

# Emotional Wellbeing & Mental Health Guide



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### WHO ARE WE?

Healthwatch Enfield is here to listen to you. We make sure your voice is heard by NHS leaders and other decision-makers in Enfield. We want to help improve health and social care in our community based on what you think and need.

### WHAT DO WE DO?

Healthwatch Enfield works on numerous projects throughout the year to help the people of Enfield receive proper health and social care. We collect the thoughts of community members through surveys and conversations, and we inspect local health and social care services to make sure they are up to standard.

### WHY DID WE MAKE THIS GUIDE?

We created this guide to help residents in Enfield find mental health and emotional wellbeing support. It's important to know where to get help, both inperson and online. We want to make sure you have the information and resources you need.







### **NHS TALKING THERAPY**

### What is NHS Talking Therapy?

NHS Talking Therapy is a free, confidential mental health support for anxiety, depression, Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), and general feelings of stress and low mood. These services offer one-to-one evidence-based treatments such as cognitive behavioural therapy (CBT), counselling, guided self-help, and more.

They offer appointments on the telephone, via video, and in person, as well as in a hybrid offer. For anyone who requires therapy in other languages, they can provide this through professional interpreters who will be arranged for you. Our inperson clinics are offered at the Chase Farm Hospital site and at St Michael's Primary Care Centre.

#### Problems we help with:



### **How to Get Support?**

You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you.







### MIND ENFIELD & BARNET

#### What is Mind?

Mind Enfield and Barnet is a mental health charity, providing services to support you with wellbeing, advocacy, therapy, training, and advice. Their services work during the day and evening, so Mind can be available when you need them to be! Whether you're going through a hard time, need to support someone with their mental health, or want to improve your wellbeing, Mind is here for you in Enfield and online.

#### **Services for Individuals:**



LEAP (Local Enfield Advocacy Partnership) empower people and communities. Your advocate will provide you with information, advice, and advocacy to support you in having your voice heard, navigating services, and engaging with issues such as housing. (More on pg 21)

Referral: enquiries@leapadvocacy.org.uk, 0208 906 7505



The Family Hubs team supports parents and families after giving birth through coaching, crisis support and wellbeing workshops alongside community engagement and advocacy work. (More on pg 16)

Referral Crisis Support: perinatalcrisisupport@mindeb.org.uk

Referral Coaching: perinatalcoaching@mindeb.org.uk



Mind offers 8-week, 1:1 sessions for mild to moderate depression and anxiety. Services are delivered by qualified volunteer counsellors and final-year trainees, offering explorative, goal-focused therapy. **Referral:** 020 8906 7508 or enfieldcounselling@mindeb.org.uk



Sanctuary & Crisis Hubs offer short-term crisis intervention and prevention. Mental health professionals provide safety planning, helpline access, 1:1 follow-ups, network-building support, and advice.

**Open:** Every day of the year. Mon-Fri 5pm-10pm & Sat-Sun 12-5pm. **Referral:** 020 8906 7509 or <u>sanctuaryenfield@mindeb.org.uk</u>
More Wellbeing services are provided through UCAN (pg 21), a great variety of Courses and Workshops (pg 26) and Parent programmes (pg 16).



The Enfield LX project (LocalMotion Enfield and Mind in Enfield and Barnet) empowers individuals with lived experience of mental health issues to improve mental health services.

Get Involved: localmotionenfield@mindeb.org.uk

For more information:



www.mindeb.org.uk



020 8906 7506



receptiondesk@mindeb.org.uk

SUPPORT FOR ALL

#### RETHINK

www.rethink.org

Offering quick responding crisis chat, advice and guidance for mental health and physical health support.

Rethink Mental Illness

TYPE OF SUPPORT Crisis Line & Advice and Guidance

**HOW TO GET SUPPORT:** Contact or visit webiste



Webchat: www.rethink.org/advice-and-information /about-our-advice-service/get-help-now/



Phone Call: 0121 522 7007



Email: info@rethink.org

#### SAMARITANS

SAMARITANS www.samaritans.org

Offering a crisis line and email support for whatever you're going through. We're here 24 hours a day, 365 days a year.

TYPE OF SUPPORT Crisis line, email support and

letter writing

**Opening:** Mon - Sun day & night (24/7)

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 116 123



Email: jo@samaritans.org

#### SHOUT

www.giveusashout.org

shout

First and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

TYPE OF SUPPORT Crisis Line

**Opening:** Mon - Sun day & night (24/7)

**HOW TO GET SUPPORT:** Text the word 'Shout' to 85258



Phone Call: 85258



#### **SONGOLOLO FEET**

www.songololofeet.com

Providing an Art Therapeutic approach for creative expression to support healing, self-awareness, and community connection through creative expression.

TYPE OF SUPPORT Art Therapy, swimming and outings

Tue: 11am - 1pm: Group Art Therapy Opening:

Wed: 11am - 1pm: Somatic Swimming & Sauna Fri: Outings to museums, galleries, Kew

SONGOLOLO FEET

Gardens and seaside day trips

HOW TO GET SUPPORT: Call or email Maia to get support



Phone Call: 07941 618228



Email: maia@songololo-feet.org.uk



Room 4 - Community House, 311 Fore St, London N9 OPZ

03

#### SUPPORT FOR ALL

#### CAMPAIGN AGAINST LIVING MISERABLY (CALM)



www.calmzone.net

Providing knowledge, support, and information for anyone struggling with life.

**TYPE OF SUPPORT** Wellness guides, resources, & helpline

Opening: 5pm-Midnight

**HOW TO GET SUPPORT:** No referral needed.



Webchat: www.thecalmzone.net



Helpline: 0800 58 58 58

# READING WELL PROGRAMME



www.readingagency.org.uk

Providing self-help reading, designed to help with a range of common mental health conditions, including anxiety, depression, phobias and some eating disorders.

**TYPE OF SUPPORT** Reading list for Mental Health, Wellbeing & Dementia

Opening: Mon 9am - 1pm

**HOW TO GET SUPPORT:** Ask your library



- Edmonton Green
- Ordnance Unity Centre
- Enfield Town
- Palmers Green

#### VIRTUAL VILLAGE HALL



www.virtualvillagehall.royalvoluntaryservice.org.uk/

Offering online wellness and educational classes free of cost. Previous classes can also be accessed via their online platform.

