



# Camden Support Directory



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# Riverside

# Riverside Support Services



## ASB, hate crime and domestic abuse

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit <https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

## Money and benefit welfare advice

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

## Energy and heating

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

## Employment and Training

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help!

We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>  
or email

## Safety and Support

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>



# Riverside

# Food Support Services in Camden



## Food Banks

### **Camden Foodbank**

**RCCG City Church, First Floor, 14 Pratt Mews, NW1 0AD**

You need a food voucher to receive emergency food at this food bank. You can call the Camden Citizens Bureau at 08000283146 to receive them.

Tuesdays and Fridays 11:30am-3:00pm

**Contact: 02073874551 or email**

**info@camden.foodbank.org.uk**

### **Kentish Town Foodbank**

**Kentish Town Congregational Church, Church Avenue, NW1 8PD**

You need a food voucher to receive emergency food at this food bank. You can call the Camden Citizens Bureau at 08000283146 to receive them.

Thursday 10:30am-1:00pm

**Contact: 02074833763 or email**

**info@kentishtown.foodbank.org.uk**

### **Euston Foodbank**

**28 Phoenix Road, NW1 1TA**

You need a food voucher to receive emergency food at this food bank. You can call the Camden Citizens Bureau at 08000283146 to receive them.

Tuesday 12pm-3:30pm, Thursday 5:30pm-7:00pm, Saturday 11:00-12:30pm and Sunday 12:00pm-1:30pm

**Contact: 07400053838 or email**

**info@euston.foodbank.org.uk**

### **Camden Mobile Foodbank**

We take self-referrals from local people in crisis or referrals from professionals who work for local charities, organisations and health surgeries. You just need to complete this simple online referral form that we aim to process within 24 hours.

**If you need urgent food support call 02079744444 and select option 9.**

### **Castlehaven Foodbank**

**Clarence Hall, Bradfield Court (Behind Quinn's Pub), Hawley Road, Camden Town, NW1 8RN**

If you live in Camden Town Ward and are in need of an emergency food parcel, **please call 07776724099** between 9:30 am – 12:30 pm every Tuesday. Our friendly Food Bank team will assess your eligibility, take note of any personal information and dietary requirements and arrange a pickup time on a Thursday at our Food Bank.

### **Neighbourhood Nosh - Primrose Hill Community Association**

**Primrose Hill Community Centre, 29 Hopkinson's Place, NW1 8TN**

A free market offering fruit, veg, bread etc, every Wednesday from 10.00 - 11.00 for local people who need it, plus takeaway plant based meals for collection most weeks at the same time. Delivery within Primrose Hill also available every Thursday by referral.

Wednesdays 10:00am-11:00am.

**Contact: 02075868327 or email nosh@phca.cc**

### **FoodCycle Kilburn**

**St. Cuthbert's Parish Church, Fordwych Road, West Hampstead, London, NW2 3TN**

FoodCycle Kilburn welcomes anyone to attend as a guest and enjoy a free hot meal. No need to book, just turn up on the day.

**Contact: 02077292775 or email**

**kilburn@foodcycle.org.uk**

### **Maidenlane Community Centre - Meet and Grain**

**Maiden Lane Community Centre, 156 St Pauls Crescent, NW1 9XZ**

Meet and Grain is a community kitchen that aims to provide free, warm meals for vulnerable individuals and those over 60.

First Saturday every month, 1pm-2:30pm

**Contact: 020 7267 9586 or email**

**officemlcc@yahoo.co.uk**



# Riverside

# Food Support Services in Camden



## Pantries

### **Community Fridge - The London Irish Centre**

**50-52 Camden Square, London NW1 9XB**

Our Community Fridge offers a range of meals & produce, tailored to all dietary requirements. This service is open to all and is free of charge.

Friday 12pm-4pm

**Contact: 02079162222 or email**

**community@londonirishcentre.org**

## Support organisations

### **Saint Pancras Community Association**

**67 Plender Street, NW1 0LB, London**

The Community Kitchen & Warm Space has proven to be a huge success, with locals enjoying free meals, families coming with their children and joining in the activities.

Tuesdays and Thursdays, 3:30pm-7:00pm in the Cafeteria.

**Contact: email [bookings@spca.org.uk](mailto:bookings@spca.org.uk) or call**

**020 7380 1501**

### **Feast With Us**

**Somers Town Community Association, 150**

**Ossulston Street, London NW1 1EE**

Free meal at Wednesday lunchtimes.

**Contact: +44 20 7388 6088 or 020 7871 0094.**

# Furniture Support in Camden



## Council

### **Cost of living Household Support**

If you're in an emergency financial situation and don't have the money to pay for essentials, you may be eligible for a payment of up to £500 from the government-funded Household Support Fund (HSF).

The deadline to apply for a HSF payment is 31 March 2026, and it has the same eligibility criteria as our [Cost of Living Crisis Fund](#).

### **Furniture collection**

Collections can be booked through Veolia.

You will need to provide:

- the address of the collection
- details of what needs collecting

Veolia will only be able to collect items:

- from outside your home at street level
- during the week between Monday and Friday

If you need help putting your large items outside of your property, [contact Camden's handy person service](#).

