

Centre for
Society and
Mental Health

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Mental Health and Psychosocial Support (MHPSS) Directory for Refugees and Migrants in London





Economic
and Social
Research Council

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ESRC Centre for Society and Mental Health

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Introduction

What is the MHPSS Directory?

The MHPSS Directory is a broad and detailed list of organisations providing mental health and social support services to migrants, refugees and asylum seekers in London and Greater London.

Who is the MHPSS Directory for?

This Directory is designed for refugees and migrants looking for mental health and psychosocial support for themselves or others. This resource can also support professionals, such as medical practitioners, social workers and legal advisers who need to refer refugees and migrants to relevant mental health and psychosocial support services in and around London.

About Us

We are a team of researchers based at the ESRC Centre for Society and Mental Health at King's College London. Our work seeks to better understand the social consequences of mental illness among migrant and refugee communities. As part of this, we mapped mental health and psychosocial support services available to refugees and migrants in London to make them more accessible.

The Directory lists 120 organisations offering services that include:

- Social support (e.g., social activities, training courses, career guidance, mentoring for children and adolescents, language training, housing)
- Legal advice (e.g., immigration, help with settlement or citizenship applications)
- Family support (e.g., activities for parents and children, after-school activities, counselling on marriage, family dispute and domestic violence)
- Wellbeing-focused services (e.g., community support groups, emotional support, mental and physical health support, help accessing healthcare services)

Some services are provided to all groups, others support people from a particular nationality or ethnic group, or are specifically designed for women, children, adolescents or older people.

The Directory lists organisations in alphabetical order. The information provided for the organisations contains:

- Full contact details
- Service locations and how to access the services
- Types of services offered
- Service users
- Staff qualifications
- Languages spoken

Iconography Key

Website
Service Location
Telephone
Email
Focus
Access and Referral
Staff Qualifications

Contact us

If you have questions about the directory or our project, please get in touch with the Project Lead, Dr Hanna Kienzler at:

hanna.kienzler@kcl.ac.uk

Please note questions relating to particular services should be directed to the individual organisations

For more information about the ESRC Centre for Society and Mental Health:

www.kcl.ac.uk/csmh

Connect with the Centre on twitter:

@kcsamh

Scannable QR Code for **Directory**

Information in this directory is accurate as of February 2025. Please note that the list of organisations may change in the future.

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Account3

Address
3 Birkbeck Street
London
E2 6JY

Website
https://www.account3.org.uk

Service Location
Tower Hamlets

Telephone
0207 739 7720

Focus
Community training and development co-operative providing advice, support and education.

Services
- Welfare advice
- Nursery
- Training courses and career guidance
- Support for those new to the UK

Service Users
Women and their families, especially women facing multiple disadvantages

Access and Referral
Self-referral

Languages
Arabic, Bangladeshi, Bulgarian, Dari, Farsi, French, Greek, Polish, Portuguese, Rumanian, Russian, Somali, Spanish, Sylheti, Urdu, Yoruba

Action for Community Development

Address
9 Deptford Church Street
Deptford Bridge
Lewisham
London
SE8 4RX

Website
https://www.actionforcd.org

Service Location
Lewisham

Telephone
0208 692 2277

Email
enquiries@actionforcd.org

Focus
Professional training, information, career advice, guidance, counselling and advocacy.

Services
- Health promotion, advocacy and workshops, including on mental health wellbeing
- Drop-in centre services to promote wellbeing
- Help in accessing other health services

Service Users
Socially excluded members of the community:
- Ethnic minorities
- Refugees
- Asylum seekers
- Unemployed

Access and Referral
Self-referral

Afghan Academy International

Address
Operating from different venues in West London

Website
https://www.afghanacademy.org.uk

Service Location
West London

Telephone
07950 243992

Email
info@afghanacademy.org.uk

Focus
Education, arts & culture, information, advoacy and support services.

Services
- Educational, art and cultural projects and activities
- Social events and programmes
- Guidance, advice and information
- Mentoring and counselling support
- Support groups for individuals and families

Service Users
Afghans in the UK and abroad, including refugees.

Access and Referral
- Self-referral
- Referrals from third party

Languages
English, Farsi-Dari, German, Pashto

Afghan Association of London (Harrow)

Address
Suite 103A-104, Signal House
16 Lyon Rd
Harrow
Middlesex
London
HA1 2AG

Website
https://afghanassociationlondon.org.uk

Service Location
Harrow

Telephone
0208 861 6990

Email
aalharrow@aol.com

Focus
Support and advice for integration into UK society.

Services
- Educational projects
- Cultural events
- Immigration and welfare support
- Mental and physical health support
- Sports and games
- Women's advice and social groups
- Activity groups and social gatherings for the elderly

Service Users
Members of the Afghan community, including refugees.

Access and Referral
Self-referral

Afghan Association Paiwand Ltd

Address

Ground Floor
11 High Street
Edgware
HA8 7EE

Harrow College
Lowlands Road
Harrow on the Hill
HA1 3AH

Edgware Primary School
Heming Road
Harrow on the Hill
HA8 9AB

Website

https://www.paiwand.com

Service Location

Edgware and surrounding boroughs

Telephone

020 8905 8770

Advocacy cases:
07538573820

Counselling and Mental Health issues:
07432728424

Immigration Services:
07427041358

Accommodation Services and Advice for Young Refugees:
07977777013

Youth clubs and activities and 1-2-1 mentoring:
07946743445

Youth education services and saturday school:
07366412640

Email

Advocacy cases:
advocacy@paiwand.com

Counselling and Mental Health issues:
ramzia.akbari@paiwand.com

Immigration Services:
immigration@paiwand.com

Accommodation Services and Advice for Young Refugees:
accommodation@paiwand.com

Youth clubs and activities and 1-2-1 mentoring:
youth@paiwand.com

Youth education services and saturday school:
education@paiwand.com

Focus

Advice, advocacy, mental health support and education.

Services

- Psychoeducation
- Talking therapies in Dari, Farsi, Pashtu and English
- Social activities for young people
- One-to-one mentoring for young refugees, asylum seekers and unaccompanied minors aged 11-18

Service Users

Refugees, asylum seekers, unaccompanied minors, migrants

Access and Referral

- Self-referral
- Referrals from third party organisations
- Referral form available on website

Languages

Arabic, Dari, Farsi, Pashto, Urdu

Afghanistan and Central Asian Association

Address
Unit 9
Griffin Centre
Staines Road
Feltham
TW14 0HS

Website
https://acaa.org.uk

Service Location
Croydon, Epsom, Hounslow, Lewisham, Mitcham

Telephone
02085720300
07414993450

Email
admin@afghanistan-central-asian.org.uk

Women's project:
women@afghanistan-central-asian.org.uk

Focus
Support, skills and knowledge to live and prosper in the UK.

Services
- ESOL classes (English for Speakers of Other Languages)
- Women's support group: workshops and mentoring
- Saturday school and homework club
- Youth and family support services
- Drop-in and telephone advice on welfare issues
- Mentoring including specific mentoring for young people
- Volunteering opportunities
- Cultural and social events
- Visits to individuals and families in detention

Service Users
Afghans and Central Asians living away from their homeland, including refugees and migrants

Access and Referral
- Self-referral
- Referrals from another individual or organisation

African Women's Care

Address
Canalside House
383 Ladbroke Grove
London
W10 5AA

Website
https://africanwomencare.org.uk/

Service Location
Kensington

Telephone
02089698389

Email
info@africanwomencare.org.uk

Focus
Support for issues including forced marriage, human trafficking, Female Genital Mutilation, gang violence and 'honour'-based violence.