**TYPE OF SUPPORT** Information, Guidance and Mental Health Courses

**HOW TO GET SUPPORT:** 

Visit Website -



### PRECIOUS COUNSELLING AND MENTORING



www.preciouscounsellingandmentoring.co.uk

Offer counselling and mentoring to adults, adolescents and children.

**TYPE OF SUPPORT** Coundelling and Mentoring **HOW TO GET SUPPORT:** Fill out referral form



Phone: 07765 722 429



Email:

info@preciouscounsellingandmentoring.co.uk



# **HELPLINES**

### CRISIS RESOLUTION AND HOME TREATMENT TEAM



Providing fast support for mental health crises, offering acute care at home as an alternative to hospital admission.

TYPE OF SUPPORT Crisis Telephone Service

Opening: Mon - Sun day & night (24/7)

HOW TO GET SUPPORT: Call to get support



Phone Call: 0800 151 0023



lvy House, Chase Farm Hospital, The Ridgeway, Enfield, London, EN2 8JL

### EMERGENCY SERVICE FOR DEAF PEOPLE

Supporting people who are death in crisis.

TYPE OF SUPPORT Crisis Telephone Service

Opening: Mon - Sun day & night (24/7)
HOW TO GET SUPPORT: Call to get support



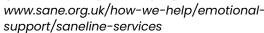
Text DEAF to 85258



Webchat:
Message here



#### SANELINE SERVICES





A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

TYPE OF SUPPORT Crisis Line & Advice and Guidance

Opening: Mon - Sun 4pm - 10pm

**HOW TO GET SUPPORT:** Call to get support



Phone Call: 0300 304 7000

#### KARMA NIRVANA

www.karmanirvana.org.uk

Honour Based Abuse and Forced Marriage is
a form of domestic abuse. If you are at risk, or
if you are concerned for someone who is,
Karma Nirvana are here for you.

TYPE OF SUPPORT Helpline & Email Support

**Opening:** Mon - Fri 9am - 5pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 0800 5999 247



Email: support@karmanirvana.org.uk

### **CRISIS LINE**



#### **ENFIELD CRISIS LINE**

www.northlondonmentalhealth.nhs.uk/crisis-referrals-/
Offering a 24/7 crisis line, available each day of the week. You can speak to a trained mental health advisor and clinician.

TYPE OF SUPPORT Crisis Line.

**OPENING:** MON - SUN. ALL DAY (24/7) **HOW TO GET SUPPORT:** Call anytime



Phone Call: 0208 373 6287



# CULTURAL SERVICES

#### **CENTRE FOR SOCIAL INCLUSION**

Provide social groups, lunch, wellness activities, advice and guidance for Enfield residents of all communities.

TYPE OF SUPPORT In-person and online social groups.

For activities, see page 23

HOW TO GET SUPPORT: Call to join.



Phone Call: 0785 2347 955



Community House, 311 Fore St, London, N9 0PZ

#### CAHN (CARIBBEAN & AFRICAN **HEALTH NETWORK)**

www.cahn.org.uk/counselling-service

Offer a variety of counselling services held by Counsellors of African or Caribbean heritage, each sensitively tailored to meet both high and low intensity needs.

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon - Sun 9am - 9pm

HOW TO GET SUPPORT: Call or email for referral



Phone Call: 07710 022382



Email: counselling@cahn.org.uk

#### WELLBEING CONNECT **SERVICES**

www.wellbeingconnectservices.org

We support vulnerable adults and their families. Our services include advocacy, information & advice, group support, one-to-one and parental and family support.

TYPE OF SUPPORT Counselling and Therapy

face-to-face or online

Opening: Mon - Fri 10am - 5pm

HOW TO GET SUPPORT: Over 18 years, referred by the GP.



Phone Call: 020 8803 2200 / 07711 128 997



Email: info@wellbeingconnectservices.org

#### **ENFIELD SAHELI**

www.enfieldsaheli.org/mental-health/

Offering advice, advocacy, and counselling to support women with mental health, emotional wellbeing, and access to essential services in Hindi, Punjabi, Urdu, Tamil & Bengali

TYPE OF SUPPORT Advice, Advocacy, and Counselling

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 020 8373 6218



Email: info@directenfieldsaheli.org

#### **ENFIELD ASIAN WELFARE ASSOCIATION**



www.eawa.org.uk

Service offers social and wellness groups for 50+ members of the asian community.

TYPE OF SUPPORT Group activities like yoga,

outings, workshops, arts & crafts

Opening: Thu & Fri 11am - 1:45pm HOW TO GET SUPPORT: Email us to join



Phone Call: 020 8443 1197



Email: info@eawa.org.uk



Edmonton Green Library 36-44 South Mall, London N9 OTN





# DIFFERENT LANGUAGES

#### **ALPHA CARE**

www.alphacares.org.uk/

Η υπηρεσία προσφέρει θεραπεία, συμβουλές για την ευεξία και εξωνοσοκομειακή υποστήριξη σε ασθενείς που έχουν λάβει πρόσφατα εξιτήριο.



Service offers therapy, advice on wellbeing and out-of-hospital support for newly discharged clients.

ΕΙΔΟΣ ΥΠΟΣΤΗΡΙΞΗΣ Ατομική, ζεύγους και οικογενειακή θεραπεία.

Κατ' οίκον φροντίδα και εξωνοσοκομειακή υποστήριξη

TYPE OF SUPPORT Individual, couple & family therapy

Homecare & out-of-hospital support

**Ανοιγμα / Opening:** Δευτέρα / Mon 9am - 1pm & Πέμπτη / Thu 9am - 5pm

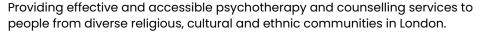
**ΠΩΣ ΝΑ ΛΑΒΕΤΕ ΥΠΟΣΤΗΡΙΞΗ:** Παραπομπή από γενικό ιατρό, γιατρό ή τον ίδιο τον πελάτη. **HOW TO GET SUPPORT:** Referral from a GP, physician, or the client themselves.



Αριθμός τηλεφώνου / Phone Call: 0208 373 6287

#### NAFSIYAT: INTERCULTURAL THERAPY

www.nafsiyat.org.uk



TYPE OF SUPPORT Short-term intercultural therapy in over 20 languages

via referral to individuals, groups, and couples.

