

Grenfell Tower Support

Grenfell Assistance Centre

Provides official services to residents affected by the Grenfell Tower tragedy, including: NHS, Benefits, Post Office, Adults & Children's Social Care, Housing, Emotional support, a Crèche, and a Food & Toiletries area.

Address: **The Curve, 10 Bard Road, W10 6TP**

Opening Hours: **10am to 8am, Everyday**

NHS Trauma Leaflet

You may find this leaflet helpful if you have been affected by a major traumatic incident. It provides information on how you may expect to feel in the months ahead, and to help you understand and have more control over your experience.

Download on this website: **<http://www.cnwl.nhs.uk/news/new-information-leaflet-to-help-people-after-traumatic-incidents/>**

Grenfell Fire Response Team

Website set up to support people affected by the fire. The team includes London councils, the Mayor of London's Office, central government, the Met Police, the London Fire Brigade and voluntary groups.

Website: **www.grenfellresponse.org.uk**

Grenfell Community Response and Support

This website space is a community effort to support the co-ordination of solidarity and relief efforts for the residents and community of Grenfell Tower.

Website: **www.grenfellsupport.wordpress.com**

Red Cross

The British Red Cross helps people in crisis, whoever and wherever they are, providing practical or emotional support:

Telephone: **0800 458 9472** (9am-5pm, Monday - Friday)

Samaritans

Offer a safe place for you to talk any time you like. You don't have to be suicidal. Anyone can contact Samaritans in confidence at any time for free from any phone (even if you don't have credit on your mobile). This number will not show up on your phone bill.

Telephone: **116 123** Text: **07725 90 90 90**

Email/Website: **jo@samaritans.org** **www.samaritans.org**

Emotional, Physical & Mental Health Support

Health Outreach Pop-Up Clinics & Mental Health Training Sessions

CNWL NHS Trust are offering regular pop up clinics for adults and children, and mental health training sessions for emotional wellbeing, this includes:

- Mental health first aid
- Bereavement sessions
- Signs of post-traumatic stress and symptom groups

Website: <http://www.cnwl.nhs.uk/news/grenfell-emotional-wellbeing-support/>

The details of the pop up clinics and mental health training sessions are below:

Every Monday

Venue: Harrow Club, 187 Freston Road, London W10 6TH

Time: 3pm -5pm

Every Tuesday

Venue: The Clement James Centre 95, Sirdar Road, London W11 4EQ

Time: 3pm to 7pm

Every Wednesday

Venue: Kensington Leisure Centre, Silchester Road, London W10 6EX

Time: 4pm to 7.30pm

Every Thursday

Venue: Latymer Community Church, 116 Bramley Road, London W10 6SU

Time: 4pm to 7.30pm

Every Friday

Venue: The Muslim Cultural Heritage Centre, 244 Acklam Road, London W10 5YG

Time: 2pm to 6pm

Every Saturday

Venue: Maxilla Community Space, 4 Maxilla Walk, London W10 6NQ

Time: 4pm to 7.30pm

Every Sunday

Venue: Westway Sports and Fitness, 1 Walmer Road, London W10 6RP

Time: 4pm to 7.30pm

SMART

St Mary Abbots Rehabilitation and Training (SMART) offers emotional support, gardening, art and music groups, and a café.

Telephone: **0207 376 4668**

Address: **The Basement, 15 Gertrude Street
SW10 0JN**

Email: **info@smartlondon.org.uk**

Website: **www.smartlondon.org.uk**

Opening times: Drop-in hours are Monday to Sunday 10am to 4pm, and Monday, Wednesday and Thursday 6pm to 9pm.

NHS Mental Health Support

Those affected by the Grenfell Tower fire, either directly or indirectly, and in need of mental health support or psychological therapy can call the Single Point of Access, where people can get access to mental health support services and advice 24 hours a day, 7 days a week.

Telephone: **0800 0234650**

Email: **cnw-tr.spa@nhs.net**

SANE

Provides emotional support to anyone affected by mental illness, including families, friends and carers. Their services are confidential, you will receive non-judgemental emotional support.

Telephone: **0300 304 7000**

Website: **www.sane.org.uk**

Grenfell Healing Zone

Provides art, massage, sporting and yoga activities and musical workshops around the local area.

Please get in contact for more information and locations of activities.

Telephone: **07460 395 907**

Email: **grenfellhealingzone@gmail.com**

Children and Young People

My Summer In The City

Summer Activities for Children and Young People in Hammersmith & Fulham, Kensington and Chelsea and Westminster.

Website: **www.mysummerinthecity.org.uk**

Family Friends

Family Friends has launched a special programme for families affected by the Grenfell Tower fire, either directly or indirectly. The free programme will give extra support to families this summer and autumn, providing 3 months of practical and emotional support in the family's home, and offering 2 or 4 hours of support each week.

Telephone: **0208 960 9099**

Address: **Family Friends, 73 St Charles Square, W10 6EJ**

Website/Email: **info@familyfriends.uk.com www.familyfriends.uk.com**

NHS Go

NHS Go provides online physical and mental health information and advice for young people under the age of 25. Including advice on how to cope with stress after a major incident as well as dealing with anxiety, depression, bereavement and youth mental health.

Website: **www.nhs.go.uk**

Bereavement

Cruse Bereavement Care

For bereaved adults, young people and children in the UK. They offer face-to-face, telephone, email and website support.

Telephone: **0808 808 1677**

Open Monday to Friday 9:30am to 5pm (with extended hours to 8pm on Tuesdays, Wednesdays and Thursdays)

Email: **helpline@cruse.org.uk**

Website: **www.cruse.org.uk**

Child Bereavement UK

Child Bereavement UK supports families when a child of any age dies or is dying, or when a child is facing bereavement.

Telephone: **0800 02 888 40**

Email/Website:

support@childbereavementuk.org

www.childbereavementuk.org

Art Therapy and Activities

Art Activities - organised by volunteer artists

Events for children and young people affected by the Grenfell fire, organised by various volunteer artists, art therapists, and arts organisations. Please see this Facebook page for information:

www.facebook.com/grenfellsummerart

ACAVA

The Association for Cultural Advancement through Visual Art (ACAVA) are running Drop In sessions on Tuesdays, Wednesdays and Saturdays, to support the North Kensington community after the Grenfell Fire.

Address: **54 Blechynden Street, W10 6RJ** Telephone: **020 8960 5015**

Flyer: **www.acava.org/sites/default/files/Email_Flyer.pdf**

Website: **www.acava.org/news/art-therapy-adults-north-kensington**

Benefits, Legal and Housing Advice

Citizens Advice Bureau

Address: **2 Acklam Rd (on the corner of Portobello Road), W10 5QZ**

Telephone: **0300 330 1174**

DWP (Department for Work and Pensions)

Address: **North Kensington jobcentre, Units 308-312 Quayside House, W10 5BE**

Dedicated benefit enquiry lines for people affected by the fire at Grenfell Tower:

0800 678 3696 020 7941 6634 020 7941 6671

North Kensington Law Centre

Legal advice and a drop-in for local residents affected by the Grenfell Tower fire.

Address: **Unit 15, Baseline Studios, Whitchurch Rd, W11 4AT**

Telephone: **020 8969 7473**

Email/Website: **info@nklc.co.uk www.nklc.co.uk/grenfell-tower-disaster**

Housing advice

If your home was affected by the fire, call the council's housing line for advice and support:

Telephone: **020 7361 3008** Out-of-hours support: **0800 137 111**

Government Information Website:

www.gov.uk/guidance/grenfell-tower-fire-june-2017-support-for-people-affected