Services
- One-to-one and group counselling and mentoring
- Welfare advice, information and advocacy
- Outreach work
- Befriending service to provide home and hospital visits for women with terminal or life-threatening illness

Service Users
- Women and children from the Black African community in the UK, including those with mental health needs
- Black and Minority Ethnic and Refugee women and girls who have experienced or been affected by domestic and sexual abuse

Access and Referral
Self-referral

Akwaaba

Address
Stoke Newington Secondary School
Clissold Road
Hackney
N16 9EX

Website
https://akwaaba.org.uk

Service Location
Hackney

Telephone
Contact form available on website

Email
hello@akwaaba.org.uk

Focus
A space for rest, play, learnng and mutual support. Hot meals, children's activities (members only, prior booking required), arts and crafts, sewing, IT support, English conversation and other activities.

Services
- Arts and crafts
- Music group
- Yoga and boxercise
- Signposting and referral: communicating with legal representatives
- Workshops on migrant's rights and access to healthcare
- English classes
- Storytelling and creative writing
- Activities for children
- Mutual support group
- Hot food
- Social activities
- Workshops
- Children's programme

Service Users
All migrants

Access and Referral
Self-referral

Staff Qualifications
Volunteers only

Languages
Arabic, English, Italian, Spanish, Tigrinya, Urdu, Yoruba, and others

Al-Hasaniya Moroccan Women's Centre

Address
Bays 4 & 5
Trellick Tower
Golborne Road
London W10 5PA

Website
https://www.al-hasaniya.org.uk

Service Location
Kensington & Chelsea

Telephone
02030484488

Email
contact@al-hasaniya.org.uk

Emotional Well-Being and Mental Health:
zohra@al-hasaniya.org.uk

Domestic Violence:
zainab@al-hasaniya.org.uk

Focus
Health, welfare, educational support and cultural support

Services
- Individual support for Arabic-speaking women suffering from mental health problems
- Support for women who have experienced domestic violence
- Emotional support for women over 55 through sociocultural gatherings and outings

Service Users
- Black and Minority Ethnic and Refugee women and their families
- Arabic-speaking women and their families
- Moroccan women and their families

Languages
Arabic

Ashiana

Address
Suite 204, Oceanair House
750-760 High Road
Leytonstone
E11 3AW

Website
https://www.ashiana.org.uk

Service Location
Bexley, Hillingdon, Waltham Forest

Telephone
02085390427

Email
info@ashiana.org.uk

Focus
Culturally sensitive advice, advocacy and counselling.

Services
- Advice and advocacy including immigration, welfare, legal cases
- Support in finding safe housing and accommodation
- Refuges
- One-to-one and group support: welfare, health, accessing other support services
- One-to-one counselling
- Therapeutic and generic confidence-building groups
- Designated bed spaces for women with No Recourse to Public Funds

Service Users
Black and Minority Ethnic, particularly South Asian, Turkish and Middle Eastern, women and girls aged 16-30 who are experiencing Violence against Women and Girls

Access and Referral
- Referrals from other organisations
- Referral form available on website

Staff Qualifications
- Advice and Support Workers
- Counsellors

Asian Women's Resource Centre

Address
108 Craven Park
Harlesden
London
NW10 8QE

Website
https://www.asianwomencentre.org.uk

Service Location
Barnet, Brent, Ealing, Enfield, Hammersmith, Harrow, Hillingdon, Hounslow, Kensington & Chelsea, Richmond-upon-Thames, Westminster

Telephone
02089616549
02089615701

Email
info@awrc.org.uk

Focus
Domestic abuse support

Services
- Domestic abuse support: safety planning, advice, casework, support groups
- Welfare support
- Referrals and signposting to other services
- Community engagement activities and workshops including sewing, computer and IT lessons

Service Users
Women affected by domestic violence and harmful practices, particularly Black and Minority Ethnic and Refugee women

Access and Referral
- Self-referral
- Referrals from voluntary, community and statutory agencies

Languages
Azerbaijani, Bengali, Farsi, Guajarati, Hindi, Hinko, Italian, Konkani, Kurdish, Marathi, Pashto, Patwari, Portuguese, Punjabi, Kurdish, Urdu

Babylon Migrants Project

Address
Workshop location:

St. Mark's Church
North Audley St
London
W1K 6ZA

Website
https://www.babylonproject.co.uk

Service Location
London

Telephone
07570 970710

Email
info@babylonproject.co.uk

Focus
A variety of creative workshops to combat social isolation, free expression for young people and community building.

Services
- Workshops focusing on music, dance, arts and crafts, drama, community, identity and well-being
- Hot meals

Service Users
Young people from refugee, asylum seeking, and migrant backgrounds

Access and Referral
- Self-referral
- Sign-up forms and referral forms

Staff Qualifications
- Creative facilitators
- Theatre directors
- Practitioners

Languages
Arabic, English, Farsi

Baobab Centre for Young Survivors in Exile

Address
6 Manor Gardens
Holloway
London
N7 6BB

Website
https://www.baobabsurvivors.org

Service Location
Islington

Telephone
02072631301

Email
info@baobabsurvivors.org

Focus
Provision of a therapeutic community for young people.

Services
- Individual and group psychotherapy
- Psychosocial activities including music, art and philosophy
- Group meetings between young people and staff
- Group activities including residential retreats
- Acccess to tutors to develop English reading, writing, and communication skills

Service Users
Child and adolescent asylum seekers and refugees who have experienced organized violence, violation, exploitation, threats, rejection, loss and bereavement in their home communities and on their journeys into exile

Access and Referral
Referrals from third party organisations

Staff Qualifications
- Psychotherapists
- Psychiatrists
- Counsellors
- Pychologists
- Support workers
- Social workers
- Case workers

Languages
Access to interpreters

Black Women's Health & Family Support

Address
1st Floor
82 Russia Lane
London
E2 9LU

Website
https://www.bwhafs.com

Service Location
Tower Hamlets

Telephone
02089803503

Focus
Promotion of physical and mental health with a focus on Female Genital Mutilation.

Services
- Activities for children
- Mental health support

Service Users
Women from a BAME background, particularly Somali women, and their families

Access and Referral
- Self-referral
- Referrals from GPs or other medical professionals
- Referral via education
- Referral from solicitors
- Referrals from voluntary or community organisations

British Red Cross

Address
44 Moorfields
London
EC2Y 9AL

Website
https://www.redcross.org.uk/get-help/get-help-as-a-refugee

Service Location
City of London

Telephone
0344 8711111

Email
contactus@redcross.org.uk

Focus
Support during times of crisis.

Services
- Young refugees (15-25): Health, education and social care support; group activities including day trips, art, drama and music therapy
- 25 years and older: Emotional support

Service Users
Refugees, asylum seekers and other vulnerable migrants

Access and Referral
- Self-referral
- Referrals from others e.g. foster parent or social services

Languages
Access to interpreters

CARAS

Address
25 Blakenham Road
Tooting
London
SW17 8N

Website
http://caras.org.uk

Service Location
Tooting and surrounding boroughs

Telephone
02030484488

Email
info@caras.org.uk

Focus
Practical, educational and social help.

Services
- Family activity days
- Youth club
- Weekly women's drop-in: workshops and activities, crèche
- Saturday club for young refugees and asylum seekers
- Mentoring for children and young people
- Home visits
- Advocacy

Service Users
- Anyone in the asylum system
- Anyone who has been granted refugee status
- Children who are joining their parents on refugee family reunion visas
- Refused asylum seekers and ARE cases

Access and Referral
Referral form available on website

Languages
Dari, Pashto, Somali, Tigrigna, Urdu

Certitude

Address
31-33, Lumiere Court,
209 Balham High Rd,
London SW17 7BQ

Website
https://www.certitude.london/

Service Location
City of London

Telephone
020 8772 6222

Email
Contact form available on website

Focus
Leading adult social care provider for people living with learning disabilities, autism, mental health support needs and their families and carers.

Services
- Cooking
- Gardening
- Befriending
- Digital support

Service Users
Women from a BAME background, particularly Somali women, and their families

Children Family Empowerment Foundation (CFEF)

Address
54 Camberwell Road
Methodist Church
Walworth
SE5 0EW

Website
https://www.cfefcentre.com

Service Location
Lambeth

Telephone
07948564471

Email
cfcf2@yahoo.com
margaret@cfefcentre.com

Focus
Building family resilience and relationships.