**HOW TO GET SUPPORT:** Self-referal and referal via health professional



Phone Call: 020 7263 6947



Email: admin@nafsiyat.org.uk



Unit 4, Lysander Mews, Lysander Grove, N19 3QP

# IRANIAN AND KURDISH WOMEN'S RIGHTS ORGANISATION (IKWRO)



www.ikwro.org.uk/counselling

A free counselling service to all women who have experienced gender-based abuse. We provide counselling in English, Arabic, Kurdish, Farsi and Dari, with up to 20 sessions.

استشارة مجانية لجميع النساء اللاتي يتعرضن للإساءة القائمة على النوع الاجتماعي.

Şêwirmendiya bêpere ji bo hemî jinên ku rastî îstîsmara zayendî tên.

.مشاوره رایگان برای تمام زنان که سوء استفاده جنسیتی را تجربه میکنند

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon - Fri 9.30am - 5.30pm

**HOW TO GET SUPPORT:** Download referal form on the

bottom of their website



Phone Call: Kurdish / Arabic/ English: 07846 275246 Farsi / Dari / English: 07846 310157



Email: info@ikwro.org.uk



# **VIOLENCE & ABUSE**

#### **WOMEN & GIRLS NETWORK**

www.karmanirvana.org.uk Instagram: @knfmhbv

Women & Girls Network are run by women, for women in London who have been affected by all forms of violence and abuse.



AGE All ages TYPE OF SUPPORT Helpline

**Opening:** Monday - Friday 9:30am - 5:30pm **HOW TO GET SUPPORT:** No referral is needed.



Phone Call: 0808 801 0660



Email: advice@wgn.org.uk

#### **VICTIM SUPPORT ENFIELD**



www.victimsupport.org.uk/resources/north-london/ A free, independent, and confidential service dedicated to supporting anyone affected by crime and traumatic incidents.

TYPE OF SUPPORT Support line, Text & Live chat

Opening: Mon - Sun day & night (24/7)

HOW TO GET SUPPORT: Call, email, text or message



24/7 Live chat



24/7 Text



Phone Call: 0808 168 9291 Mon-Sun 8am-8pm Support line: 08081689111 (free and operates 24/7)



Email: supportline@victimsupport.org.uk

# JEWISH SEXUAL ABUSE SUPPORT



www.jsas.org.uk

Providing Jewish support services for children, women and men who had experienced sexual abuse.

**TYPE OF SUPPORT** Support groups, Therapy, Advice

and Advocacy

**Opening:** Mon - Fri 9am - 6pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 07563 171365



Email: n.ellis@jsas.org.uk

#### **SOLACE WOMENS AID**



www.solacewomensaid.org

Solace supports women and children every year with domestic abuse and sexual violence.

TYPE OF SUPPORT Accomendation, Advice,

Therapeutic Services

HOW TO GET SUPPORT: Call or email to get support



Helpline: 0808 802 5565



Email: advice@solacewomensaid.org



# NEURODIVERGENT & DISABLED COMMUNITIES



#### **DISABILITY ADVICE NETWORK ENFIELD**

Offering support for people with disabilities regarding rights, technology, and local wellbeing support events.

Information, Advise, Digital

TYPE OF SUPPORT Inclusion and Wellbeing Services

**Opening:** Mon - Fri 9:30am - 5:30pm **HOW TO GET SUPPORT:** Call or Email



www.citizensadviceenfield.org.uk



Phone Call: 03333 440 034



Email: Dane@Enfieldcab.org.uk

#### ONE TO ONE ENFIELD

www.one-to-one-enfield.co.uk

Service offers support for adults with autism, such as support networks, self-management, and mental and physical wellbeing.

TYPE OF SUPPORT Workshops and Peer Support.

Opening: Mon 9am - 1pm & Thu 9am - 5pm

**HOW TO GET SUPPORT:** Fill out registration form



Phone Call: 020 3971 3984



Email: mail@one-to-one-enfield.co.uk



#### **ENFIELD VISION**

www.enfieldvision.org.uk/meetings.htm



Each month, the Drop-in Morning sessions welcome visually impaired adults of all ages, genders, and ethnic backgrounds for chat, refreshments, seated keep-fit exercises, specialist advice, and urgent support. No appointment required.

TYPE OF SUPPORT Drop in Session **Opening:** 3<sup>rd</sup> Thu of Month 10am - 1pm

**HOW TO GET SUPPORT:** Drop in



Phone Call: 020 8807 7704



Email: information@enfieldvision.org.uk

#### **MIDDLESEX ASSOCIATION** FOR THE BLIND



www.aftb.org.uk

Providing counselling, emotional support and befriending services to those who are having difficulty coming to terms with or adapting to their sight loss.

TYPE OF SUPPORT 1:1 Counselling, Workshops and

**Support Groups** 

Opening: Mon - Fri 9am - 4:30pm

HOW TO GET SUPPORT: Call to get support



Phone Call: 020 8423 5141



Email: info@aftb.org.uk

# **ADDICTION**

#### **FRANK**



www.talktofrank.com

Offering a crisis line and email support, as well as information regarding drugs.

TYPE OF SUPPORT Drugs information, helpline,

& chat

**Opening:** 24 hours, 7 days a week HOW TO GET SUPPORT: Call & message



Webchat: talktofrank.com



Phone Call: 0300 123 6600

Text: 82111

Email: Form located on website

#### **AL-ANON**

www.al-anonuk.org.uk

For anyone whose life is or has been affected by someone else's drinking.

TYPE OF SUPPORT Support Groups

**Opening:** Fri 7.45pm - 9:30pm

HOW TO GET SUPPORT: Send email here:

https://al-anonuk.org.uk/ contact/send-an-email/



Phone Call: 0800 0086 811



Trinity Church, Gentlemans Row,

Enfield, London, EN2 6AN



#### **ENABLE - THE CLAVERINGS**

**North London** 

www.drugandalcohol.northlondonmentalhealth.nhs.uk/enfield

Providing specialist treatment to anybody over the age of 18 living in Enfield who is worried about their alcohol or drug use.

TYPE OF SUPPORT Medication, key working sessions, group sessions, complementary therapies and

referrals to other services.

