

Sheen Lane Health Centre

Patient Participation Group (PPG)

Patients' Information Sheet

Useful local contact details of services for adults and carers

How often do you want to make contact with our GP practices or with a local organisation or service and you cannot find the telephone number? Here we have listed contact details for a number of local council, community and voluntary services. We have started off with the telephone numbers for the two GP practices at Sheen Lane, including the out-of-hours number.

Dr Johnson and Partners: 020 8876 4086
Dr Jezierski and Partners: 020 8876 3901
The out-of-hours urgent care number: 0300 0240000

Adult Social Care Access Team: 020 8891 7971

Email: adultsocialservices@richmond.gov.uk

The Adult Social Care Access Team is the first point of contact for all referrals and general enquiries about Adult Social Care services. You can contact them from 9am – 5.15pm, Monday to Thursday and 9am – 5pm on Friday. www.richmond.gov.uk

Addiction Support and Care Agency 020 8940 1160

Supports individuals, families and the community to overcome alcohol and drug misuse through prevention and treatment. Offers a range of interventions including counselling, group work and holistic therapies.

Email: info@addictionsupport.co.uk Website: www.addictionsupport.co.uk

Alcoholics Anonymous 0845 769 7555

General information, support and help for those who think they may have a problem with alcohol or friends and family who are worried about them.

Website: www.alcoholics-anonymous.org.uk

Carers Centre (Richmond Carers Centre): 020-8867 2380

Information and advice and activities for carers. The centre manages the 'Carers Hub' for the Richmond borough and provides a gateway to direct support, information and access to services for unpaid carers in the borough including children who are carers.

Email: info@richmondcarers.org Website: www.richmondcarers.org

Crossroads Care Richmond & Kingston upon Thames: 020-8943 9421

Provides individually tailored support by taking over caring tasks and giving Carers a break either within the home or taking people out into the community.

www.carers.org/local-service/richmond-and-kingston

Useful contact details for local organisations (cont)

Community Independent Living Service (CILS)

CILS provides information and advice, signposting, support groups, social, education and cultural events as well as exercise, fitness and training opportunities. For our part of the borough the service is provided by **GoLocal** (see below) a partnership of a number of local charities. Information drop-in sessions are held from 10am to 2pm at Sheen Library every Tuesday.

GoLocal: (Comprehensive information services) 020 8973 1877

GoLocal provides information about local services, activities and events and offers support to people who want to participate in their local community.

Email: hello@golocal.org.uk Website: www.golocal.org.uk

Diabetes UK – Richmond and Twickenham Voluntary Group:

Information and support for people with diabetes.

Email: member@DUKRT.org.uk Website: www.DUKRT.org.uk

INS – Integrated Neurological Services: 020 8755 4000

Provides long-term, professional support for people with neurological conditions including Parkinson's, MS or stroke and their carers. www.ins.org.uk

Richmond Advice and Information on Disability: 020 8831 6070/6080 (Richmond AID)

A charity offering advice and information on many aspects of supporting someone with a disability. www.richmondaid.org.uk

Richmond Borough Mind: 020 3513 3404

A local charity promoting good mental health. A variety of services is offered including peer led activity groups, a counselling service, a carers' project for families and friends and opportunities for volunteering. Email: info@rbmind.org Website: www.rbmind.org

Richmond Wellbeing Service: 020 8548 5550/020 3513 3266

A free and confidential service for local people who experience depression, anxiety, sadness, anger and other psychological issues. It offers group workshops, counselling, self-help courses, a range of talking therapies and computer-based therapies.

Website: <https://www.richmondwellbeingsservice.nhs.uk/>

South West London Information on Sexual Health (SWISH)

www.swish.nhs.uk

This website provides information on local sexual health services in the local area.

The nearest clinic is: Roehampton Sexual Health Clinic at:

Queen Mary's Hospital, Roehampton Lane, SW15 5PN. **020 8487 6861**

Carers UK – making life better for carers:

Need to talk about caring? Call **080 8808 7777** or email: advice@carersuk.org

or contact Carers UK Local Ambassador: margaret.dangoor@carersuk.net

Visit: www.carersuk.org