**To arrange a large item collection, call Veolia on 020 3567 8105.**

**If you are D/deaf or hard of hearing you can call Camden Veolia for free using [SignVideo](#).**

## Charity Shops

### **Sue Ryder**

#### **183 Eversholt St, London NW1 1BU**

Shop second-hand furniture and/or donate your unwanted furniture using our free furniture collection service. From sofas to tables and small electrical items, we will collect and then sell your items in our charity shops as long as they are in a saleable condition.

**Contact: 08081644572 or email [supportercare@sue Ryder.org](mailto:supportercare@sue Ryder.org)**

## Organisations

### **Restore Furniture Project**

#### **Our collection area includes Camden.**

We collect furniture and appliances from households, hotels, recycling centres and other locations. We collect the following items: Fridges, freezers Machines (if disconnected), 3 piece suites, settees, sofa beds, chest of drawers, beds (base and mattress), chairs, tables, bookcases, wall Units, wardrobes.

**Collection times: 9.30am-12.30pm and 12.30pm-3.30pm Monday to Friday.**

Collections are usually booked 1-2 weeks in advance at a mutually convenient time, and when booking we need as accurate a list as possible of items to collect, to enable us to plan the most efficient and timely van schedule. **To arrange a collection, please phone 020 8493 0900 or e-mail at [info@restorecp.org](mailto:info@restorecp.org) with your details.**

# Cost of Living Support in Camden



## Council and Government Support

### Cost of living Household Support

- **Refer yourself for money advice and support**

If you're struggling to afford the essentials, or if you're in an emergency financial situation, register for our free Money Advice Service. We'll help you access all the payments you're eligible for – including our Cost of Living Fund.

**Access the form [here](#) or call 02079744444 if you need assistance completing the form.**

- **Save energy and keep warm**

If you're a Camden Council tenant: contact Camden's Home Energy Advice Team. **Email [EnergyEfficiencyHomeAdvice@camden.gov.uk](mailto:EnergyEfficiencyHomeAdvice@camden.gov.uk) or call 0207 974 6207**

If you're a private renter, homeowner or council tenant: contact WISH Plus. **Visit [camden.gov.uk/wish-plus](http://camden.gov.uk/wish-plus) or call 020 7974 3012.**

- **Support if you are behind on payments**

Call **02079746414** if you are behind on council tax payments.

If you are a Camden council tenant and you can't afford to pay your rent, contact Housing Income Team by email at **[rentservice@camden.gov.uk](mailto:rentservice@camden.gov.uk)** or call **02079744444**.

If you are behind on energy payments you may be able to get an energy grant [here](#).

- **If you're in an emergency financial situation**

You may be eligible for a payment from the **Cost of Living Fund** and/or **Household Support Fund**. If you can't get online, call **02079744444**.

- **Claim benefits you are entitled to**

You can use Camden Council's Better Off Calculator [here](#) and access benefits and allowances.

- **Get help with paying your bills**  
For help with water bills, **call 08000093652**.

Check if you're eligible for Pension Credit or **call 0800 99 12 34**.

If you're disabled, have a long-term physical or mental health condition, have caring or mobility needs, there are three benefits you can apply for:

- If you're 66 or over: apply for Attendance Allowance. **To apply, call 0800 731 0122**
- If you're 16 and over: apply Personal Independence Payment (PIP). **To apply, call 0800 917 2222**
- If you have a disabled child aged 16 and under: apply for Disability Living Allowance for children **by calling 0800 121 4600**

## Employment Support

### Good Work Camden Job Hub

Good Work Camden is a free service to help anyone who lives in Camden find a new or better-paid job or training opportunity. Appointments are available in-person at our community Job Hubs or via a phone or video call. If you're disabled and/or neuro-diverse, targeted support is available via our Disability Job Hub.

**Register [here](#) or by sending an email to [jobhub@camden.gov.uk](mailto:jobhub@camden.gov.uk).**



# Riverside

# Cost of Living Support in Camden



## Libraries

### **Warm Spaces**

Libraries in Camden provide a warm and friendly space for anyone to sit and read or chat, use free Wi-Fi, computers or tablets, study or attend events, including weekly rhyme and story time sessions for children under 5.

**Here is a list of libraries in or near Camden that serve as Warm Spaces.**

## Community Support

### **Parliament Hill School**

Schools can apply to the Cost of Living Crisis Awards on behalf of families.

- In order to be eligible:
- You must have lived in Camden for at least 6 weeks
- Be over 18, or a young person aged 16-18 living independently
- You must be deemed to be in severe financial hardship
- Only two awards per household

If you feel that your family meets the above criteria and you are in financial difficulty, please **contact**

[spooke@parliamenthill.camden.sch.uk](mailto:spooke@parliamenthill.camden.sch.uk).

Alternatively call 020 7485 7077 and ask to speak with Sandra Poole.

### **We Make Camden - Cost of Living Crisis Community Response Fund**

A fund that support local community organisations. **If your organisation needs support, fill in their form [here](#).**

### **HealthWatch Camden**

Offers a variety of support for heating benefits and energy grants.