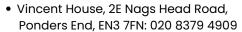
Opening: Mon - Fri 9am-5pm

**HOW TO GET SUPPORT: Refer yourself** 





• Enable Treatment Services, Old Court House, Windmill Hill, Enfield, EN2 6SA: 020 8379 6010





Email: nlft.enable@nhs.net

#### **GAM CARE**

www.gamcare.org.uk

Providing free, confidential and personalised support for anyone who's experiencing harm from gambling, as well as those affected by someone else's gambling.

TYPE OF SUPPORT Phone, Live Chat, WhatsApp, Online

Community, Support Group

Opening: Mon - Sun day & night (24/7)

**HOW TO GET SUPPORT:** Get support here:







Phone Call: 0808 8020 133



Email: help@gamcare.org.uk

#### **SEX AND LOVE ADDICTS ANONYMOUS**

www.slaauk.org/southgate-sundaymorning-meeting-now-face-to-face/ For anyone seeking recovery from sex and love addiction through shared experience and mutual support.

**TYPE OF SUPPORT** Support Group Opening: Sun 9:30am - 10:30am

**HOW TO GET SUPPORT:** Call or email to get support



Phone Call: 07984 977 884



Email: contact@slaauk.org



The Priory Hospital North London, Grovelands House, The Bourne, Southgate, London, N14 6RA



# SUICIDE

# STAY ALIVE APP (GRASSROOTS SUICIDE PREVENTION)

www.stayalive.prevent-suicide.org.uk A resource full of tools and resources to help people stay safe from suicide.

**TYPE OF SUPPORT** Support and Advice App **HOW TO GET SUPPORT:** Download app



Download app



#### **AMPARO**

www.amparo.org.uk/ Help and protection for all bereaved and or affected by suicide.



国家安国

TYPE OF SUPPORT Counselling with no time limit.

Opening: Mon - Fri 9am-5pm

**HOW TO GET SUPPORT:** Fill out the form:

(You don't have to fill everything out. Just the

basics are enough.)



Phone Call: 0330 088 9255



Email: amparo.service@listening-ear.co.uk

### PAPYRUS - PREVENTION OF YOUNG SUICIDE

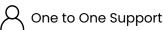
PAPYRUS

papyrus-uk.org

Instagram: @papyrus\_uk TikTok: @papyrus\_charity Advisers work with you to understand why thoughts of suicide might be present. They provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's safety.

AGE under 35 years

TYPE OF SUPPORT Helpline, Advice & Guidance



**Opening:** Mon - Sun 9am-midnight **HOW TO GET SUPPORT:** Call to get support.



Email: pat@papyrus-uk.org

Pho Tex

Phone Call: 0800 068 4141

Text 88247

**BSL** BSL available



### OCD

#### OCD ACTION

www.ocdaction.org.uk/

Offering free, confidential helpline and email support, peer-led support groups, youth services, and advocacy to help anyone affected by OCD and related disorders.

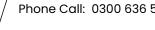
TYPE OF SUPPORT Support groups and Advocacy

Opening: Mon 9am - 1pm

**HOW TO GET SUPPORT:** Book online:



Phone Call: 0300 636 5478







# LGBTQIA+

#### **ENFIELD LGBT NETWORK**

www.lgbtenfield.org

Instagram: @proudnorthlondon

Counselling service offers support for issues like relationship, anxiety or sexual/social difficulties.

TYPE OF SUPPORT Counselling, Advice & Guidance

Opening: Mon - Fri 10am - 6pm

HOW TO GET SUPPORT: Fill out referal form:

Enfield LGBT Network, Lancaster Centre,

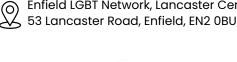


Phone: 07706 453845





Email: info@lgbtenfield.org



#### **SWITCHBOARD**

**▲SWITCHBOARD** 

www.switchboard.lgbt

Providing a national support LGBTQ+ support line discussing sexuality and gender identity, sexual health, relationships & wellbeing.

TYPE OF SUPPORT Helpline, webchat, & email

Opening: Mon - Sun 10am - 10pm

HOW TO GET SUPPORT: Call or email to get support



Webchat: Message here





Phone Call: 0800 0119100



Email: hello@switchboard.lgbt





#### PROUDLY 60+ CELEBRATING LIFE & PRIDE AT EVERY AGE



**498** Join Enfield's new LGBTQ+ over-60s group A space to celebrate Pride, share stories, and build our community together. Every Monday 1pm - 2:30pm

Lancaster Centre, 53 Lancaster Road, Enfield, EN2 OBU



# **WOMEN & NON-BINARY**

# THE NORTH LONDON PARTNERS (NLP) SPECIALIST PERINATAL MENTAL HEALTH SERVICE



www.ccenfield.org

Offering specialized care for women with mental health during pregnancy and up to 24 months after birth.

TYPE OF SUPPORT Therapy, advice, & crisis support

**Opening:** 9am-5pm, Monday-Friday **HOW TO GET SUPPORT:** GP or Health professional referral needed.



Phone: 020 3317 7198



Email: cim-tr.ncl.perinatal@nhs.net

#### **JEWISH WOMEN'S AID**

www.jwa.org.uk/

Supporting Jewish women and children affected by domestic abuse and sexual violence.

TYPE OF SUPPORT Helpline, Webchat, Email Support



Webchat: www.jwa.org.uk/webchat
Mon & Wed 3pm - 5pm
Tue & Thu 10am - 12pm



Helpline: 0808 801 0500 Mon - Thu 9.30am - 9.30pm



Email: advice@jwa.org.uk



#### **REFUGE: HELPLINE**



www.refuge.org.uk/

Supports women and children experiencing violence and abuse with tailored services.

**TYPE OF SUPPORT** Helpline, Live Chat, Advice **HOW TO GET SUPPORT:** Call & Webchat



Helpline: 0808 2000 247 Mon - Sun day & night (24/7)



Webchat → Mon - Fri, 3pm - 10pm



### ENFIELD WOMEN'S CENTRE

www.enfieldwomen.org.uk
Facebook: Enfield Women's Centre



Offering a wide range of services including counselling, domestic violence support, skills training, and social activities. With a multilingual team.

TYPE OF SUPPORT Therapy, advice, & crisis support

Opening: 9am-5pm, every day

**HOW TO GET SUPPORT:** No referral needed.



Phone: 0208 351 8934



Email: info@enfieldwomen.org.uk

#### **ROJ WOMEN'S ASSOCIATION**



www.rojwomen.org.uk

Offering free advice, advocacy, wellbeing, support, and counselling services for women from disadvantaged groups.

