

Lambeth Health and Wellbeing Hubs

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Thriving Brixton

Location	Contact	Regular Activity	
Beacon Hub at St John's Church			
St John's Church Angell Town, 49 Wiltshire Road, London, SW9 7NE	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Alternate Thursdays 2-5pm	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - Activity levels, Blood Pressure awareness, Cancer Screening awareness, Diet and Diabetes awareness, Eye health awareness, p ychological support for Stress and other wellbeing concerns.
Beacon Hub at Angell Town Estate			
Angell Town Estate, Unit 7 Warwick House, London, SW9 7JP	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Alternate Thursdays 2-5pm	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - Activity levels, Blood Pressure awareness, Cancer Screening awareness, Diet and Diabetes awareness, Eye health awareness, p ychological support for Stress and other wellbeing concerns.

Thriving Brixton

Location	Contact	Regular Activity			
Beacon Hub at Learning Centre					
Learning Centre 153 Stockwell Road London SW9 9FX	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Alternate Thursdays 2-5pm	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - Activity levels, Blood Pressure awareness, Cancer Screening awareness, Diet and Diabetes awareness, Eye health awareness, Psychological support for Stress and other wellbeing concerns.		
Moorlands Community Centre					
50a Corry Drive London SW9 8QT	Shefali Khan shefali.khan@mtvh.org.uk 07967 457439				TIMETABLE
Monday	Tuesday	Wednesday	Thursday	Friday	
		11:00am - 1:00pm Golden Age Over 50's Group	10:00am - 4:00pm Food Pantry		
5:00pm - 7:00pm Strength & Conditioning BIGKID	4:00 -6:00pm Dance Program Step Now		9:00am-3:00pm Michelle's kitchen Hot lunches		
7:00pm - 8:30pm Women only Health and Fitness £5 per session Free for Moorlands residents	6:30pm - 8:30pm 19 + Men's Den Lambeth Residence			7:00pm- 9:00pm Whyte Bell's Social Dining	
Additional Information:					
<ul style="list-style-type: none"> Warm Space is open Thursdays between 6 - 9pm. 					

Mosaic Clubhouse

Core hours: Monday – Friday 9am – 5pm

Location:	Contact:	Regular Activity
65 Effra Road London SW2 1BZ	https://www.mosaic-clubhouse.org infohub@mosaic-clubhouse.org 020 7924 9657	<p>Using employment as a tool to support recovery, Mosaic Clubhouse fights to improve health, increase opportunity and end social and economic isolation for people most impacted by mental illness. At Mosaic Clubhouse, community is therapy. We work in partnership with our members – people living with serious mental illness – to ensure they are at the centre of their own recovery.</p> <ul style="list-style-type: none">• The work-ordered day. The daily work of the Clubhouse is voluntarily carried out by members alongside staff which means that members are valued as colleagues, reinforcing belonging and respect. Members select those aspects of the work-ordered day most helpful for their own recovery journey.• Employment. Our employment programmes provide members – whatever their previous work experience – with job readiness skills, long-term employment prospects and the confidence and motivation needed to obtain economic independence.• Education. Working closely with Morley College, SLaM Recovery College and other education providers, Mosaic Clubhouse makes it possible for everyone who has the desire to learn to return to or advance their studies.• Building Relationships. Through engagement in our community, members form lifelong relationships and friendships and develop robust social skills that extend outside of the Clubhouse setting.• Health and Wellness. Physical health is as important as mental wellbeing. We offer help to stop smoking, engage in keep fit sessions, yoga, football, walking groups and socials as well as providing healthy meals in our café.• Information Hub• Evening Sanctuary

Information Hub	
Core hours: Monday – Friday 9am – 5pm	
Contact:	Regular Activity
https://www.mosaic-clubhouse.org/InformationHub	Supported by a broad range of partners, we offer people who live or work in Lambeth, and whose lives are challenged by mental illness, advice and onward referrals to help address specific difficulties.
infohub@mosaic-clubhouse.org	
020 7924 9657	

Evening Sanctuary	
Core hours: Seven days per week 6pm - midnight	
Contact:	Regular Activity
https://www.mosaic-clubhouse.org/sanctuary	A free out-of-hours short-term support service for people who are experiencing a mental health crisis. We offer a safe space for people going through a difficult time, someone to listen, and a few hours away from everything. There are also opportunities for peer support and signposting onto specialist services. Members must have a current Lambeth address or be registered with a Lambeth GP surgery.
evening.sanctuary@mosaic-clubhouse.org	Referrals can be made by any Lambeth medical professional.
020 7924 9657	