**Contact: Call 02073832402 or email [info@healthwatchcamden.co.uk](mailto:info@healthwatchcamden.co.uk) or visit their website.**

## Citizens Advice

### **Citizens Advice**

Energy Advisers can help you check whether you can save money on your energy bills. **Email [financialcapabilityproject@camdencabservice.org.uk](mailto:financialcapabilityproject@camdencabservice.org.uk) or call 07425015033. Check out the website for additional information.**

## Debt Support

### **National Debtline**

Free and confidential advice.  
**Contact: 08088084000**

### **Debt Free Advice**

Offers help with budgeting, money worries and more.  
Call the helpline: 08008085700 or find more information on the website.

### **GLA Cost of Living Hub**

Provides information about benefits, grants and discounts from the Mayor of London, the government, local councils, charities and advice centres. Check out the website here.

### **Camden Advice Network**

Contact a local organisation in Camden Advice Network. You can access them here.

### **Moneyhelper**

Support from three government-backed financial guidance providers: Money Advice, Pensions Advisory Service and Pension Wise. Check out the website here or call **08001387777.**



# Riverside Digital Inclusion Support in Camden



## Libraries

You can access support to get online through your local library. They offer free access to the internet and you can use any of the following ways to access the internet for free at a library near you.

- Use a library computer
- Borrow a laptop or tablet from the library, or access a free SIM with internet data
- Free public Wi-Fi - you can access the internet for free at your local library using your device or a library computer.

Libraries also offer the opportunity to learn digital skills and gain confidence. You can get help with basic computer skills, including internet, e-mail, and much more, go at your own pace, with help at hand.

## Digital support sessions

### **Camden Council**

**Holborn Library:** Bring your device workshop - Tuesdays, 10am to midday

**Kentish Town Library:** Digital Advice and Support - Mondays 3pm to 4pm

**Kilburn Library:** Digital Support Sessions - book with library staff at 020 7974 4444  
Mondays, 11am to 1 pm, Thursdays, 10am to midday, Saturdays, midday to 2pm

**Swiss Cottage Library:** Digital Advice Drop In - Tuesdays and Thursdays 11am to 1pm

**Visit the website here to find out about specific upcoming sessions outside of the above sessions.**

### **Age UK Camden - Digital Support and Computer Training**

**Henderson Court, 102 Fitzjohn's Avenue, London, NW3 6NS.**

Age UK offer one-to-one appointments and home visits. They also offer drop-in sessions at the Fitzrovia Community Centre, Kentish Town Library, Swiss Cottage Library and Highgate Library.

**Contact:** 02072390400 or email [digitalsupport@ageukcamden.org.uk](mailto:digitalsupport@ageukcamden.org.uk)

### **London Irish Centre - Digital Skills Training**

**London Irish Centre, 50-52 Camden Square, London, NW1 9XB**

Digital Skills Training in Kennedy Hall, free of charge.

**Contact:** email [community@londonirishcentre.org](mailto:community@londonirishcentre.org) or call 02079162222.

### **Ability Net**

Provide home visits to help you with IT issues, using your device or accessing the internet.

**Call 03001800028 or email [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk) to book a home visit.**



# Riverside Digital Inclusion Support in Camden



## Available resources

### **Camden Council - Free SIM cards for residents**

If you have limited access to the internet and can't afford your current mobile data you could qualify for a free SIM card. **Go to your local library and ask reception for a Databank SIM. For more information, email [digital.inclusion@camden.gov.uk](mailto:digital.inclusion@camden.gov.uk).**

### **Age UK Camden - Device Loans**

If you want to try out whether a laptop or tablet is for you, you can loan one for two months. We can set it up and show you how to use it at a One-to-One appointment.

**To book an appointment, contact us via email or telephone: [digitalsupport@ageukcamden.org.uk](mailto:digitalsupport@ageukcamden.org.uk) or 020 7239 0400.**

### **Digital Hubs**

All libraries in the area act as digital hubs. Head to your nearest library to use the Wi-Fi, a computer and get some digital support.

### **Old Diorama Arts Centre**

**201 Drummond Street, Regent's Place,**

**NW1 3FE**

**Contact: 02073830727**

### **London Irish Centre**

**50-52 Camden Square, NW1 9XB**

**Contact: 02079162222**

### **Age UK Camden**

**68 Parkway, NW1 7AH**

Supporting over 55's living in Camden.

**Contact: 02072390400 or email**

**[digitalsupport@ageukcamden.org.uk](mailto:digitalsupport@ageukcamden.org.uk)**

### **Working Men's College**

**44 Crowndale Rd, NW1 1TR**

**Contact: 02072554700 or email [learnerservices@wmcollege.ac.uk](mailto:learnerservices@wmcollege.ac.uk)**

### **Central Saint Martins**

**1 Granary Square, King's Cross, N1C 4AA**

Support students and residents of associated organisations.

**Contact: 02075147444**

### **NCiFoundations**

**Space hire, 2 Ossulton Street, NW1 1DF**

Support mums who wish to learn basic IT skills to build confidence, support with CV's and network and connect.