**TYPE OF SUPPORT** Counselling, Advocacy, Advice & Guidance

**HOW TO GET SUPPORT:** Fill out referal form:



Phone Call: 07459 649297



Email: duygucantekin@rojwomen.org.uk



Selby Rd, London N17 8JL

#### SISTERS IN MIND

www.sisters-in-mind.org.uk

Supporting women for a healthier and happier lifestyle in workshops and weekly meet-ups.

**TYPE OF SUPPORT** Workshops & Meet-Ups

**HOW TO GET SUPPORT:** Email or Call



Phone Call: 07493585200 | 0208 4433858



Email: info@sisters-in-mind.org.uk

# MEN & NON-BINARY

#### **MEN'S SHEDS**

www.ageuk.org.uk/enfield/activitiesand-events/ mens\_sheds/



Offering a space for men to get together to build, make and mend things, work on projects whilst also building friendships and connections.

TYPE OF SUPPORT Woodwork and meet-ups

Opening: Tue & Thu 10am - 1.30pm

**HOW TO GET SUPPORT:** To become a member,

call or email.

Phone Call: 020 8375 4120



Email: referrals@ageukenfield.org.uk



John Jackson Library, 35 Agricola Place, Enfield, EN1 1DW

#### ANDYS MAN CLUB

www.andysmanclub.co.uk

Service offers crisis line through calling or texting as well as additional resources and quides located on their website.



TYPE OF SUPPORT Wellbeing Social Groups in England

Opening: Mondays at 7pm

**HOW TO GET SUPPORT:** No referral needed. Just join.



Cooking Champions, Church Hall, South Street, Ponders End, EN3 4LA



Email: www.andysmanclub.co.uk/contact-us/

#### THE DADS' HUB **DADS HUB**

Weekly meeting fathers group to connect with other local fathers through social catch-ups, activities and real conversations.

TYPE OF SUPPORT Fitness sessions, Flight simulations,

Tech Repair, Parenting Talks and

Casual Hangouts

Opening: Thursdays 7:30pm - 9pm

**HOW TO GET SUPPORT:** Sign up here



Phone Call: 0735 5674 131



Email: dadshub@northsideyouth.co.uk



39 St James Chambers, Edmonton, N9 0UD

#### THE SURVIVOR'S TRUST



Providing free, confidential support and resources for survivors of rape and sexual abuse, as well as guidance for their families, friends, and professionals.

TYPE OF SUPPORT Counselling & Helpline

Opening: Mon 9am - 1pm

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 08088 010 818



Email: helpline@thesurvivorstrust.org



# PARENT SUPPORT

#### PARENTS IN MIND PROGRAMME

www.mindeb.org.uk/services-for-individuals/wellbeing/parents-in-mind-programme/

Parents Support Groups run as 8-week online programmes offering a safe and confidential space for parents/carers to gain information and skills to support their young person and to receive peer support from other parents/carers in a similar position. The support combines clinical expertise from Brandon Centre and extensive experience and local links by Local Mind.

**TYPE OF SUPPORT** Online Programme Opening: Wednesday lpm-2.30pm

**HOW TO GET SUPPORT:** Self-Referal via Form







Phone Call: 020 8343 5705



Email: <u>parentsupport@mindeb.org.uk</u>

#### **FAMILY HUBS**

www.mindeb.org.uk/services-for-individuals/wellbeing/family-hubs/

The Family Hubs team consists of coaches, crisis outreach workers, BAME advocacy and community engagement workers. They support parents and families from the beginning of pregnancy to the 2nd year of giving birth through coaching, crisis support and wellbeing workshops alongside community engagement and advocacy work.

TYPE OF SUPPORT Online & In-Person Opening: Mon - Frid 9am - 5pm **HOW TO GET SUPPORT:** Send email



Phone Call: 020 8906 7506



Email: perinatalcoaching@mindeb.org.uk



# YOUTH TO ADULT TRANSITION SERVICES

#### **INSIGHT ENFIELD**

www.insightyoungpeople.org.uk. Instagram: @insightyoungpeople

Free, friendly and confidential advice and help for young people (11-24 years) impacted by or living with drug and alcohol issues, as well as guidance and support with sexual health and relationships.



TYPE OF SUPPORT Helpline via Phone, Webchat

Opening: Monday - Thursday 9 am-5pm

Friday 9am - 4.30pm Chat: 3pm-6pm



Webchat: www.insightyoungpeople.org.uk

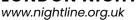


Phone Call: 020 8360 9102



Email: insightenfield@humankindcharity.org.uk

#### **LONDON NIGHTLINE**



An anonymous listening and information service run by students, for students in London universities.

**TYPE OF SUPPORT** 1:1 support from peer students.

**Opening:** Mon - Sun day & night (24/7)

HOW TO GET SUPPORT: Call or message.



Webchat: www.nightline.org.uk



Phone Call: 0207 631 0101



Email: listening@nightline.org.uk

#### KOOTH

www.kooth.com



A ree and anyonymous online wellbeing platform which along with text based counselling also includes helpful articles, forums, a mini activity hub and daily journaling.

**AGE** 11 - 25 years

TYPE OF SUPPORT Text Based Counselling, Peer

Support & Online Resources

Opening: Mon - Fri 12pm - 10pm

Sat - Sun 6pm - 10pm

App is available 24/7 (all day, every day)

**HOW TO GET SUPPORT:** Message to get support.

Download app

Webchat: https://www.kooth.com

#### **WAITING ROOM**



www.londonwaitingroom.nhs.uk

Providing information, a personalised wellbeing plan and resources for young people, parents, carers and professionals on wellbeing support through a library of resources including apps, podcasts, workbooks and videos.