Thriving Clapham

Location	Contact	Regular Activity				
Clapham Park Cube						
Clapham Park Cube 116 Kings Avenue London SW4 8EP	Eleanor Sunley eleanor.sunley@mtvh.co.uk	TIMETABLE				
		Monday	Tuesday	Wednesday	Thursday	Friday
		10.45.00am – 11.45pm Women Fitness	10.00am – 11.00pm Tai Chi – Over 50	12.30am – 2.30pm Be Enriched healthy Hot Meal	1.00pm – 3.00pm Mama's Kitchen Lunch Club	
			11.00am – 12.30pm Over 50s Coffee Morning			
		7.30pm – 9.30pm Martial Arts for All	1.00pm – 3.00pm Free Activities for 50-year-old	6.30pm – 8.30pm Community Gatherings and Warm Meal	7.30pm 9.30pm Men boxing fitness and Wellbeing.	
Additional Information:						
<ul style="list-style-type: none"> Warm Space is open Thursdays between 11:30am and 3pm. 						

Thriving North Lambeth

Location	Contact	Regular Activity																												
Community Living Room Black Prince Trust (BPT)																														
Black Prince Trust 5 Beaufoy Walk, Off Black Prince Road, Lambeth, London SE11 6AA	Beverley de Valmency Bev@blackprincetrust.org.uk	TIMETABLE <table border="1"> <thead> <tr> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> </tr> </thead> <tbody> <tr> <td>10:00 - 10:45 Women Only Mat Yoga (Muslim friendly session)</td> <td>09:30 - 10:15 Go Row Indoors</td> <td></td> <td></td> <td></td> </tr> <tr> <td>11:00 – 12:00 All age Walking Football</td> <td>10:30 - 11:15 Resistance Band Training for all</td> <td>11:00-13:00 Men's football</td> <td></td> <td>(time tbc) Tai Chi</td> </tr> <tr> <td>12:00 – 12:30 Brunch in the café</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td>18:30 – 20:00 Yoga based 6-week sleep programme</td> <td></td> </tr> </tbody> </table>				Monday	Tuesday	Wednesday	Thursday	Friday	10:00 - 10:45 Women Only Mat Yoga (Muslim friendly session)	09:30 - 10:15 Go Row Indoors				11:00 – 12:00 All age Walking Football	10:30 - 11:15 Resistance Band Training for all	11:00-13:00 Men's football		(time tbc) Tai Chi	12:00 – 12:30 Brunch in the café								18:30 – 20:00 Yoga based 6-week sleep programme	
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Additional Information: <ul style="list-style-type: none"> To help people in Lambeth affected by the cost-of-living crisis, Share Community prepare, cook and distribute hundreds of free healthy meals daily on site at BPT. BPT in partnership with the Felix Project distribute of free food to the local community and partners every Wednesday afternoon. See the website for more health and wellbeing activities running at BPT: Over 55's Programme Black Prince Community Trust (blackprincetrust.org.uk) 																														
Beacon Hub at St Mark's Church																														
St Marks Churchyard, Kennington Park Road, London, SE11 4PP	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Every Friday 2-5pm	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - Activity levels, Blood Pressure awareness, Cancer Screening awareness, Diet and Diabetes awareness, Eye health awareness, pSychological support for Stress and other wellbeing concerns.																											

Thriving North Lambeth

Location	Contact	Regular Activity
Room For You (Tuesdays, term time, weekly)		
St John's Waterloo 73 Waterloo Road LONDON SE1 8TY	Abigail Tripp outreach@stjohnswaterloo.org 07741736481	10-12pm English Conversation Club for adults a chance to meet new friends, chat and improve your confidence and English-speaking skills all levels welcome and English-speaking volunteers always wanted.
	10.30-12.30pm	Walking Club for adults gentle stroll around the local area with a local guide
	12-1pm	Lunch Club for all chat and enjoy a light lunch together.
	1.30-3.30pm	Art Club for adults drawing, painting, sculpture, individual and group work as well as free visits to galleries
	4-6pm	Chess Club for families and adults learn to play or practice new moves, all levels welcome
	4-6pm	English Conversation Club for adults a chance to meet new friends, chat and improve your confidence and English-speaking skills all levels welcome and English-speaking volunteers always wanted
	4-6pm	Music Makers Club for young people aged 14-18yrs for young people aged 14-18yrs, create, produce and perform your own music with tutors from Goldsmith's Alchemy

