



## Useful Contacts Directory

### Local Neighbourhood Care Groups:

#### Ham & Petersham SOS Scheme

☎ 020 8948 1090

🌐 [www.hamandpetershamsos.co.uk](http://www.hamandpetershamsos.co.uk)

*Provides help and support for those living in Ham and Petersham.*

#### Hampton & Hampton Hill Voluntary Care Group

☎ 020 8979 9662

🌐 [www.greenwoodcentre.co.uk](http://www.greenwoodcentre.co.uk)

*Offers information, advice and practical help to clients in Hampton, Hampton Hill and Hampton Nurserylands.*

#### HANDS Twickenham

☎ 020 8891 3346

<http://www.handscaregroup.org.uk/>

*Local volunteers give practical help and support to people of any age who need help in Twickenham and St Margarets.*

#### Kew Neighbourhood Association

☎ 020 8948 8054

🌐 [www.kna.org.uk](http://www.kna.org.uk)

*Provides services and assistance for the elderly, disabled, isolated or sick in the Kew area.*

#### Richmond Good Neighbours

☎ 020 3538 4060

🌐 <http://www.richmondgoodneighbours.org.uk/>

*Provide services to the elderly, the disabled, the housebound and others living in the old civil parish of Richmond.*

#### Teddington & Hampton Wick Voluntary Care Group

☎ 020 8943 3112

🌐 <http://tedcare.org.uk/>

*Provides assistance for the elderly, the disabled and others in the Teddington and Hampton Wick area who need a helping hand.*

#### Whitton Network

☎ 020 8755 1336

<http://whittonnetwork.org/>

*Voluntary Neighbourhood Care Group for Whitton and Heathfield.*

### Age UK Richmond

☎ 0845 601 1149

🌐 [www.ageuk.org.uk/richmonduponthames/](http://www.ageuk.org.uk/richmonduponthames/)

*Age UK Richmond upon Thames is an independent charity working across the borough to improve the quality of life for older people. It offers a wide range of services including a Telephone Helpline, Handyperson Service and social centres in Barnes, Twickenham and Whitton.*

### Alzheimer's Society

☎ 020 7423 3500

🌐 [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

*Alzheimer's Society is a membership organisation, which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland.*

### Barnes Community Association

☎ 020 8878 2359

🌐 [www.barnescommunityassociation.org](http://www.barnescommunityassociation.org)

*Works for the inhabitants of Barnes and Mortlake by fostering a sense of community in the neighbourhood via a variety of activities.*

### Barnes Green Centre

☎ 020 8876 2377

*An activity and social venue for people over 50 years of age run by Age UK Richmond.*

### Barnes Workhouse Fund

☎ 020 8241 3994

🌐 [www.barnesworkhousefund.org.uk](http://www.barnesworkhousefund.org.uk)

*The Barnes Workhouse Fund is a local grant-making trust, which supports both voluntary organisations and individual applicants. Walsingham Lodge, the Fund's sheltered housing in Barnes, provides accommodation for approximately 40 residents.*

### CALM (Campaign against living miserably)

☎ 0800 585858 - operates every day of the week 5pm to midnight.

*Suicide is the single biggest killer of young men in the UK. CALM exists to prevent male suicide in the UK.*

### Cambrian Community Gym

☎ 020 8332 1102

🌐 <https://cambriancentre.org>

*An exercise facility providing a bespoke service for users of all abilities and ages in an informal and comfortable atmosphere.*

## Castelnau Community Centre

☎ 020 8741 0909

🌐 <http://www.castelnaucentreproject.co.uk/>

*Promotes a vibrant, self-sustaining community in the Castelnau estate and the surrounding area.*

## Christies Care

☎ 01728 605 000

🌐 <http://www.christiescare.com/>

*Christies Care is a family owned and run live-in care agency which has grown to be one of the largest providers of 24 hour, 7 day a week care in the UK.*

## Contact the Elderly

☎ 020 7240 0630

🌐 [www.contact-the-elderly.org.uk/](http://www.contact-the-elderly.org.uk/)

*Contact the Elderly is a national charity dedicated to tackling loneliness and social isolation among older people.*

## Cruse

☎ 020 8939 9530

🌐 <http://www.cruse.org.uk/contact-us>

*Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. We offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.*

## Embracing Age

☎ 020 3778 0035

🌐 [www.embracingage.org.uk](http://www.embracingage.org.uk)

*Embracing Age is a faith inspired charity dedicated to improving the lives of older people and offers friendship and support elderly residents in care homes.*

## Friends of Barnes Hospital

☎ 020 8878 4981

*Provides support and care and add to the quality of life for patients of Barnes Hospital by providing services, amenities, environmental improvements to enhance healthcare.*

## GoodGym

☎ 0203 432 3920

🌐 [www.goodgym.org](http://www.goodgym.org)

*A community of runners that combines getting fit with going good.*

## Handyperson Service

☎ 020 8876 0620

*The Age UK Richmond Handyperson Service is available to people who live in the London Borough of Richmond upon Thames. The service offers assistance with practical jobs around the house.*

## INS

☎ 020 8755 4000

🌐 <http://www.ins.org.uk/>

*Integrated Neurological Services (INS) is a registered charity providing long-term support for people with neurological conditions and their carers in the London Boroughs of Hounslow and Richmond.*

## London Taxicard

🌐 [https://www.richmond.gov.uk/services/roads\\_and\\_transport/london\\_taxicard](https://www.richmond.gov.uk/services/roads_and_transport/london_taxicard)

*London Taxicard provides subsidised door-to-door transport in licensed black taxis and private hire vehicles for people with mobility problems.*