TYPE OF SUPPORT Information and Guidance



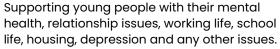
Phone Call: 0208 938 2537



Email: waitingroom@tavi-port.nhs.uk

#### THE MIX

www.themix.org.uk



AGE 13 - 25 years

TYPE OF SUPPORT Counselling via Text, Phone & Webchat. Peer Support

Opening: Mon - Sun 4pm - 11pm

**HOW TO GET SUPPORT:** Call to get support.



Webchat: www.themix.org.uk



Phone Call: 0808 808 4994 Text THEMIX to 85258, open 24/7



Email: counselling@themix.org.uk



#### **TURNING 18?**

**Enfield Transition Services supports** you when moving from CAMHS to Adult Mental Health Service.



### SUPPORT FOR OLDER PEOPLE

#### **AGE UK ENFIELD**

www.ageuk.org.uk/enfield Instagram: @ageukenfield



Service offers various types of support for people such as help with pension information, dementia care, and mental health.

TYPE OF SUPPORT Dementia & memory care, health &

wellbeing and planning for later life.

For activities, see page 23

**Opening:** Mon - Fri 9am - 4pm

**HOW TO GET SUPPORT:** Call or Email



Phone Call: 020 8375 4120



Email: referrals@ageukenfield.org.uk

#### **ALZHEIMER'S SOCIETY**

www.alzheimers.org.uk



Supporting people living with dementia through a support line and a dementia directory for local support services.

TYPE OF SUPPORT Dementia Support Line (with language

support) & dementia directory

Opening: Mon - Wed 9am - 8pm

Thu - Fri 9am - 5pm Sat - Sun 10am - 4pm

**HOW TO GET SUPPORT:** Call during opening hours



Phone Call: 0333 150 3456

#### OVER 50S FORUM

www.enfieldover50sforum.org.uk



Helping our members keep active, involved and healthy.

**TYPE OF SUPPORT** Arts & Crafts, Lunches, Gardening, Film Making and Exercise.

HOW TO GET SUPPORT: Email or call to sign up



Email: oliviagoodfellow19@gmail.com



Phone Call: 020 8807 2076

#### THE SILVER LINE

www.thesilverline.org.uk



A free, confidential telephone service for older people, providing friendship, conversation and support 24 hours a day, 7 days a week.

TYPE OF SUPPORT Befriending

Opening: Mon - Sun day & night (24/7)
HOW TO GET SUPPORT: Call to get support



Phone Call: 0800 4 70 80 90

#### **UCAN ENFIELD**

www.ucanenfield.co.uk Instagram: @ageukenfield



Offering support services for the community to stay healthy and active. Services include free fitness and nutrition classes.

**TYPE OF SUPPORT** Community Classes **Opening**: Timing varies, located on website

**HOW TO GET SUPPORT:** Self-referral or referral via professional located on website



Phone Call: 0208 375 4120



Email: ucanenfield@ageukenfield.org.uk

### ENFIELD HEALTH AND WELLBEING CENTRE



www.enfieldhealthwellbeingcentre.org.uk

Stay connected and supported through regular chats, calls, letters, or messages with friendly volunteers, anytime day or night.

**TYPE OF SUPPORT** Community Lunch, Exercise, Footcare and Befriending Service

**Opening:** Mon 9am - 1pm & Thu 9am - 5pm **How to get support:** Referral from GP, physician or from the client themselves.



Phone Call: 07804 496 981



Email: info@enfieldhealthwellbeingcentre.org.uk



Community House, 311 Fore St, London N9 0PZ



### **CARERS**

#### **ENFIELD CARER CENTRE**



ww.enfieldcarers.org

Providing counselling, information, advice, training and support to people (adults and children) looking after/caring for someone who needs their help.

**TYPE OF SUPPORT** 

 Up to six very low-cost counselling sessions in 9 different languages.

Events and Meet-ups see page 23

**Opening:** Mon - Fri 10am - 4pm

How to get support: Call, email or online form



Phone Call: 020 8366 3677



Email: info@enfieldcarers.org



Enfield Carers Centre, Britannia House, 137-143 Baker Street, Enfield, EN1 3JL

### **BEREAVEMENT**

#### **AT A LOSS**

www.bhpcc.org.uk/whats-on/thebereavement-support-cafe/

A chance to share and chat about your bereavement over coffee, tea & biscuits. It is free, informal and relaxed with no expectations.

TYPE OF SUPPORT Support Group

**Opening:** First Tuesday of month at 2pm – 3.30pm **HOW TO GET SUPPORT:** Email to join support group



Email: Paul.robinson@bhpcc.org.uk



2-4 Leighton Road, EN1 1XH

#### MISCARRIAGE ASSOCIATION



www.miscarriageassociation.org.uk /how-we-help/support-groups/

Providing support and information to anyone affected by miscarriage, ectopic pregnancy or molar pregnancy via Zoom.

TYPE OF SUPPORT Support Group, Advice & Guidance

Opening: Mon, Tues & Thu 9am – 4pm

Wed & Fri 9am – 8pm

**HOW TO GET SUPPORT:** Email to get support

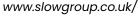


Email: juanita@miscarriageassociation.org.uk.



Phone Call: 0303 003 6464

#### **SLOW**





Offering a supportive space for bereaved parents and siblings to connect and share their experiences.

TYPE OF SUPPORT Support Group, Advice & Guidance

**HOW TO GET SUPPORT:** Complete Referal Form:



Phone Call: 07532 423 674



Email: info@slowgroup.co.uk





# **ADVICE & GUIDANCE**

#### CITIZENS ADVICE

www.citizensadviceenfield.org.uk



A local charity offering free, independent, confidential, and impartial advice to individuals, ensuring they understand their rights and responsibilities.

**TYPE OF SUPPORT** Advice line, debt advice & HIV hospital outreach

Opening: Mon - Fri 10am - 4pm

HOW TO GET SUPPORT: Call & Webchat

Phone Call: 0800 014 8307

WebChat: www.citizensadvice.org.uk/about-us/information/chat-with-an-adviser-online

#### **ENFIELD LAW CENTRE**

www.hlc-enfield.org.uk

Providing independent legal advice and representation to people living and working in the London Borough of Haringey and Enfield

TYPE OF SUPPORT Helping with Asylum and

Immigration, Debt, Housing &

Welfare Benefits

**Opening:** Mon - Fri llam - 5pm

**HOW TO GET SUPPORT:** Call or fill

out this form



Phone Call: 020 8150 6588



Email: info@hlc-enfield.org.uk

# MENTAL HEALTH AND MONEY ADVICE



www.mentalhealthandmoneyadvice.org/en/ Clear, practical advice and support for people experiencing issues with mental health and money.