Services
- Arts and crafts
- Holiday club
- Outreach services
- Counselling
- Parenting programme
- Advice and information
- Advocacy for parents whose children are subject to child protection enquiries or are at risk of being taken into care

Service Users
- Children aged 5-16 and their families
- Refugees and asylum seekers who are in and out of detention

Access and Referral
Self-referral

Chinese Information and Advice Centre

Address
Basement, 2 Gerrard Place
London
W1D 5PB

Website
https://ciac.co.uk

Service Location
Westminster

Telephone
03002011868

Email
info@ciac.co.uk

Focus
Information, advice and support.

Services
Emotional and practical support to women in distress who have experienced domestic violence etc. including accompanying to appointments

Service Users
Disadvantaged Chinese people living in the UK including asylum seekers and refugees.

Staff Qualifications
Bilingual staff and volunteers

Coffee Afrik CIC

Address
57 Charterhouse Road
London
E8 2RE

Website
https://www.coffeeafrique.co.uk/

Service Location
Hackney, Tower Hamlets, Newham

Telephone
07984 526489

Email
Contact form on website

Focus
Programmes and services focused on community development, including mental health, support services, education and outreach and food coop.

Services
- Two Community Women's Coops: a space for convening, hot food, art and music therapy, spiritual healing and more
- Support pathways and programs to address mental health conditions and improve access to mental health services
- Youth provision: support for young people facing violence and grooming, homework help, developing tech skills and diversionary activities
- Support for individuals dealing with problematic drug use

Service Users
Marginalised communities, women and young people

Access and Referral
Referral form available online

Community Development Association For Minority Communities Ltd.

Address
28 Church Road
London
N17 8AQ

Website
https://communitydevelopmentassociation.chessck.co.uk/

Service Location
Tottenham

Telephone
02036748641
07946379095

Email
communityassociation@hotmail.com

Focus
Education, employment and welfare support.

Services
- Supplementary school classes
- Welfare support and signposting
- Employment support
- Meetings to reduce social isolation
- Sports activities

Service Users
- Children and young people from minority communities
- Refugees
- Asylum seekers

Access and Referral
Self-referral

Community Language Support Services (CLSS)

Address
St Mellitus Church
The Presbytery
Tollington Park
London
N4 3AG

Website
https://www.communitylss.com/

Service Location
Islington

Telephone
02072813228
07932696429

Email
communitylss@hotmail.com

Focus
Access to mainstream services and the achievement of social inclusion.

Services
- Interpreting and translation
- Provision of information
- Welfare advice and casework
- Escorting to appointments
- Counselling and emotional support
- Signposting and referrals
- Outreach services
- Self-help group

Service Users
- Speakers of community languages, especially refugees and asylum seekers from East Africa and other Arabic speakers
- Outreach: isolated and housebound women
- Self-help group: sewing and knitting sessions for women delivered fortnightly

Access and Referral
- Self-referral
- Referral from organisations, GPs, statutory services

Staff Qualificaitons
- All staff are trained in mental health first aid
- Counsellor

Languages
Arabic, Amharic, Belen, Somali, Tigre, Tigrinya

Community of Refugees from Vietnam

Address
Old Poplar Library
45 Gillender Street - Unit 3
Poplar London
E14 6RN

Website
http://crveastlondon.org

Service Location
Tower Hamlets

Telephone
02075384986

Email
crveastlondon@aol.com

Focus
Counselling, welfare support and care.

Services
- Luncheon club and activities
- Counselling
- Home visits and domiciliary care
- Outings
- Practical and emotional support to bereaved families
- Welfare support
- Befriending service
- Activities and mother-tongue school
- Cultural events

Service Users
Members of the Vietnamese community, including refugees

Access and Referral
Self-referral

Da'aro Youth

Address
Da'aro Youth Project
16 Leigham Court Road
London
SW16 2PJ

Website
https://www.daaroyouth.org.uk/

Service Location
South London
Injera Club - Streatham

Email
info@daaroyouth.org.uk

Focus
Community-led organisaton supporting young asylum-seekers from the Horn of Africa to promote their wellbeing.

Services
- Injera Club: weekly youth club in south London to socialise and have a home-cooked traditional meal, includes outings and workshops
- Casework support, advocacy services for the care and asylum system
- Support with housing, homelesseness, social services, mental health problems and access to other services
- Support for bereaved families and friends: accessing legal advice and representation through the inquest process and offering emotional support

Service Users
Injera Club: 16-25yr old unaccompanied asylum-seeking and refugee children and young people from Eritrea, Ethiopia, Sudan and Somalia (and their friends)

Access and Referral
Self-referral via the youth projects

DAY-MER Turkish and Kurdish Community Centre

Address
Former Library
Howard Road
London
N16 8PU

Website
http://www.daymer.org

Service Location
Westminster

Telephone
02072758440

Email
info@daymer.org

Focus
Advocacy for refugees and humanitarian entrants in England, particularly for Turkish and Kurdish people.

Services
- General advice including on health matters
- Women's services: social and creative activities, health information
- Youth activities and camps

Service Users
Turkish and Kurdish people living in London, especially refugees and humanitarian entrants

Access and Referral
- Self-referral
- Referrals from GPs or other medical professionals
- Referrals from voluntary or community organisations
- Referral from solicitors
- Referral from social services
- Referrals from other professionals

Languages
Kurdish, Turkish

Derman for the Well Being of the Turkish and Kurdish Communities

Address
The Basement
66 New North Road
London
N1 6TG

Website
http://derman.org.uk/

Service Location
Mainly Hackney, limited services in North London

Telephone
02076135944

Email
services@derman.org.uk

Focus
Health and social services through a holistic, culturally sensitive and linguistically appropriate approach aimed to empower people and improve their quality of life and well-being.

Services
- Mental Health 1-2-1 counselling and group therapy
- Family intervention
- Advocacy services
- Advice services

Service Users
Turkish speaking community in Hackney

Access and Referral
Self-referral via referral form on the website

Staff Qualifications
- BACP accredited counsellors
- Trusted charity mark level 1
- Advice Quality Standard (AQS) level 1

Languages
English, Turkish

Detention Action

Address
PO Box 78310
London
E2 2HA

Website
https://detentionaction.org.uk

Service Location
Colnbrook and Harmondsworth immigration removal centres, UK prisons

Telephone
02072263114

Freephone support for people in detention:
08005872096

Email
casework@detentionaction.org.uk

Focus
Practical and emotional support for people held in immigration detention, campaigns for reform.

Services
- Telephone helpline for people held in immigration detention
- Visits to people in immigration removal centres
- Alternatives to detention project
- Campaigning for immigration reform

Service Users
- People in immigration detention
- People who have experienced or are at risk of detention

Staff Qualifications
Caseworkers

Access and Referral
Self-referral

Languages
Various via access to interpreting service

EACH Counselling and Support

Address
EACH Head Office
Vine House
1 - 2 Factory Yard
Hanwell
West London
W7 3UG

EACH Brent
The Designworks
Park Parade
Harlesden
NW10 4HT

EACH Hounslow
Star Centre
63-65 Bell Road
Hounslow
TW3 3NX

EACH
2 Rutland Road
Harrow
HA1 4JW

Website
https://www.eachcounselling.org.uk

Service Location
Barnet, Brent, Ealing, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Kingston upon Thames, Richmond upon Thames, Wandsworth

Telephone
Head office:
020 8577 6059
020 8579 4529

Brent:
020 8961 8623

Hounslow and Harrow:
02084275188

Email
Head Office and Hounslow:
info@eachcounselling.org.uk

Brent:
brent@eachcounselling.org.uk

Harrow:
harrowfs@eachcounselling.org.uk

Focus
Holistic and culturally sensitive services empowering and supporting people to improve their health and wellbeing.