**Contact: [info@ncifoundations.org](mailto:info@ncifoundations.org)**

### **Euston Skills Centre**

**Starcross Street, NW1 2HR**

**<https://www.cnwl.ac.uk/courses/section/euston-skills-centre>**

### **Third Age Project**

**Cumberland Market, NW1 3RH**

Support to those registered as users and who are over 55 years old.

**[www.thirdageproject.org.uk](http://www.thirdageproject.org.uk)**

**Contact: 02073834922 or email**

**[info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)**



# Riverside Youth Provision in Camden



## Family Hubs

Meet other parents, join activities and talk to us about any support you need. Like all Family Hubs in Camden, we can help with questions about money, parent and child welfare, and a lot more.

### **1a Children's Centre and Family Hub**

#### **1a Rosebery Avenue, EC1R 4SR**

All services are free.

Join our Camden Dads support and drop-in group on Saturdays, from 10 am to noon.

Monday-Friday 9am-5pm.

**Call us: 020 7974 7024 or freephone 080 0389 5789.**

### **Regent's Park Children's Centre and Family Hub**

#### **Augustus Street, NW1 3TJ**

All services are free. Join our Camden Dads support and drop-in on Saturdays, from 10 am to noon, once a term.

Monday-Friday 9am-5pm.

**Call us: 020 7974 8934 or freephone 080 0389 5789.**

### **Agar Children's Centre and Family Hub**

#### **Lulworth, Wrotham Road, NW1 9SU**

All services are free.

Monday-Friday 9am-5pm.

**Call us: 020 7974 4789 or freephone 0800 389 5789.**

### **Harmood Children's Centre and Family Hub**

#### **1 Forge Place, NW1 8DQ**

All services are free. Join our Camden Dads support and drop-in on Saturdays, from 10 am to noon (once a term). Take part in our 'Fun for all' activity group on Saturdays, from 9:30 am to noon.

Monday-Friday 9am-5pm.

**Call us: 020 7974 8961 or freephone 080 0389 5789**

## Family support

### **Camden Council - Early Help for children and families**

- Free support service for families with children aged 0 to 19 in Camden
- Practical and emotional support with a range of life issues
- Working with you and your family to help make changes
- Helping you and your family to feel connected in your community.

**Contact: 02079743317 or email [LBCMASHadmin@camden.gov.uk](mailto:LBCMASHadmin@camden.gov.uk)**

### **Camden Mosaic**

#### **Kentish Town Health Centre, Bartholomew Road, NW5 2AJ**

Camden MOSAIC is an integrated service for children and young people with disabilities, and their families. It aims to enable families to help their children to participate in family and community life.

**Contact: 02033172200**



# Riverside Youth Provision in Camden



## Youth Provision

### Somers Town Youth Centre

**134 Chalton Street, NW1 1RX**

The centre offers support and services to young people aged 13 to 19 and up to 25 with learning difficulties and disabilities.

After-school sessions: Monday, Tuesday, and Thursday, 3.30pm to 5pm

Youth club sessions: Monday to Friday, 5.30pm to 8.30pm

No appointment needed - just drop in during scheduled youth session times.

**Contact: 02079744957 or 02079748257 or email [somerstowntyouthcentre@camden.gov.uk](mailto:somerstowntyouthcentre@camden.gov.uk)**

### Count Me In Project Youth Club

**134 Chalton Street, NW1 1RX**

Count Me in Project Inclusion sessions are for Young People with mild to moderate LD aged 13-19 years in partnership with young people and staff at Somers Town.

Mondays and Thursdays 5:30pm-8:30pm

**Contact: 07827859417 or email [catherine.andrews@camden.gov.uk](mailto:catherine.andrews@camden.gov.uk)**

### Camden Summer University

Are you aged 13 to 19? Do you live in Camden, go to a local state school or attend a Council youth centre? Then you can choose from free courses in arts, sport, fashion, media, cookery, work and life skills with [Camden Summer University](#).

### Young Camden Foundation

**LABS Atrium, Stables Market, Chalk Farm Rd NW1 8AH**

Young Camden Foundation offers the HAF programme for children and young people eligible for benefits related Free School Meals.

**Bookings for Winter are open via the Plinth booking system [here](#).**

### The Hive

**18 Harben Parade, Finchley Road, London, NW3 6JP**

The Hive's Social Hub is open to anyone aged 16-24 who has a connection to Camden. You can drop in at any time during our opening hours to participate.

- All activities are free to join.
- No need to book – just walk in.
- Workshops are optional.
- Food bank available every day.
- Sexual health clinic available Thursdays 2:30pm-3:30pm
- Study / co-working space available 10am – 6.30pm.

Monday-Friday 10am-7pm.

**Contact: 02031980520 or email [thehive@catch-22.org.uk](mailto:thehive@catch-22.org.uk)**

### Creative Health Camden

**Health Centre, 2 Bartholomew Rd, London NW5 2BX**

CHC Youth Hub is a safe laid back space for 14 to 18 year olds to enjoy a movement workshop, do some art, finish off homework, read or simply hang out on a bean bag with friends.

Every Friday 4pm-5:30pm.