Thriving Norwood

Location	Contact	Regular Activity	
Christ Church Gipsy Hill			
Christ Church Gipsy Hill 1 Highland Road, London, SE19 1DP	Emma Lowth / Charlotte Carpenter opendoor@gipsyhill.org.uk	Tuesdays 12-2pm	<p>The Open Door runs a community drop-in service offering a warm space for residents to connect, enjoy free hot drinks and food together and access a range of activities, support services including a weekly moving into wellbeing exercise class which starts at 11am.</p> <p>Lunch is served at approximately 12:30 and general information and support is available regarding health and wellbeing, benefits, debt and other issues.</p>
Emmanuel Church Gipsy Hill			
Emmanuel Church Gipsy Hill, 96 Clive Rd, Norwood, London, SE21 8BU	Luke Whiteman luke@gipsyhill.org.uk	Thursdays 11-2pm	<p>The hub is open for access to support services and engagement in health and wellbeing activities. It is a registered Lambeth warm space. Norwood and Brixton Foodbank run by the Trussell Trust team members are available for advice and food referrals and bring advisers from Centre 70 and Brixton Advice Centre.</p> <p>In addition, a free, hot meal is served at approximately 12:30 and you can access other health and wellbeing services each week including mental health advice and support from the AT Beacon Project team.</p>
Beacon Hub			
Beacon Hub at Norwood Community Shop, Vale Street, Norwood SE27 9PA	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Thursdays 9:30 – 12:30pm	<p>Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - Activity levels, Blood Pressure awareness, Cancer Screening awareness, Diet and Diabetes awareness, Eye health awareness, pSYchological support for Stress and other wellbeing concerns.</p>
New Covenant Church Equipping People			
New Covenant Church Equipping People 2 Berridge Road, London, SE19 1E	Akinola Abiona pastorakin@nccep.co.uk 07367 426439	Last Monday of every month 6-7:30pm	<p>The REACH project provides a free dinner and wellness talk on the last Monday of every month, Easter, Summer, and Christmas Seasons to members of the community. Residents are treated to a tasty, nutritious 3-course meal, opportunity to meet new people, information about improving health & wellbeing and access to care packages filled with food and hygiene items.</p>

Thriving Stockwell

Location	Contact	Regular Activity
Community Living Room – Arts4Space*		
Arts4Space 31 Jeffreys Road Stockwell, London, SW4 6	Marta Sordyl marta@stockwell.org.uk	Every Monday Safe Space for Ethnic Minority Women Group 9:30 – 11:00am Activities designed by group e.g. sewing & crafts; materials and light refreshments Nurturing Mama's Circle for mums with babies (0-12 months) 1 – 2pm Activities designed by group; materials and refreshments PCN Yoga Wellbeing group 3 – 4pm Led by Ana Rei - Stockwell PCN Social Prescribing Link Worker. Refreshments Every Tuesday People With Chronic Pain /Coffee & Chat Group 1 – 2pm Activities co-designed with Art4Space; materials and light refreshments
Community Living Room - Stockwell Park Community Trust		
Stockwell Park Community Trust, 21 Aytoun Place, London, SW9 0TE	Marta Sordyl marta@stockwell.org.uk	Every Friday Yoga & Tai-chi 1 – 2pm Yoga and Tai-chi for all ages and abilities Creative Sewing Group 2 – 5pm Activities designed by group; materials Rumba Class 3 – 4pm Dance classes for all ages and abilities
Thriving Stockwell Hub - The Old Laundry		
The Old Laundry Eastcote Street, London, SW9 9BY	Marta Sordyl marta@stockwell.org.uk OR Erica Figueiredo Mob: 0756 683 4343	Every Tuesday Women's Fitness Group 9.30 – 10.30am Exercise classes, workout in female-friendly space
Additional information and activities		
<ul style="list-style-type: none"> NOTE: *Art4Space Community Living Room has closed for the summer break and will resume the first week of September. Thriving Stockwell hold several one-off community events through the year linked to both national, local, and campaigns and celebrations days. To stay up to date with all the thriving happenings in Stockwell, follow Thriving Stockwell on: <i>Twitter (@Thriving_Stock), Facebook (@thrivingstock), Instagram (@thrivingstockwell)</i> 		

Thriving Streatham

Location	Contact	Regular Activity	
Beacon hub at Levels Hair & Beauty			
Levels Hair & Beauty , 11 De Montfort Parade, Streatham, London, SW16 1BU	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Every Friday 1-5pm	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - A ctivity levels, B lood Pressure awareness, C ancer Screening awareness, D iet and D iabetes awareness, E ye health awareness, p SYchological support for S tress and other wellbeing concerns.
Beacon Hub at Refuge Temple			
Refuge Temple, 39 Sunnyhill Road, Streatham, London, SW16 2UG	AT Beacon Team infobeaconproject@ascensiontrust.org.uk	Last Friday of the month 10am - 12noon	Our nurse-led hubs deliver health promotion services and provide resources that help communities access blood pressure checks, information about vaccines and mental health support. Delivered in a supportive and engaging environment and with access to trained wellbeing champions, our approach is holistic and offers practical support around our key objectives / ABCDEs - A ctivity levels, B lood Pressure awareness, C ancer Screening awareness, D iet and D iabetes awareness, E ye health awareness, p SYchological support for S tress and other wellbeing concerns.