

Cycling in Harrow

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

Cycle Experience provides cycle skills training for adults and children on behalf of Harrow Council. Sessions cater for all ability levels and are suitable for complete beginners to advanced cyclists. Harrow Council now provides women-only bike sessions!

Weight Management (Tier 2)

Andrew.Garlick@watfordfc.com

Watford FC Community Sports and Education Trust will be providing a weight management pilot in Harrow for people that are obese running four 12 weeks courses for a total of 100 people the first of which will start in September. Courses will include evidence based approaches to advice on a weight management and lifestyle and an emphasis on keeping active including exercise sessions that incrementally increase over the 12 weeks. Three of the courses will be men only and one will be women only. Patients can self-refer or be referred from primary care and the Trust will be working with GP practices and other organisations to raise the awareness of the programme in the coming months.

Hillingdon

Smoking Cessation

Stop Smoking Service

0800 169 7541

smokingcessation@hillingdon.gov.uk

To get local support to quit smoking during Stoptober, and all year round, Hillingdon Stop Smoking service runs a number of free weekly, one to one drop in clinics. Free access to an experienced NHS Stop Smoking Adviser and if appropriate, smoking cessation medications such as Nicotine Replacement Therapy (patches, gum etc.) available at prescription cost or free if you are exempt.

Mental Health

Hillingdon Talking Therapies (Uxbridge)

01895 206800

A free, confidential NHS service which provides psychological treatment for depression and anxiety disorders. We accept referrals from registered GPs in Hillingdon, other healthcare professionals and self-referrals. You must be 18+ and a resident of Hillingdon or registered with a GP in Hillingdon.

Drug and Alcohol services

Addiction, Recovery, Community, Hillingdon Service (Arch)

01895 207777

arch.hillingdon@nhs.net

Arch is a free and confidential service for young people and adults who live or are registered with a GP in Hillingdon.

Physical Activity

Walks in Hillingdon

<https://www.hillingdon.gov.uk/walking>

There are many great walks in the borough including the Hillingdon trail, nature walks and healthy guided walks.

MOVES exercises classes

<https://www.hillingdon.gov.uk/moves>

The mobility for the older vulnerable elderly seniors (MOVES) programme is an exercise and activity club for those aged 65+. Visit the website for locations, sports and activities offered.

Our Parks

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

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

Some locations include 12th Ruislip Scout Group, Bessingby Park, Churchfield Gardens, Court Park, Fasnidge Park and Ruislip Lido.

DASH

020 8848 8319

info@dash.org.uk

DASH provide advice, support and information to enable disabled people to make choices about how they live their lives. DASH also have sports and leisure sessions throughout the week for people with disabilities.

Chronic Illness and disability employment support

West London Alliance - Work and Health Programme (WHP)

020 8825 8921

<http://www.wla.london/>

The free programme provides one-to-one employment support for up to 15 months
Eligibility: People who have health conditions or disabilities, have been unemployed for more than two years or would benefit from early help to find employment because they may be at disadvantage in the labour market.

Dietetic Services

All 33 GP practices in Harrow have a practice based dietetic clinic service.

Within this consultation your current weight, activity levels and diet will be assessed and tailored advice provided, for you to make lifestyle changes, to prevent the progression on to diabetes. If you are currently a healthy weight, you will receive one consultation and written advice will be provided. However, if you are overweight, then you may receive 2-3 consultations to support weight loss.

Eligibility: If you are registered with a Harrow GP when your doctor has diagnosed pre-diabetes, you can be referred on to see a Dietitian at your practice for a 1 to 1 consultation. For more information speak to your GP.

Self-management

My Health Hillingdon

01895 203000

hillccg.myhealth@nhs.net

<http://www.myhealthhillingdon.nhs.uk/>

A patient education and self-management programme. The website has been created to provide local people with information and advice on managing their conditions and improving their health and wellbeing and a useful directory of 'community connections' featuring support, self-help and activity groups in Hillingdon. Our growing programme of workshops AND local support connections is intended to provide those living with long-term health conditions the help they need to make healthier choices and lead fuller, more active and healthier lives.