**Contact: [info@creativehealthcamden.com](mailto:info@creativehealthcamden.com)**

### MaidenLane Community Centre

**156 St Paul's Cres, London NW1 9YA**

This community centre offers a range of activities and workshops for young people. Please find out more [here](#).

**Contact: 02072679586**

### Kooth

If you're aged between 11 and 18, or a child in your care is, Kooth offers free, safe and anonymous online wellbeing and mental health support. Young people who live in Camden can [sign up now](#) for confidential support through a text-based conversation with a qualified counsellor.



# Riverside Older People Support in Camden



## National support

**Age UK Advice Line** - 0800 678 1602

**Dementia UK** - 0800 888 6678

### **Re-engage**

Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

### **Friends of the Elderly**

Grants to older people living on low incomes.

**Contact: 0330 332 1110 or email**

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

## Physical and Mental Health

### **Community Recovery Service for Older People**

**1-5 Camden Mews, London, NW1 9DB**

The service provides support to older people aged 65 and over who are experiencing depression, anxiety, psychosis and other serious mental health concerns, particularly when these are complicated by poor physical health.

**Contact: 02033174740 or email** [cim-tr.CRSOP@nhs.net](mailto:cim-tr.CRSOP@nhs.net)

### **Third Age Project**

**Cumberland Market, Regent's Park, NW1 3RH**

This is a multicultural community resource centre offering various activities for the elderly.

**Contact: 02073834922 or email** [info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)

### **Age UK Camden**

If you're over 55 and registered with a Camden GP, you can use Age UK Camden's free and confidential counselling service.

**Contact: 02072390400**



# Riverside

# Mental Health and Wellbeing Support in Camden



## National Services

### **Hub of Hope**

Hub of Hope is the UK's most comprehensive national mental health support database.

Download the free app or text **HOPE** to **85258** to find relevant services near you.

### **Shout**

Shout is the UK's first 24/7 text service for anyone feeling anxious, worried, isolated, lonely or for anyone needing support. **Text Shout to 85258 to start a conversation - it is a free service.**

### **Good Thinking**

**Good Thinking** is an NHS-approved digital mental wellbeing self-assessment tool that provides personalised recommendations.

## Local support

### **NHS Talking Therapies - Camden & Islington**

Refer yourself for free, confidential support with stress, anxiety, depression, or insomnia through Camden and Islington NHS Talking Therapies. Find advice or self-refer on the [Camden and Islington Talking Therapies page](#) or call **020 3317 6670 (Monday to Friday, 9am to 5pm)**. Support is available online, by phone, in person, and in different languages.

### **Age UK Camden**

If you're over 55 and registered with a Camden GP, you can use [Age UK Camden's](#) free and confidential counselling service.

**Contact: 02072390400**

### **Mind in Camden**

[Mind in Camden](#) provides local support and advice.

## Mental health emergencies

If you or someone you know is experiencing a mental health crisis and you don't feel like you can keep yourself or them safe:

- **Phone the 24-hour mental health crisis line on 020 3317 6333** to access specialist support. In an emergency, always call 999.
- **Contact your local GP surgery and ask for an emergency appointment.** You don't need to be registered as a patient already.
- **Camden Crisis Sanctuary** offers face-to-face, telephone, and online support to Camden residents every evening and weekend, 5pm to 10.30pm. No referral is required. You can also call **07825 165 464** between 5pm and 11pm, or leave a message for staff to call you back.
- **Call the Samaritans for free on 116 123** – they're always open and are there to listen. You can also email [jo@samaritans.org](mailto:jo@samaritans.org) and receive a response within 24 hours.
- **The Stay Alive App** can be used to help manage suicidal thoughts. It provides information and tools to help you stay safe in a crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

## Bereaved or affected by suicide

### **NCL Support after Suicide Service**

This is a local service that provides support to people bereaved or affected by suicide. To find out more about the service, or to make a referral for yourself or someone else, [visit Amparo North Central London](#). Find out more about bereavement support in Camden.

**Contact: 03300889255 or email [amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)**



# Riverside

# Domestic Abuse Services in Camden



## If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

### Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

### If you are deaf or can't use a phone

You can register with the [emergencySMS](#). Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

### Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

### Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

## Local services

### Camden Holistic Therapeutic Support Service

We offer support for people who have been affected by domestic abuse and who live, work or study in Camden.

**Contact: 07717 751 408**

### Solace Women's Aid Counselling

They offer 15 sessions of one-to-one counselling as specialist support groups.

**Contact: 02076191360**

### Solace Women's Aid - Camden Refuges

Camden Refuges provide specialist and safe temporary accommodation for up to six months in the form of 25 units of refuge accommodation across 4 sites for women and their children who are in crisis/risk of harm and have low to medium support needs.

**Contact: 07483025192 or email [refuge.referrals@solacewomensaid.org](mailto:refuge.referrals@solacewomensaid.org)**

### Camden Safety Net

Camden Safety Net is a domestic abuse service in Camden. We provide independent, confidential, and non-judgemental support to victims of abuse of all genders, aged 16 plus.