EACH Counselling and Support (continued)

Services

- One-to-one counselling including for alcohol and drug issues
- Support groups including for alcohol and drug issues
- Out-of-hours counselling and support for addiction issues
- Violence Against Women and Girls' Services
- Floating support (Ealing): welfare and housing support, training and education, signposting
- Drop-in centre (Hounslow): art therapy, cookery, games
- Culturally appropriate support (Brent): counselling, support groups, peer support, social activities
- Trauma services (Hillingdon)
- Employment support

Service Users

- People affected by drugs and alcohol, mental health issues and violence and abuse
- People from Black and Minority Ethnic communities
- Trauma services: Sri-Lankan Tamil speaking residents experiencing negative emotions due to trauma as a result of war and conflict
- Employment support project is for people who are all of the following: Black or Minority Ethnic, aged 25 years or over, resident of North or West London, have experience of depression, anxiety or other common mental health issues, have been unemployed for 12+ months

Access and Referral

- Self-referral
- Referrals from another individual or organisation
- Referral form available on website
- Floating support: referrals from Ealing Council specialist support team
- Drug and alcohol support for young people in Brent: referrals from Youth Offending Team

Staff Qualifications

- Counsellors
- Mentors

Languages

Dari, English, Gujarati, Hindi, Pashto, Polish, Portuguese, Punjabi, Somali, Tamil, Urdu

Ealing Somali Welfare and Cultural Association

Address

Ealing Somali Welfare and Cultural Association
Northfields Community Centre
71a Northcroft Road
West Ealing
London
W13 9SS

Website

https://www.eswca.org/

Service Location

Ealing and surrounding boroughs

Telephone

07476337736

Email

eswca@hotmail.com

Focus

Education, poverty relief and promotion of refugee needs.

Services

- Advice and advocacy on welfare issues
- Women's groups
- Health awareness discussions
- Fitness sessions
- Khat awareness
- Lunch clubs and social events for the elderly
- Home visits
- ESOL classes (English for Speakers of Other Languages)

Service Users

The Somali community in and around Ealing, including refugees and asylum seekers

Access and Referral

Self-referral

East European Resource Centre

Address
Room 18-19
238 – 246 King Street (POSK building)
London
W6 0RF

Website
http://www.eerc.org.uk/

Service Location
Hammersmith and Fulham

Telephone
Polish/English:
07521857415;

Romanian/English:
07730021986;

Ukrainian/English/Russian:
07718 612 218;
Monday - Thursday 10:00 - 16:00

Email
info@eerc.org.uk

euss@eerc.org.uk

ukraine@eerc.org.uk

Focus
Information, advice and support.

Services
Advice and support (by appointment only): accessing services, immigration, welfare, and victim support for those who have experienced domestic abuse and hate crime

Service Users
Citizens of the EU: Bulgaria, Croatia, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia, Slovenia, and non-EU: Ukraine, Belarus, and Russia

Access and Referral
Self-referral

Languages
Polish, Romanian, Russian, Ukrainian

Every Child Protected Against Trafficking UK (ECPAT)

Address
81A Endell Street
Third Floor
London
WC2H 9DX

Website
https://www.ecpat.org.uk

Service Location
Westminster

Telephone
02076072136

Email
info@ecpat.org.uk

Referrals: youth@ecpat.org.uk

Focus
Protecting children from trafficking and transnational exploitation and supporting children who have been trafficked.

Services
- Weekly peer support groups
- Life skills programme
- Creative projects
- Social activities
- Residentials
- Individual support plan and signposting for further support

Service Users
Young people aged 15-23 who have been affected by trafficking

Embrace UK Community Support Centre

Address
Selby Centre, Selby Road, Tottenham, London, N17 8JL

Website
http://www.embraceuk.org

Service Location
Tottenham

Telephone
02088019224

Freephone for service users only:
08081680155

Email
post@embraceuk.org

Focus
Promotes any charitable purpose for the benefit of disadvantaged groups by the advancement of education, protection of health and the relief of poverty, sickness and distress.

Services
- Welfare and education advice and support
- Exercise
- Online coffee mornings
- Befriending
- Activities
- Services: ESOL change to: ESOL classes (English for Speakers of Other Languages)
- Parent education programme
- Homework club
- Volunteering opportunities
- Summer outing
- Mentoring

Service Users
- Disadvantaged groups including migrants, refugees and asylum seekers
- Black and Minority Ethnic and Refugee older people
- Young people

Access and Referral
- Self-referral
- Referrals from GPs

Staff Qualifications
Support workers

Languages
Amharic, Arabic, Bamileke, Bemba, Duala, Dutch, Fante, French, Hausa, Kikuyu, Kinyarwanda, Lingala, Lozi, Luganda, Lusoga, Ndebelle, Nyanja, Oromiffa, Pidgin, Polish, Runyankole, Russian Serbo–Croatian, Shona, Somali, Spanish, Swahili, Tigrigna, Tonga, Tumbuka, Twi, Yoruba

Ethiopian Community in Britain

Address
2a Lithos Road
London
NW3 6EF

Website
https://ethiopiancommunity.co.uk/

Service Location
Camden

Telephone
02077944265

Email
postmaster@ethiopiancommunity.co.uk

Focus
Information, advice, advocacy and referral services.

Services
- Areas: housing, benefits, health, education, training, employment
- Support, outreach and leisure activities for older people
- Social club

Service Users
- Ethiopians of all ages and members of other communities
- Refugees and asylum seekers

Access and Referral
- Self-referral
- Referrals from other agencies by email

Languages
Amharic, Oromo, Tigrinya

Ethiopian Women's Empowerment Group (EWEG)

Address
116 Bramley Road
Latymer Christian Centre
London
W10 6SU

Website
http://www.eweglondon.org

Service Location
Kensington and Chelsea

Telephone
02089692608

Email
eweglondon@googlemail.com

Focus
Enable access to health and social services, housing, education and employment.

Services
- Exercise including Pilates and Zumba
- Support groups
- Coffee mornings and lunch clubs
- Health and wellbeing workshop
- Employability workshops

Service Users
Refugee and migrant women regardless of origin

Access and Referral
Self-referral

Staff Qualifications
- Psychotherapists
- Psychologists

FORWARD (Foundation of Women's Health Research and Development)

Address
Suite 4.7 Chandelier Building
8 Scrubs Lane
London
NW10 6RB

Website
https://www.forwarduk.org.uk

Service Location
Harlesden

Telephone
02089604000, extension 1
07834168141

Email
General enquiries:
forward@forwarduk.org.uk

Support:
support@forwarduk.org.uk

Focus
Working to end Violence Against Women and Girls.

Services
- One-to-one emotional support
- Group emotional support
- Signposting to counselling, Female Genital Mutilation specialist clinics, education and training opportunities
- Self-care and listening skills training
- Coffee mornings
- Casework

Service Users
Migrant African women and girls affected or at risk of female genital mutilation and other forms of gender-based violence.

Access and Referral
- Self-referral
- Referral by another organisation
- Referrals from GPs
- Referral form available on website

Staff Qualifications
Psychotherapists

Languages
Amharic, Arabic, French, Somali and others

Freedom from Torture

Address
111 Isledon Road
Islington
London
N7 7JW

Website
https://www.freedomfromtorture.org

Service Location
Islington

Telephone
02076977777

Email
info@freedomfromtorture.org

Focus
Recovery from complex PTSD, depression, anxiety and other problems caused by torture.

Services
- One-to-one trauma focused therapy
- Creative and group activities: art, baking, gardening etc.
- Asylum support but not casework
- Can provide Medico-Legal Reports to solicitors
- All services can be interpreted

Service Users
Torture survivors and their families, including refugees and asylum seekers

Access and Referral
- Self-referral
- Referrals from GPs and other medical professionals
- Referrals from friends and family
- Referrals from voluntary or community organisations
- Referrals from solicitors
- Referral form available on website

Staff Qualifications
- Counsellors
- Psychotherapists
- Doctors
- Care coordinators
- Pain management specialists
- Physiotherapists
- Trainers

Languages
Access to interpreters

Gatwick Detainees Welfare Group

Address
The Orchard
1-2 Gleneagles Court
Brighton Road
Crawley
RH10 6AD

Website
https://www.gdwg.org.uk

Service Location
Gatwick airport IRCs: Brook House and Tinsley House

Telephone
01293657070

Email
info@gdwg.org.uk

Focus
Friendship, support and advocacy for fair treatment.