TYPE OF SUPPORT Advice and Guidance
HOW TO GET SUPPORT: Visit Website

### EDMONTON COMMUNITY PARTNERSHIP

www.edmontoncommunitypartnership.org

Empowering families in Enfield to navigate the immigration, welfare, housing and benefit system.

TYPE OF SUPPORT Digital skills, immigration welfare,

benefits and housing support and

employment.

**Opening:** Mon 9am-12:30pm at Pymmes Park Visitors' Centre Wed, Thu & Fri 09:30am-1pm at Edmonton Green Library

**HOW TO GET SUPPORT:** Email us for support



Phone Call: 07925 600792



Email: info@edmontoncommunitypartnership.org



- Park Visitors Centre, Pymmes Park, N18 2UF
- Edmonton Green Library, Edmonton Green Shopping Centre, 36-44 South Mall, N9 OTN

#### **GRACE ADVOCACY**

www.graceadvocacy.org/enfield\_charity\_branch.html Offering a free debt advice and advocacy service to help people who are struggling.

TYPE OF SUPPORT Information, Advice and Guidance

Opening: Mon 9am - 1pm

**HOW TO GET SUPPORT:** Call & Email

Online Referal





Phone Call: 0203 475 1510



Email: advice@graceadvocacy.org



Enfield Town Community Church, 79 Cecil Road, Enfield, EN2 6TJ



#### ADVICE & GUIDANCE

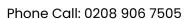
#### LEAP (LOCAL ENFIELD ADVOCACY PARTNERSHIP)

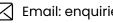
www.mindeb.org.uk/services-for-individuals/advocacy/community-advocacy/

LEAP (Local Enfield Advocacy Partnership) is a collaboration between local providers to deliver advocacy support and rights-based training and community empowerment.

The partnership consists of: Mind in Enfield and Barnet, Enfield Carers Centre, Precious Moments Counselling and Mentoring CIC, One to One, Citizens Advice Bureau Enfield, Enfield Voluntary Action We can provide support with:

- Understanding your rights as a service user or carer, the assessment and care planning process
- Support to navigate access services, including health, social care, and community services
- Developing knowledge to build confidence when engaging with services
- Provide representation to help have your views, wishes, and voice heard
- Group advocacy
- Support to access consultations to influence the design and development of local services





Email: enquiries@leapadvocacy.org.uk

#### UCAN - UNIFIED COMMUNITY ASSISTANCE NETWORK

www.ucanenfield.co.uk

UCAN helps you to live well, stay connected and feel supported. Small steps can make a big difference. Whether you want to eat healthier, stay active, connect with your community, or find support for your wellbeing. With UCAN, you have access to free, personalised support through their network of local partners. From workshops to one-to-one guidance, they're here to help you thrive.

AgeUK - Falls prevention classes, care services, and local activity groups

Mind Enfield & Barnet - Counselling, workshops, and peer support groups

Bread'n'Butter - Cooking workshops, meal planning sessions, and community meals

Cooking Champions - Teach simple, budget-friendly recipes that promote healthy eating

Wellbeing Connect - BAME-focused intergenerational support groups and community events

One-to-One Enfield - One-to-one support, workshops, and community engagement for neurodivergent individuals and their families.

Middlesex Association for the Blind - Training on assistive devices, peer support and practical help for Adults with sight loss and their carers.



Phone Call: 0208 375 4120

**GET FREE Help:** 



www.ucanenfield.co.uk/#contact



DANE (DISABILITY ADVICE NETWORK ENFIELD)

www..dan-enfield.co.uk

The Disability Advice Network Enfield (DANE) is a partnership of four organisations commissioned by Enfield Council to support disabled residents in Enfield. Adults with disabilities, vulnerabilities, care needs and their carers can access tailored advice, digital skills training, assistive technology guidance, and wellbeing support.

How the service works: The DANE service helps eligible service users to maximise independence and wellbeing, stay digitally connected and navigate services through information, advice and guidance. Eligibility Criteria: Live in Enfield and meet one of the following criteria: Health condition, disability or learning difficulty, be a carer, be 50+ years old, or be 17 in transition to adulthood.



Phone Call: 03333 440 034

Email: dane@enfieldcab.org.uk

GET FREE Help: www.dan-enfield.co.uk/self-referral/





### MONEY ADVICE & HOUSING

**TURN2US** 

www.turn2us.org.uk



Providing practical information and support to end financial insecurity. Use our free Benefits Calculator and Grants Search to find out what help you can get.

TYPE OF SUPPORT Financial Support, Advice & Guidance

**HOW TO GET SUPPORT: Visit Website** 

### **EMPLOYMENT**

#### **WORKING WELL TRUST**

workingwell

www.workingwelltrust.org/thrive-into-work

Supporting people with mental health challenges or neurodiversity on their recovery and employment journey with emotional and practical help.

TYPE OF SUPPORT Employment Support,

Inwork Support and

Starting a Business Support

Opening: Mon - Fri 9am - 5pm

How to get support: Call or email to get support



Phone Call: 020 7613 7096



Email: thriveenfield@wwtrust.co.uk



Community House, 311 Fore St, London N9 0PZ

# **OVERCOMING LONELINESS**

#### **ENFIELD HOME** LIBRARY SERVICE

ROYAL VOLUNTARY SERVICE

www.royalvoluntaryservice.org.uk Service offers library home service for those who may not be able to travel there

TYPE OF SUPPORT Home Library Opening: Mon - Fri 9am - 5pm

HOW TO GET SUPPORT: Call to access service,

no referral needed



Phone Call: 0330 555 0310

#### WAVELENGTH



Providing individuals who are lonely and can't afford to buy the technology with access to radios, televisions, and tablet computers, free of charge.