**You can contact us by phone, email or by completing the self-referral form.**

- Call the duty worker on [020 7974 2526](tel:02079742526)
- Email [camdensafetynet@camden.gov.uk](mailto:camdensafetynet@camden.gov.uk)
- Complete the [Camden Safety Net self-referral form](#)



# Riverside

## Domestic Abuse Services in Camden



### Al-Aman Women's Support Service

Al-Aman Women's Support Service provides safe and confidential support to Arabic speaking women and girls living in London who have experienced domestic abuse from either current or ex-partners or a family member.

Al-Aman offers the following services:

- Safety Planning
- Emotional Support
- Face-to-face and telephone support sessions
- Support Groups
- Advocacy including liaising with other agencies (e.g. home office, housing, solicitors etc.)

Contact: 02085632250 or email [DVIP.Alaman@waythrough.org.uk](mailto:DVIP.Alaman@waythrough.org.uk)

### Hestia domestic abuse refuges

If you are looking for a space in a domestic abuse refuge, contact [Hestia's Refuge Referral Line](tel:08081699975) on 0808 169 9975, Monday to Friday, 10am to 4pm.



# Riverside Disability Support in Camden



## Government Support

### **Access to Work**

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

## Local support

### **Camden Disability Action**

They provide Disabled people with advice and advocacy support while also supporting them to lead the way in re-shaping services, activities, attitudes and mainstream culture so the borough works for all of us, no matter our differences.

**Disability Action advice line: 02038331125 or for text messaging only, use 07543572793 or email [advice@camdendisabilityaction.org.uk](mailto:advice@camdendisabilityaction.org.uk)**

### **Camden Learning Disabilities Service**

#### **5 Pancras Square, N1C 4AG**

CLDS is a health and social care team run by the council and the NHS. CLDS works with people with learning disabilities in Camden.

**Contact: 02079743737**

### **Camden People First**

#### **215 Eversholt Street, Ampthill Square, London, NW1 1DE**

This organisation supports people with learning difficulties through peer to peer support, advocacy support and a membership for extra support.

**Contact: 02073882007 or email**

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

### **Camden Council - Early Help for children and families**

- Free support service for families with children aged 0 to 19 in Camden
- Practical and emotional support with a range of life issues
- Working with you and your family to help make changes
- Helping you and your family to feel connected in your community.

**Contact: 02079743317 or email [LBCMASHadmin@camden.gov.uk](mailto:LBCMASHadmin@camden.gov.uk)**

### **Camden Mosaic**

#### **Kentish Town Health Centre, Bartholomew Road, NW5 2AJ**

Camden MOSAIC is an integrated service for children and young people with disabilities, and their families. It aims to enable families to help their children to participate in family and community life.

**Contact: 02033172200**

### **Children and Young People Disability Service (Camden Council)**

#### **Kentish Town Health Centre, 2, Bartholomew Road**

(CYPDS) is a specialist Social Care provision for children and young adults with complex and profound disabilities. CYPDS works closely with a range of statutory and voluntary service providers including education, health and housing to ensure a holistic package of support.

**Contact: 02079744867 or email**

[dutydct@camden.gov.uk](mailto:dutydct@camden.gov.uk)



# Riverside

# Migrant and Multi-Cultural Support in Camden



## Al-Aman Women's Support Service

Al-Aman Women's Support Service provides safe and confidential support to Arabic speaking women and girls living in London who have experienced domestic abuse from either current or ex-partners or a family member.

Al-Aman offers the following services:

- Safety Planning
- Emotional Support
- Face-to-face and telephone support sessions
- Support Groups
- Advocacy including liaising with other agencies (e.g. home office, housing, solicitors etc.)

**Contact: 02085632250 or email [DVIP.Alaman@waythrough.org.uk](mailto:DVIP.Alaman@waythrough.org.uk)**

## Camden Multicultural Community Centre

**CMC CENTRE, 12 Crowndale Rd, NW1 1TT**

A vibrant multicultural hub offering community language classes, youth mentoring, sports, training & employment support, women's social clubs, and regular multicultural community events.

## Camden Chinese Community Centre

**9 Tavistock Pl, WC1H 9SN**

We provide socially inclusive services that improve the conditions of life for inhabitants of Camden and people of surrounding boroughs who need support owing to age, disability, poverty, social and financial circumstances, and educate through the study of Chinese arts, culture and history.

**Contact: 020 7388 8883 or email [info@camdenccc.co.uk](mailto:info@camdenccc.co.uk)**

## Maiden Lane Community Centre - BAME Women's Empowerment Project

**156 St. Paul's Crescent, NW1 9XZ**

Maiden Lane BAME Women's Project works with local volunteers in engaging and supporting women in the community. Our aim is to empower, integrate and educate them into living more fulfilling lives and enriching lives.