Services
- Befriending for people held in Brook House and Tinsley House detention centres
- Walking community for newly released detainees

Service Users
- People held in Brook House and Tinsley House detention centres
- People newly released from detention centres

Access and Referral
- Referrals from IRC staff
- Self-referral

Guy's and St Thomas' Health Inclusion Team

Address
Health and Social Care Centre
2-8 Gracefield Gardens
Streatham
London
SW16 2ST

Website
https://www.guysandstthomas.nhs.uk/our-services/community-health-inclusion-team/overview.aspx

Service Location
Lambeth, Southwark

Telephone
02030494700
02030494550
02030494555

Focus
Primary health care level services for vulnerable groups.

Services
- Appointment-based services at community clinics and drop-in services at day centres
- Full health assessment
- Advice and intervention for people who suffer from long-term pain related to traumatic experiences
- Referrals to other services
- Care workers support
- GP service for destitute failed asylum seekers

Service Users
Vulnerable groups including refugees, asylum seekers

Access and Referral
Self-referral

Staff Qualifications
- Nurses
- Specialist workers

Hackney Migrant Centre

Address
Leswin Road
London
N16 7NX

Website
https://hackneymigrantcentre.org.uk/

Telephone
07856 632796

Email
Contact form on website

Focus
Supporting refugees, asylum seekers and other migrants in need through the provision of free advice on immigration, welfare and health.

Services
- Free, weekly advice and support service on immigration, housing, welfare and access to health
- Specialist immigration advice consultations
- Advice services for poverty relief, homelessness and insecure housing
- Health advocacy and support to access healthcare

Service Users
All migrants, regardless of immigration status, nationality or current place of residence

Access and Referral
Self-referral via form available on website

Happy Baby Community

Address
Units 1-5, 11, Sancroft Street, London, SE11 5UG

Website
https://www.happybabycommunity.org.uk

Service Location
Cover all London Boroughs with groups in Acton, Dalston, Stratford & Thornton Heath. Plus Crawley, West Sussex

Telephone
07394 609 388

Email
hello@happybabycommunity.org.uk

Focus
Asylum seeker women, living in London, West Sussex or Redhill, who are pregnant and/or have a child 3 years or under.

Services
- Small team of volunteer and paid therapist/counselors who provide online or telephone sessions, with interpreters if needed
- Community groups including a children's programme
- Healthy food programme including projects for children and pregnant mothers
- Perinatal programme, ante-natal support, birth support including doulas, post-natal support incl. peer supporters, breastfeeding counselors
- Welfare support
- Information and education sessions in 10 languages
- Virtual community incl. English classes and education sessions
- Employment pathway, leadership programme and mentoring volunteers

Service Users
Women who are asylum seekers, living in London, or West Sussex, or Redhill, who are 5 months pregnant or have a child 3 years old or under.

Access and Referral
- Self-referral
- Any other suitable referral

Staff Qualifications
- Psychotherapists
- Clinical psychology
- Counselling qualifications

Languages
All languages accepted. interpreters used when needed

Harmony House

Address
Baden Powell Close
Dagenham
RM9 6XN

Website
https://www.harmonyhousedagenham.org.uk

Service Location
Dagenham

Telephone
02085268200

Email
Enquiries@hhd.org.uk

Focus
Support with integration into the community.

Services
- Nurseries
- Lunch and socialising
- Crafts and activities
- Telephone and in-person befriending

Service Users
Refugees and other immigrant groups

Access and Referral
Self-referral

Havering Asian Social & Welfare Association (HASWA)

Address
Greenfields
Kilmartin Way
Hornchurch
Essex
RM12 5NB

Website
http://www.haswa.org.uk

Service Location
Havering

Telephone
01708522789

Email
office@haswa.org.uk

Focus
The social, cultural and welfare needs of people and their social integration.

Services
- Social club
- Cultural activities and outings
- Language classes
- Healthy living information
- Social and welfare advice
- Exercise
- Yoga
- Meditation
- Signposting

Service Users
Local community, particularly of Asian origin, with a specific emphasis on the isolated, disadvantaged, and vulnerable

Access and Referral
Self-referral

Helen Bamber Foundation

Address
15-20 Baynes Street
London
NW1 0TF

Website
http://www.helenbamber.org

Service Location
Camden

Telephone
02030582020

Email
reception@helenbamber.org

Focus
Addresses the complex needs and vulnerabilities of survivors of extreme physical, sexual and psychological violence.

Services
- Evidence-based therapy
- Medical advisory service
- Counter-trafficking support
- Housing and welfare advice
- Community, arts and activity programmes
- Group work

Service Users
Asylum seekers and refugees who have survived extreme violence and abuse

Access and Referral
- Referrals from legal representatives
- Referrals from counter-trafficking and other migrant support organisations
- Referrals from GPs and mental health services
- Referrals from other third parties

Hibiscus Initiatives

Address
Resource for London
356 Holloway Road
London
N7 6PA

Website
https://hibiscusinitiatives.org.uk

Service Location
Islington

Telephone
02076974120

Email
info@hibiscus.org.uk

Focus
Reduce isolation and hardship, facilitate successful rehabilitation and minimise the damaging effects of depression and mental illness caused by incarceration.

Services
- Support in understanding the prison system and in transitioning back into the community or returning to country of origin
- Practical and emotional support for those in Immigration Removal Centres
- Signposting
- Support to access mainstream services
- Mentoring and befriending
- Education and training
- Welfare support
- Trafficking referrals
- Women's Centre

Service Users
- Marginalised foreign national, Black, Minority Ethnic and Refugee women in prison, in the community, in Court and in immigration removal centres.
- Community resettlement for foreign national women who have been affected by the criminal justice system or are at risk of being involved in the criminal justice system and for women survivors of human trafficking who are not eligible for other sources of support. Women must be 18 years old or older.

Access and Referral
- Self-referral
- Referrals from other individuals/organisations

Languages
Access to interpreters

Hope for the Young

Address
85-87 Bayham Street
London
NW1 0AG

Website
https://hopefortheyoung.org.uk

Service Location
London and UK-wide

Telephone
07405654630

Email
info@hopefortheyoung.org.uk

Focus
Remove obstacles to education and wellbeing through financial support, advocacy and mentoring.

Services
- 2-3 hours a week of mentoring
- Language development
- Enrolment advice
- Study skills
- Confidence building
- Emotional support
- Increasing access to services

Service Users
Asylum seekers or refugees under the age of 28

Access and Referral
- Self-referral
- Referrals from other individuals/organisations
- Referral form available on website

Horn of Africa Refugee Welfare Group

Address
Empire House
Empire Way
Middlesex
HA1 0A1

Website
http://www.harwg.org.uk

Service Location
Brent, Harrow and surrounding boroughs

Telephone
02089702157
02089702141

Email
Info@harwg.org.uk

Focus
Successful integration into the UK.

Services
- Advice, including outreach to the elderly and disabled
- Sports for children
- Somali social and cultural events
- Health awareness sessions

Service Users
Somali refugees and asylum seekers

Access and Referral
Self-referral

Languages
Somali

Horn of Africa Youth Association (HAYA)

Address
90 East Avenue
Hayes
Middlesex
UB3 2HR

Website
https://hounslowconnect.com/organisations/horn-of-africa-youth-association-haya

Service Location
Hillingdon

Telephone
020 8589 9569

Email
haya121@yahoo.co.uk

Focus
Advice and opportunities for positive engagement through activities, training and employment.