## Macular Society – Richmond Support Group

☎ 0300 3030 111

*The Macular Society is the leading charity fighting to end sight loss caused by macular disease. The Richmond Support Group meets monthly (except June) usually on the last Tuesday of the month from 2.00pm-3.30pm*

## Mortlake Community Association

☎ 020 8487 5500

🌐 [www.mortlakecommunityassociation.org.uk/](http://www.mortlakecommunityassociation.org.uk/)

*The Mortlake Community Association works with and for the residents of Mortlake and has groups and activities for people of all ages and interests.*

## Mortlake with East Sheen Society

🌐 <http://mess.org.uk/>

*We exist to preserve and protect all that is best in our community, to improve amenities and to prevent encroachments and developments that might spoil our environment.*

## The Mulberry Centre

☎ 020 8321 6300

🌐 <https://www.themulberrycentre.co.uk>

*The Mulberry Centre offers practical and emotional support for anyone affected by cancer.*

## My Life Films

☎ 020 8948 7560

🌐 <http://mylifefilms.org/>

*Celebrate the life of a person living with dementia by capturing their unique story in a film, produced just for you.*

## Oxford House

☎ 01727 737978

🌐 <https://abbeyfield.com/eastern/o/oxford-house-sw14-8eb/>

*Oxford House in East Sheen offers supported accommodation for older people who want support to live independently in a safe, secure and sociable environment. The house consists of nine en-suite rooms which are unfurnished, so residents can furnish their rooms for a real home from home ambience. It includes a communal lounge, dining room, and garden. Home cooked meals are provided twice a day.*

## Parkinson's UK – Richmond Group

☎ 0800 800 0303

*The groups welcomes family members and carers, and offer a mix of informal meetings - a chance to talk and discuss worries and experiences - or may include a presentation by an invited speaker, such as a healthcare professional or complementary therapist.*

## Rehab Recovery

☎ 0800 088 66 86.

🌐 <http://www.rehab-recovery.co.uk/>

*Rehab Recovery is a free and national helpline assisting people suffering from addiction and mental health problems.*

## Richmond Carers Centre

☎ 020 8867 2380

🌐 [www.richmondcarers.org](http://www.richmondcarers.org)

*Richmond Carers Centre provides information, advice and support for carers aged over 18 and living in or caring for someone living in the London Borough of Richmond upon Thames.*

## Richmond Foodbank

☎ 020 8940 0274

🌐 <http://richmond.foodbank.org.uk/>

*Provides emergency food for local people in crisis.*

## Richmond Parish Lands Charity

☎ 020 8948 5701

🌐 <http://www.rplc.org.uk>

*The aims and objectives of the Richmond Parish Lands Charity include the relief of poverty and sickness in the London Borough of Richmond upon Thames; the provision and support of leisure, recreational and education facilities and any other charitable purpose for the benefit of the inhabitants of Richmond Borough.*

## RaKAT

☎ 020 8481 0031

🌐 <http://www.rakat.org.uk/>

*Richmond and Kingston Accessible Transport (RaKAT) aims to provide high-quality low-cost accessible transport services for charities, voluntary and community organisations, faith groups, schools and sports groups based in the boroughs of Richmond and Kingston upon Thames.*

## The Richmond Charities

☎ 020 8948 4188

🌐 <http://www.richmondcharities.org.uk/>

*The Richmond Charities is an almshouse charity based in the London Borough of Richmond-upon-Thames with its origins dating back to 1600. The aim of the charity is to provide housing to elderly local residents who are in need of an improvement in their living conditions.*

## Richmond MIND

🌐 [www.rbmind.org/](http://www.rbmind.org/)

*Richmond Borough Mind is rooted in the local community and exists to meet local mental health needs.*

## Share & Care Homeshare

☎ 020 3865 3398

🌐 <http://www.shareandcare.co.uk>

*Share & Care Homeshare is an experienced homeshare scheme, and offers a low-cost, live-in service which offers practical help, reassurance and companionship to Homeowners.*

## SPADE

☎ 020 8876 0620

🌐 <http://www.richmondaid.org.uk/services-disabled/gardening-service/>

*Richmond SPADE is a gardening project for disabled people in Richmond upon Thames. It is provided by a team of volunteers who are dedicated to conserving the local environment and to enabling disabled people to get the most out of their gardens.*

## Thomas Pocklington Trust

☎ 0208 996 1939

🌐 [www.pocklington-trust.org.uk](http://www.pocklington-trust.org.uk)

*A national charity dedicated to delivering positive change for people affected by sight loss and a leading provider of housing and support services for people with visual impairment.*

## U3A

☎ 020 8466 6139

*U3A stands for the University of the Third Age, which is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment.*

## Viera Gray House

☎ 020 8748 4563

🌐 <http://www.greensleeves.org.uk/carehome/viera-gray-house/>

*Welcome to Viera Gray House, is a purpose-built home run by Greensleeves Care, set in a pleasant residential area in Barnes. It specialises in providing residential and dementia care in a high quality setting that is homely throughout.*

## Walsingham Lodge

☎ 01372 461440

🌐 <http://www.walsinghamlodge.org.uk/>

*This sheltered accommodation owned by the Walsingham Lodge Trust is located in the heart of Barnes, close to local amenities. The 38 one and two bedroom flats and bungalows are set in three and a half acres of parkland near the centre of Barnes. The estate has been fully refurbished and expanded in recent years and provides a warm and comfortable residence for older people who are retired and who have lived in Barnes, the Richmond Borough, or who have strong links to the area.*