**Contact: 020 7267 9586 or email [officemlcc@yahoo.co.uk](mailto:officemlcc@yahoo.co.uk).**

## Henna Asian Women's Group

**Abbey Community Centre, 172 Belsize Road, Belsize Park, NW6 4BJ**

We are based at the Abbey Community Centre which is a safe and familiar place for women to meet, giving them a sense of belonging and attachment. Here we offer a range of multi-lingual services and activities. Services include:

- Monday Club - Chai with Henna
- Exercise classes
- Henna Forum
- Befriending
- Ageing Better
- Arts & Crafts

**Contact: 02073729860 or email [info@hennaorg.co.uk](mailto:info@hennaorg.co.uk)**

## Bengali Workers Association

**Surma Community Centre, 1 Robert Street, NW1 3JU**

The organisation provides services that enable local people to manage their lives more effectively e.g. Advice & Advocacy, Employment and Training, Healthy Lifestyles, Older People's Service.

**Contact: 02073887313 or email [info@bwa-surma.org](mailto:info@bwa-surma.org)**

**For additional migrant and multi-cultural support services please download our National Support Directory**



# Riverside

## Migrant and Multi-Cultural Support in Camden



### Eritrean Community In The UK

**84 Mayton St, London N7 6QT**

Advice and information for the Eritrean community, including refugees and asylum seekers. Subjects include benefits, immigration, housing, social services, training, family issues and education, business set-up.

**Contact: 02077007995 or email**  
**office@ericomuk.org.uk**

### Holy Cross Centre Trust (HCCT)

**St Pancras Refugee Project (SPaRC), The Crypt, Holy Cross Church, Cromer Street, WC1H 8JU**

Offering a specialist who can help with advice & advocacy, provide casework service in areas of welfare rights, housing, community care, asylum support & immigration.

**Contact: 02072784223. Drop in sessions:**  
**Wednesday 12pm-3pm and Friday 12pm-3pm**

### African Development Society

**150 Ossulston Street, NW1 1EE**

We are BME grass root community organisation. A) SFSC parenting courses B) Health and wellbeing workshops C) youth and schools liaisons D) Elderly support E) basic advice, information, language support.

**Contact: 07960362545 or email**  
**info@adsociety.org.uk**

### Highgate Black Women

**Old Diorama Arts Centre, Regent's Place, 201 Drummond St, NW1 3FE**

A support group created during covid March 2022 by visionary leader Zia Teshome, who saw a gap in, in-person support groups for black women in inner London.

**Contact: 07495441354 or email**  
**hello@highgateblackwomen.com**

### African Physical Training Organisation (APTO)

**21 Riverfleet Birkenhead Street, WC1H 8BJ**

We provide: Education, Sport, Arts, IT, Translation.

**Contact: 07405665004 or email**  
**kasongo\_lunda@aol.com**

### Algerian British Connection

**187 Pentonville Road, N1 9NZ**

Algerian British Connection (ABC) is an independent charity that works to foster cultural links between Britain and Algeria, to support the Algerian community in the UK, to promote Algerian arts, culture and traditions.

**Contact: 07956552829 or email**  
**mounahamitouche@yahoo.co.uk**

### British Somali Community Centre

**7 - 9 Crowndale Rd, NW1 1TU**

The British Somali Community Centre is a community organisation working to ensure improved civic participation and equitable access to services for BAME communities.

**Contact: 02073832803 or email**  
**info@britishsomali.org**

### Camden Somali Cultural Centre

**2C Falkland Road, NW5 2PT**

Our mission is to uplift the community by celebrating culture, elevating education and empowering through advocating.

**Contact: 02081543051 or email**  
**info@somaliculturalcentre.org**

### Nafsiyat

Therapy sessions in Arabic and English, specifically targeting male refugees and asylum seekers.

**Contact: 02072636947**

**For additional migrant and multi-cultural support services please download our National Support Directory**



# Riverside Women's Groups in Camden



## Women's Groups

### **Castlehaven Community Association - Women's Club**

**23 Castlehaven Road, Camden Town, NW1 8RU**

Every Tuesday between 11:30am-1:30pm, our Community Centre kitchen is open to women who want to relax, meet over hot soup and a warm cup of tea, do a puzzle, or learn how to knit.

**Contact: 02074853386 or email**

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

### **Hopscotch - Women's Centre**

**50-52 Hampstead Road, NW1 2PY**

They aim to improve the physical, mental and emotional health and wellbeing of women and their families.

**Contact: 02073888198**

### **Crossroads Women's Centre**

**25 Wolsey Mews, NW5 2DX**

Crossroads Women's Centre brings together women from different ages, backgrounds and communities to share experiences, and learn from and support each other. It is a place of safety for vulnerable and low-income women.

**Contact: 02074822496 or email**

[contact@crossroadswomen.net](mailto:contact@crossroadswomen.net)

### **The Kosmos Centre**

**2c Falkland Road, NW5 2PT**

We offer a variety of services and activities designed to address the evolving needs of local residents. This includes general advice, free legal assistance, advocacy, and a diverse selection of well-being, social, cultural, and recreational events tailored primarily for BMEA women and their families.

**Contact: 02072677194**

### **Highgate Black Women**

**Old Diorama Arts Centre, Regent's Place, 201**

**Drummond St, NW1 3FE**

A support group created during covid March 2022 by visionary leader Zia Teshome, who saw a gap in, in-person support groups for black women in inner London.