Services
- Gender-specific recreational activities
- Employability and skills seminars
- Facilitates access to health and wellbeing services
- After school education support
- Mentoring
- Sports activities

Service Users
Minority ethnic groups including refugees and asylum seekers

Access and Referral
Self-referral

HostNation

Website
https://www.hostnation.org.uk

Service Location
London and Greater London

Email
info@hostnation.org.uk

Focus and Services
Befriending

Service Users
Refugees and asylum seekers aged 18 and over who speak some English

Focus
One-to-one befriending for socially isolated or lonely refugees and asylum seekers

Access and Referral
- Referrals from volunteers or friends
- Referrals from other organisations
- Referrals from doctors, social prescribers and others in the NHS
- Referrals from English teachers

ILAYS

Address
38 Bensington Court
New Road
Bedfont
Feltham
Middlesex
TW14 8HX

Website
https://ilays.org.uk

Service Location
Middlesex

Telephone
02088905385
07392090606

Email
ilays@hotmail.co.uk

Focus
Helping Black and Minority Ethnic communities and new arrivals in West London reach their full potential.

Services
- Youth support services
- Social club and drop-in
- Confidence building sessions
- ESOL classes (English for Speakers of Other Languages)
- Music, song-writing and poetry classes
- Group trips
- Sewing classes
- Yoga, light exercise
- Sports
- Female Genital Mutilation counselling
- Health and wellbeing workshops

Service Users
Migrant, refugee and asylum seeking communities of West London

Access and Referral
Self-referral

Languages
Arabic, Ethiopian, Somali, Swahili

IMECE Women's Centre (VAWG)

Address
2 Newington Green Road
Islington
London
N1 4RX

Website
https://imece.org.uk

Service Location
Barking and Dagenham, Barnet, Enfield, Hackney, Haringey, Islington, Lewisham, Newham, Tower Hamlets, Waltham Forest

Telephone
02073541359

Email
info@imece.org.uk

Counselling:
counselling@imece.org.uk

Focus
Violence Against Women and Grils (VAWG) support services.

Services
Individual and group counselling

Service Users
- Turkish, Kurdish and Cypriot Turkish women
- Black and Minority Ethnic and Refugee women and migrant women
- Women aged 16+ who have experienced Violence Against Women and Girls (VAWF), including forced marriage and "honour" based violence

Access and Referral
- Self-referral
- Referral from professional service
- Violence Against Women and Girls referral form available on website

Staff Qualifications
Counsellors

Languages
Turkish

Iranian Association

Address
222 King St
Hammersmith
London
W6 0RA

Website
https://iranianassociation.org.uk

Service Location
Fulham, Hammersmith

Telephone
02087486682

Email
info@iranianassociation.org.uk

Focus
Services and activities to promote integration and wellbeing.

Services
- Services for adults: advice, IT and ESOL classes, health awareness workshops, exercise sessions, counselling, emotional support, social activities
- Children and young people: Maths/English homework class, emotional support
- Volunteering opportunities.

Service Users
Serves all ethnic groups, including those in need of immigration support

Access and Referral
Self-referral

Islington Centre for Refugees and Migrants

Address
16 - 18 Cross Street
London
N1 2BG

Website
https://islingtoncentre.co.uk

Service Location
Islington

Telephone
02073549946

Email
Contact form available on website

Focus
Holistic programme of services focusing on practical tools, support and creating a safe and welcoming space.

Services
- English language lessons with community, art and social opportunities to use language skills
- Skills development activities, workshops and partnerships including art, writing and music
- Advice and advocacy on welfare, education and healthcare, support with accessing services
- Physical wellbeing activities: health checks, exercise and sports, food and hot drinks
- Emotional wellbeing support: therapeutic arts activities, pastoral support, workshops
- Social and recreational activities and outings.

Service Users
Adult refugees, migrants and asylum seekers

Access and Referral
- Self-referral
- Referral form available on website

Islington Somali Community (ISC)

Address
225-229 Seven Sisters Road
London
N4 2DA

Website
http://www.islingtonsomalicommunity.org.uk

Service Location
Islington and surrounding boroughs

Telephone
02072720550

Email
info@islingtonsomalicommunity.org.uk

Focus
Improve wellbeing and work towards the full integration of people into the local community.

Services
- Welfare, education, employment and health advice and information
- Signposting and referrals
- Befriending
- Outreach
- Youth project: promoting re-engagement with education and training, anti-alcohol and drugs education, sports
- Older people project including workshops on physical wellbeing
- Women's group
- Cultural events
- Mother tongue classes
- Supplementary classes
- Outings
- Interpretation and translation
- Emotional support and short-term counselling

Service Users
- Members of the Somali community, including refugees and asylum seekers
- Somalian refugees and asylum seekers experiencing acute mental ill health

Access and Referral
Self-referral

Jesuit Refugee Service

Address
The Hurtado Jesuit Centre
2 Chandler Street
London
E1W 2QT

Website
https://www.jrsuk.net

Service Location
Tower Hamlets

Telephone
02074887310

For people in refuge:
020 7488 7319

Day Centre:
020 7488 7310

Email
uk@jrs.net

Focus
Emotional, pastoral and spiritual support.

Services
- One-to-one visits to detainees in detention centres at Heathrow Airport, chaplaincy teams (all faiths)
- Day centre: peer support groups, creative activities
- Family trips
- Home hosting
- Spiritual companioning (all faiths)

Service Users
Forced migrants, refugees, asylum seekers

Languages
Access to interpreters

Katherine Low Settlement

Address
108 Battersea High Street
London
SW11 3HP

Website
https://www.klsettlement.org.uk

Service Location
Wandsworth and surrounding boroughs

Telephone
02072232845

Referrals:
02075850339

Email
info@klsettlement.org.uk

Focus
Community centre.

Services
- Social, creative and physical activities and trips for elderly people
- ESOL classes (English for Speakers of Other Languages), Maths, IT and childcare courses
- Children, young people and their families: befriending and mentoring, advocacy and casework, homework club, trips and activities

Service Users
People living in Battersea, including refugees and newly-arrived communities

Access and Referral
- Self-referral
- Referrals from schools
- Referrals from partner agencies
- Referral form available on website

Kurdish Advice Centre

Address
1 Eastifled Road,
London,
N8 7AD

Website
http://www.kurdishadvicecentre.org.uk/

Service Location
Haringey

Telephone
02083479657

Email
info@kurdishadvicecentre.org.uk

Focus
Advice and information, translation and activities.

Services
- English language lessons with community, art Welfare, education, employment and health advice
- ESOL classes (English for Speakers of Other Languages)
- Life skills
- Music, dance, karate
- Lunch club with recreational activities
- Youth activities

Service Users
Kurdish- and Turkish-speaking refugees and asylum seekers

Access and Referral
Self-referral

Staff Qualifications
- Mental health advisors
- Housing and benefits advisors

Languages
Kurdish, Turkish

Kurdish and Middle Eastern Women's Organisation (KMEWO)

Address
Caxton House
129 St. John's Way
London
N19 3RQ

Website
http://www.kmewo.com

Service Location
Islington

Telephone
02072631027
07748851125

Email
info@kmewo.com

Focus
Advocacy and support.

Services
- Advice on domestic violence, mental health-counselling, forced marriage, Female Genital Mutilation, Honour Based Violence
- Advocacy for women experiencing domestic and honour based violence, assistance for women to access safe-housing, police, protection and legal advice
- Risk assessment and crisis intervention
- Mentoring
- Group support

Service Users
- Women who have experienced Violence Against Women and Girls
- Kurdish, Middle Eastern and North African women including those with unstable immigration status

Access and Referral
- GP or other medical referral
- Self-referral
- Referrals by friends and family
- Referral by a solicitor or any other professional
- Referral by a voluntary or community organisation

Staff Qualifications
- Counsellors
- Sessional workers

Languages: Arabic, Farsi, Kurdish, Tigrinya

Lambeth Somali Community Association

Address
Annexe Building
13-15 Stockwell Road
London
SW9 9AU

Website
https://advicefinder.turn2us.org.uk/Home/Details/2115

Service Location
Lambeth and surrounding boroughs

Telephone
02077386372

Email
lamsom@lamsom.org.uk

Focus
Advice, information and activities.