TYPE OF SUPPORT Support through technology

HOW TO GET SUPPORT: Call or email to get support



Phone Call: 01223 776 770



Email: application@wavelength.org.uk

### **SOCIAL GROUPS & EXERCISE**

### Fitness & Dance

- 1 Aerobic with 60,70, 80's music. (AgeUK) Monday 10.00-10.50 for £5 North Enfield Conservative Club
- 2 Senior Circuits

  Monday 11.00-12.00 for £5

  St Aldhelm's Church Hall
- 3 **Line Dancing**Monday 13.00-15.00 for £5
  Southbury Leisure Centre
- 4 Walk & Talk (ICAN)
  3rd Monday of month, 14.00-15.00, FREE
  Durant's Park
- 5 5**0+ Ladies Aerobic (Community Aid)**Tuesday 09:45-11:00 for free
  St Alphege Church Hall
- 6 Fit Steps
  Tuesday 10.00-10:50 for £5
  Southgate Methodist Church
- 7 Party Dances
  Tuesday 13.00-15.00 for £5
  Southgate Methodist Church
- 8 Aerobic session with 60,70, 80's music. Wednesday, 10.00-10:50 for £5 St Aldhelm's Church Hall
- 9 Get Walking Get Talking Wednesday, 10.45-11.45, for £2 Broomfield Park Café
- 10 Seated Class
  Wednesday 11.00-11.45 for £4
  St Aldhelm's Church Hall
- 11 Circuit training (ECYPS)
  Wednesday 19:00-20:00 for free
  Ponders End Youth Centre

- 12 **Gentle Activities**Thursday 12.15-13.15 for £5
  Southgate Methodist Church
- 13 Move, Stretch & Tone
  Thursday 13.20- 14.05, for £5
  Southgate Methodist Church
- 14 Line Dancing
  Thursday 13.30-14.30 , for £5
  St Aldhelm's Church Hall
- 15 **Pilates**Thursday 15.00-16.00 for £5
  St Aldhelm's Church Hall
- 16 Strength Class
  Thursday 12.00- 13.00 for £3.50
  Community House
- 17 **Zumba**Friday, 10.00- 10.45, for £5
  St Aldhelm's Church Hall
- 18 Nifty Fifties Aerobics
  Wednesday 14.00-14.50 for £5
  Enfield Baptist Church
- 19 **Get Walking Get Talking**Wednesday, 14.30-14.30, for £2
  Whitewebbs Park Café
- Get Walking Get Talking (FAST)
  Friday 10.20-11.20 for £2
  Trent Park
- Women Boxing
  Saturday 14.00-15.00 for free
  Ponders End Youth Centre
- Men Boxing
  Friday 15:30-17:00 for Free
  Ponders End Youth Centre



#### **MORE ACTIVITIES?**

Active Enfield provides more information in free activities in Enfield

### Mingle

- 19 Memory Meet Up (ICAN)
  1st & last Monday 10.30-12.00, FREE
  Edmonton Methodist Church
  Email: ican@enfield.org
- 20 **Tea and Chatter (ICAN)**1st Monday of the month, 10.00-12.00,
  FREE, Edmonton Green Library
- 21 Stroke Café (ICAN)
  Tuesday, 13.00-15.00, FREE
  Palmers Green United Reformed
- Tea and Chatter (ICAN)

  2<sup>nd</sup> Tuesday of the month, 10.0012.00,
- FREE, Ordnance Unity Library
  Men's Sheds
  Tuesday & Thursday 10.30-13.30, FREE
  John Jackson Library
  Call before attending: 0208 375 4120
- Menopause Meet Up

  2nd Tuesday of the month 18.30-20.00,
  FREE
  Beaumont Southgate Care Home,
  Email before attending:
  beh-tr.enfieldtalkingtherapies@nhs.net

- 25 Memory Meet Up

  1st & 3<sup>rd</sup> Wednesday of the month,
  10.30-12.00, £2.50
  St Stephen's Church Hall,
- 1st Thursday of the month 10.00-12.00 FREE Enfield Town Library
- Friday 11.00-13.00, FREE Dugdale Arts Centre
- QUIZ
  Friday 14.00- 15.00, FREE
  ONLINE
  Call before attending: 0208 375 4120
- Men's Wellbeing Group Friday, 110.30- 12.30, FREE Pymmes Park

### **Art & Hobbies**

- 30 **Social Singalong**2nd Wednesday 10.30-11.30, @2.50
  St Stephen's Church Hall
- 31 Art Journalling Memory Keeping 2<sup>nd</sup> Friday of Month, 11.00– 13.00, FREE Southgate Library



#### **MORE EVENTS?**

UCAN also offers a vast amount of services. Scan the QR code and get a monthly update.



# APPS & OTHER PLATFORMS FOR SUPPORT:



**Calm** is a popular app that helps people relax and improve their sleep. It offers guided meditations, sleep stories, breathing exercises, and other tools to reduce stress and anxiety.



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# **MORE SUPPORT:**

# Mental health & wellbeing services Enfield



Free Activities by Enfield Council



#### 5 Steps to Mental Wellbeing



**Enfield My Life** 



#### Mental Health Enablement Service



**Community Hubs** 



# HOW CAN YOU FEEL BETTER?

Sometimes we might need a little boost. We asked people in Enfield to share their top tips on what helps them feel better.

- "When I feel sad, I listen to music, read a book or watch stand-up comedy. This always cheers me up."
- "When I feel sad or anxious, I usually speak to a person I trust. They are great at listening to me."
- "Once, when I felt sad was given some great advice: 'Is it going to matter in 6 months time?'. This really helped me to get some perspective."

#### What could we do to feel better:



#### Walk in the Park

Young people in Enfield highly recommend to have a walk in a park when feeling down. Here is a list of all parks in Enfield:



### Go to a Library

Sometimes all we need to do is immerse ourselves in a different story. You can visit a library near you. They are usually calm & safe spaces, full of stories ready to be discovered.



### Socialise (even if you may not feel like it)

Mingle, art and sport groups offer a safe and supportive space where you can connect with peers and feel part of a group.

### SCAN ME





#### **Courses & Resources:**



### Mind - Wellbeing Courses

Wellbeing Service offer workshops and courses to help people's mental wellbeing. Courses are offered seasonally. You could attend courses like:

- Mindfulness
- Personal Development
- Anger Management
- Bespoke creative workshops etc.
- Art and Crafts

wellbeinglearning@mindeb.org.uk - 0208 906 7504

**Are you a parent?** For expecting parents and carers, or in the first two years after birth, Mind offers workshops on wellbeing, perinatal mental health, and coping strategies.



Enfield and Barnet



# Do you know of other groups or organisations supporting Enfield residents with their Mental health?

Please feel free to contact us here.

⊠ admin@healthwatchenfield.co.uk.

www.healthwatch.co.uk

0208 373 6283

#### In collaboration with





**Additional Appreciation for** 





Created 2025