**Contact: 07495441354 or email**

[hello@highgateblackwomen.com](mailto:hello@highgateblackwomen.com)

### **Henna Asian Women's Group**

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- Monday Club - Chai with Henna
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- Befriending
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- Arts & Crafts

**Contact: 02073729860 or email**

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### **Maiden Lane Community Centre - BAME Women's Empowerment Project**

**156 St. Paul's Crescent, NW1 9XZ**

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**Contact: 020 7267 9586 or email**

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



# Riverside Men's Groups in Camden



## Local Support

### **Mental Health Camden - Camden Town Shed**

**Maiden Lane Community Centre, 156 St Paul's**

**Crescent, NW1 9XZ** Our workshop offers woodwork (joinery, turning, sculpture, marquetry etc) in open sessions on Tuesdays 10am-4pm (men only).

**Contact: 07757024749 (Mike Jenn).**

### **Mental Health Camden - Camden Listening and Counselling Centre (CLCC)**

**Maiden Lane Community Centre, 156 St Paul's Crescent, NW1 9XZ**

Our workshop offers woodwork (joinery, turning, sculpture, marquetry etc) in open sessions on Tuesdays 10am-4pm (men only).

**Contact: 07757024749 (Mike Jenn).**

### **Meitheal London Irish Centre (LIC) Men's Group**

**50-52 Camden Square, NW1 9XB**

The group acts as a 'space to be together' and converse regarding well-being and possibly fulfil a need to have a social/personal space to talk about interests, worries and beliefs. The group runs in-person at Kennedy Hall at the London Irish Centre in Camden fortnightly on Tuesdays from 11:00am-12.30pm. We meet in a private room to respect confidentiality.

**Contact: 02079162222**

### **CastleHaven Community Centre - Men's Club**

**23 Castlehaven Road, Camden Town, NW1 8RU**

Every Monday between 11am-1pm, we'll be opening up our community kitchen for men to drop in, relax, play games, and enjoy a delicious bowl of homemade soup and a cuppa. We will occasionally host guest speakers from different organisations who will share their knowledge and insights and take day trips to local sights of interest.

**Contact: 02074853386 or email [info@castlehaven.org.uk](mailto:info@castlehaven.org.uk)**

### **Nafsiyat**

Therapy sessions in Arabic and English, specifically targeting male refugees and asylum seekers.

**Contact: 02072636947**



## LGBTQ+ Support in Camden



### Local support

#### **Forum+**

##### **54 Chalton St, NW1 1HS**

forum+ provides services to support victims of homophobic, biphobic and transphobic hate crime and discrimination. forum+ organises the annual Camden & Islington LGBT History Month programme which celebrates and showcases local LGBT history and heritage.

**Contact: 02073885720 or email**  
**info@forumplus.org.uk**

#### **CastleHaven Community Centre - LGBTQ+ Community Hub**

##### **23 Castlehaven Road, Camden Town, NW1 8RU**

The Black Cap Community Hub is a laid-back weekly sober social for LGBTQ+ people and friends in Camden. Hosted by the Black Cap Community, there will be an optional activity such as collage making, cooking or watching a film each week, as well as soft drinks and snacks (including vegan and gluten-free).

**Contact: 02074853386 or email**  
**info@castlehaven.org.uk**

#### **Mosaic Trust**

##### **LABS Atrium, Stables Market, Chalk Farm Rd, NW1 8AH**

Mosaic's mission is to enhance and sustain the health and wellbeing of the young LGBT+ community by providing activities, programs, and services that support, educate, and inspire our members.

**Contact: 07550124393 or email**  
**info@mosaictrust.org.uk**

#### **London Friend**

##### **86 Caledonian Road, N19DN**

A long-running charity supporting the health & mental wellbeing of the LGBTQ+ community in and around London.

**Contact: 02078331674 or email**  
**office@londonfriend.org.uk**

#### **Mind in Camden**

A free support group for LGBTQIA+ people, facilitated by LGBTQIA+ community members.

Details:

- Meets 2nd & 4th Thursday of each month, 3–4pm.
- Safe, confidential peer-support environment.

**Contact for referral: 020 7 911 0822 or**  
**here: <https://www.mindincamden.org.uk/services/free-support-groups/lgbtqia-peer-support-group>**



# Riverside Additional Support in Camden



## Sexual Violence Support

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

### **Rape Crisis**

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.

**0808 500 2222** open 24 hours a day

<https://rapecrisis.org.uk/get-help/>

### **Galop**

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

**Victims can contact the Helpline by phone 0800 999 5428 or via email [help@galop.org.uk](mailto:help@galop.org.uk).**

### **National Online Helpline for Male Survivors**

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

### **The Survivors Trust**

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

**08088 010818**

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

More information can be found at

[www.thesurvivortrust.org](http://www.thesurvivortrust.org)



# Riverside Additional Support in Camden



## Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** to report

Reporting online -

## **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

**Webchat at <https://www.stophateuk.org/talk-to-us>**

## **Victim Support: (24/7 support)**

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

**0808 16 89 111**

Live chat available by visiting

**<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>**

## **Hate Crime Campaign**

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

**<https://hatecrime.campaign.gov.uk/>**