Services
- Advice on welfare, health and employment
- Support to access health and social services
- Bilingual advocacy project
- Homework club
- ESOL classes (English for Speakers of Other Languages)
- Cultural events
- Supplementary school
- Mother tongue classes

Service Users
The local Somali community, including refugees and asylum seekers

Access and Referral
Self-referral

Languages
Access to Somali interpreters

Latin American House

Address
10 Kingsgate Place
London
NW6 4TA

Website
https://casalatina.org.uk/

Service Location
Kilburn, Camden

Telephone
02073728653

Email
info@casalatina.org.uk

Focus
Integration, social inclusion and well-being.

Services
- Legal and social welfare advice
- Children's education
- Adult community learning: English classes
- Community centre: activities, information, orientation
- Events promoting and showcasing Latin American culture and heritage

Service Users
Latin American and other Spanish and Portuguese-speaking migrants in London, and communities in the local neighbourhood

Access and Referral
In-person and 1-2-1 services

Languages
Spanish, Portugese

Latin American Women's Rights Service (LAWRS)

Address
Tindlemanor, 52-54 Featherstone Street
London
EC1Y 8RT

Website
http://www.lawrs.org.uk

Service Location
Islington

Telephone
02073360888
08442640682

Email
info@lawrs.org.uk

Violence Against Women and Girls:
referrals@lawrs.org.uk

Counselling:
counsellingreferrals@lawrs.org.uk

Focus
Advice, advocacy, information and counselling services.

Services
- Welfare advice
- Violence Against Women and Girls advice, advocacy and practical support
- Psychotherapy
- Workshops
- Group therapy
- Outreach services: social activities, social and civic orientation
- English classes

Service Users
Latin American women, including those in need of immigration support

Access and Referral
Self-referral

Staff Qualifications
- Counsellors
- Psychotherapists
- Caseworkers

Learn English at Home (LEAH)

Address
Siddeley House
50 Canbury Park Road
Kingston-upon-Thames
Surrey
KT2 6LX

Website
www.leah.org.uk

Service Location
Hounslow, Kingston, Richmond

Telephone
02082556144

Email
director@leah.org.uk

Focus
Improving English language skills of ethnically diverse adults to overcome isolation, increase confidence and gain knowledge of local services - inclusion through language. Run health & wellbeing focussed language sessions to support people to access services.

Services
- One-to-one ESOL classes (English for Speakers of Other Languages) service is delivered via online video and phone, and in homes, refuges, hostels and community spaces
- In-work classes are delivered on site and remotely

Service Users
- Isolated ethnically diverse adults with limited English who are unable to access college classes due to caring responsibilities, physical and/or mental ill health, lack of self-confidence or illiteracy in their first language
- Refugees, former refugees, asylum seekers and migrants

Access and Referral
- Self-referral
- Referral form available on website
- Referrals from partner organisations

Lewisham Refugee and Migrant Network

Address

The Sayes Court
341 Evelyn St
London
SE8 5QX

Website

https://www.lrmn.org.uk

Service Location

Lewisham

Telephone

020 8694 0323

Email

info@lrmn.org.uk

Gender-based violence:

cristina.zorat@lrmn.org.uk
elsa.king@lrmn.org.uk

Lewisham Community Wellbeing:

contact@lewishamwellbeing.org.uk

Focus

Empowering people to know and exercise their rights, integrate and take control of their lives.

Services

- One-to-one counselling
- Nurturing sessions with childcare provided
- Summer activities for mothers and children
- Individual support and recovery planning
- Peer support groups
- Gardening groups, sewing and knitting classes
- Drop-in centre in Woolwich: advice and support

Service Users

- Refugees, asylum seekers, migrants
- Women who have survived gender-based violence
- Adults resident in the London Borough of Lewisham or registered with a Lewisham GP
- Specific provision for BAME communities

Staff Qualifications

- Immigration, housing, welfare benefits
- Access to healthcare advisors
- Advice and advocacy workers
- Women's group manager
- Community wellbeing and engagement manager
- Black and Minority Ethnic and Refugee mental health adviser

Languages

Arabic, French, Italian, Tamil, Vietnamese, Romanian, Farsi

Limehouse Project

Address
789-791 Commercial Road
Unit 2 – St Anne Street
London
E14 7HG

Website
https://limehouseproject.org.uk

Service Location
Tower Hamlets

Telephone
02075380075

Email
Contact form available on website

Focus
Advice and advocacy, education and training opportunities, recreational activities.

Services
- Drop-in centres
- Advice on welfare, health and education
- Outreach
- Luncheon club for those aged 50 and over: Exercise, crafts, health and faith speakers, games, outings
- Exercise, healthy eating and motivational support programme
- ESOL classes (English for Speakers of Other Languages)
- Women empowerment programme

Service Users
Minority communities and disadvantaged residents of Tower Hamlets, including those in need of immigration support

Access and Referral
Self-referral

Manor Gardens Welfare Trust

Address
6-9 Manor Gardens
Islington
London
N7 6LA

Website
https://manorgardenscentre.org/index.php

Service Location
Islington and North London

Telephone
02072724231

Email
mgassistance@manorgardenscentre.org

Focus
Our mission is to work with people and communities to take action and enable good health, resilience and opportunity

Services
- Advocacy services
- Support for refugee and migrant families in the first 1001 days of their child's life
- Support for families struggling with mental health in the perinatal period: peer support groups, activities, mentoring
- Therapeutic groups for women affected by Female Genital Mutilation and violence
- Individual mental health support for adults

Service Users
Migrant and refugee communities

Access and Referral
- Self-referral
- Referral form available on website
- Referrals from third party organisations

Staff Qualifications
Broad range of qualified staff providing wellbeing, therapeutic, advocacy and other types of support

Languages
Albanian, Amharic, Arabic, Bulgarian, Czech, French, German, Hindi, Italian, Polish, Portugese, Russian, Somali, Spanish, Tamil, Tigrinya, Turkish

Medical Justice

Website
http://www.medicaljustice.org.uk

Service Location
Brook House IRC and Tinsley House IRC at Gatwick Airport, Colnbrook IRC and Harmondsworth IRC at Heathrow Airport

Telephone
02075617498

Email
info@medicaljustice.org.uk

Focus
Independent medical advice and assessments and medico-legal reports.

Services
- Health professionals visit detainees: document scars of torture and serious medical conditions, give advice about management of pre-existing or new medical conditions, assess injuries following alleged assault during removal process, writing of medico-legal reports
- Non-medical visits

Service Users
Immigration detainees

Access and Referral
- Self-referral
- Referrals from legal representatives
- Referrals from family members
- Referrals from befrienders
- Referrals from medical professionals
- Referrals from organisations supporting the detainee
- Referral form available on website

Staff Qualifications
Health professionals

Languages
Access to interpreters

Metropolitan Thames Valley Care and Support

Address
Metropolitan Thames Valley Care and Support
Endlesham Road, Wandsworth

Metropolitan Thames Valley Care and Support
Longridge Road, Kensington and Chelsea

Website
https://www.metropolitan.org.uk/support-services/?_sf_s=refugee&_sft_client-groups=refugee-migrant

Service Location
Kensington and Chelsea, Wandsworth

Telephone
Endlesham Road:
02086733390

Longridge Road:
0207370 6340

Email
lamsom@lamsom.org.uk

Focus
Accommodation and support.

Services
- Emotional support and motivation
- Social and leisure activities

Service Users
Unaccompanied asylum seekers and refugees aged 15-24

Access and Referral
Longridge Road: must be referred by social services team at Royal Borough of Kensington and Chelsea

Micro Rainbow

Address
Unit 2.4, The Green House
244-254 Cambridge Heath Road
London
E2 9DA

Website
https://microrainbow.org

Service Location
Cambridge Heath

Telephone
Helpline:
020 3559 6490
07704 170550

Email
info@microrainbow.org

Focus
Support, safe housing and the facilitation of access to training, education and employment.

Services
- Safe temporary housing
- Support with gaining employment
- One-to-one emotional support when going through asylum process
- Dance workshops
- Choir
- Mindfulness workshops
- Support group for Lesbian, Bisexual, Transgender and Intersex women who have suffered gender-based violence

Service Users
Lesbian, Gay, Bisexual, Transgender and Intersex refugees and asylum seekers

Access and Referral
Self-referral

Migrants Organise

Address
196 Freston Road
London
W10 6TT

Website
http://www.migrantsorganise.org

Service Location
London

Telephone
02089644815

Email
info@migrantsorganise.org

Focus
Organising, advice and activities.

Services
- Immigration and other advice
- Social activities including English classes
- Immigration and support for people who lack mental capacity

Service Users
Migrants, refugees and people seeking asylum in London

Access and Referral
- Self-referral
- Referral through professionals

Staff Qualifications
- OISC level 3
- Social workers
- Caseworkers

Languages
Arabic, Amharic, Farsi, French, Spanish, and others

Migrateful

Address

3rd Floor, Finsbury Business Centre
40 Bowling Green Lane
London
EC1R 0NE

Migrateful Cookery School
3 Corners Centre, Corporation Row
London
EC1R 0HU

Website

https://www.migrateful.org

Service Location

Holborn and Clerkenwell

Telephone

02075617498

Email

hello@migrateful.org

Casework enquiries: med@medicaljustice.org.uk

Focus

Cooking classes led by refugees, asylum seekers and migrants who are struggling to integrate.

Services

- Chef training leading to the delivery of cooking classes to the public
- English lessons
- Activities to expand network and community

Service Users

Adult refugees, migrants and asylum seekers with English Entry Level 2

Access and Referral

- Self-referral
- Referrals from another individual or organisation

Nafsiyat Intercultural Therapy Centre

Address

Unit 4, Lysander Mews
London
N19 3QP

Website

https://www.nafsiyat.org.uk

Service Location

Camden, Enfield, Haringey, Islington

Telephone

02072636947

Email

admin@nafsiyat.org.uk

Focus

Psychotherapy and counselling services.

Services

- Free short-term therapy
- Long-term therapy for a fee
- Arabic, Amharic and Tigrinya women's group: Creative classes, empowerment and integration, social activities

Service Users

People from diverse religious, cultural and ethnic communities in London, including refugees

Access and Referral

- Short-term therapy: Self-referral, GP referral, referral by third party organisation
- Long-term therapy: Self-referral

Staff Qualifications

- Counsellors
- Psychotherapists
- Community Link Workers
- Clinical Administrator and Family Practitioner

Languages

Amharic, Arabic, Bengali, Farsi, French, Ga, German, Hindi, Italian, Krobo, Korean, Kurmanci (Kurdish), Punjabi, Somali, Swahili, Sylheti, Tigre, Tigrinya, Turkish, Twi, Urdu

Network of Eritrean Women - UK (NEW-UK)

Address
Resource for London
356 Holloway Road
London
N7 6PA

Drop ins:
Ethar Relief
One Westminster
37 Chapel Street
London
NW1 5DP

Website
https://www.networkoferitreanwomen-uk.co.uk/

Service Location
Islington

Telephone
07444485216

Email
info@networkoferitreanwomen-uk.co.uk

Focus
Cultural and linguistic advice, information, advocacy, and wellbeing support.

Services
- Advice and workshops around harmful traditions towards women and girls, gender inequalities and Eritrean women's human rights and mental health wellbeing
- Casework, referrals and signposting to other services

Service Users
Eritrean women, including refugees and asylum-seekers

Access and Referral
- Self-referral
- Referral form available on website
- Referrals from volunatry communiy and statutory agencies

Languages
Eritrean

New Art Studio

Address
Islington Arts Factory
2 Parkhurst Rd
London
N7 0SF

Website
http://www.newartstudio.org.uk

Service Location
London and online

Telephone
02089644815

Email
info@newartstudio.org.uk

Focus
A safe space and relief from the effects of profound trauma.

Services
- Life drawing classes
- English classes
- Yoga workshops
- Opportunity to exhibit artwork

Service Users
Asylum seekers, refugees

Access and Referral
- GP or other medical referral
- Self-referral

Staff Qualifications
Art psychotherapists

New Citizens' Gateway (formerly Barnet Refugee Service)

Address

9th Floor
Hyde House Edgware Rd
London
NW9 6LH

Website

www.ncgateway.org.uk

Service Location

London and online

Telephone

02089059002

Counselling and emotional support:
Rabia Bashir - Ext *211

Gardening, workshops, men's group, services for Syrian refugees: Farida Stanikzai - Ext *203

Women's group:
Tanya Novick - 07914920880 or Ext *203

Football for unaccompanied minors:
Gloria Geretto - Ext *212

Email

info@ncgateway.org.uk

Counselling and emotional support:
Rabia Bashir - Rabia@ncgateway.org.uk

Gardening, workshops, men's group, services for Syrian refugees: Farida Stanikzai - Stanikzai-farida@ncgateway.org.uk

Football for unaccompanied minors:
Gloria Geretto - Gloria@ncgateway.org.uk

Focus

Improving quality of life and promoting physical, social and mental well-being of asylum seekers and refugees.

Services

- Advice and invormation
- Adult bilignual counselling and emotional support
- ESOL classes (English for Speakers of Other Languages)
- Gardening project
- Youth activitires (12-19yrs)
- Youth bilingual counselling (13-19yrs)
- Women's group
- Mum's and tots' group
- Volunteering
- Psychosocial activities

Service Users

Asylum seekers and refugees

Access and Referral

- Self-referral
- Referral form available on website
- Referral by third party organisation

Staff Qualifications

- BACP registered counsellor
- IAG (Information, Advice and Guidance) level 3
- OISC level 7

Languages

English, Farsi, Arabic, French, Dari

Notre Dame Refugee Centre

Address
Maison Pierre Chanel
16 Leicester Square
London
WC2H 7LE

Website
https://www.notredamerc.org.uk/

Service Location
Westminster

Telephone
02074402668/9

Email
info@notredamerc.org.uk

Focus
Counselling, therapy and advice.

Services
- Immigration advice line
- Housing and benefit advice line
- Counseling
- ESOL classes (English for Speakers of Other Languages)
- Art therapy
- Befriending scheme
- IT and job advice

Service Users
- Refugees, asylum seekers, undocumented migrants
- Other human rights applicants

Access and Referral
Self-referral

Staff Qualifications
Counsellor

Languages
French, English

Ocean Somali Community Association (OSCA)

Address
Enterprise Centre
420-421 Burdett Rd
London
E3 4AA

Website
http://www.oceansomali.org.uk

Service Location
Tower Hamlets and surrounding boroughs

Telephone
02079875833

Email
info@oceansomali.org.uk

Focus
Support services to facilitate access to opportunities and to strengthen relationships with mainstream providers.

Services
- Advice on welfare, immigration, health, employment
- Home Liaison project to support children's education
- Leisure activities for women with mental and physical health and wellbeing problems: swimming, sauna, dance, cycling
- Discussion forums and group meetings for women on issues like Female Genital Mutilation
- Support for families: confidence building, parenting courses, health and safety
- Afterschool clubs, sports activities, summer programmes.

Service Users
The Somali community and other North African and Middle Eastern residents of East London, including asylum seekers and refugees

Access and Referral
- Self-referral
- Referrals from primary and secondary schools in Tower Hamlets
- Referrals from social services
- Referrals from other agencies

Languages
Somali

Off The Record

Address
Refugee Service
72 Queens Road
Croydon
CR0 2PR

Website
https://www.talkofftherecord.org/

Service Location
Croydon

Telephone
02082510251

Email
rass@talkofftherecord.org

Focus
Counselling services for 11-25yr olds.

Services
- Individual counselling for low to medium psychological distress
- Online counselling and workshops

Service Users
Refugees and asylum seekers

Access and Referral
Referral form and website online form

Staff Qualifications
Access to interpreters

Pan Intercultural Arts

Address
Brunswick Centre
32 O'Donnell Court
London
WC1N 1NX

Website
https://www.pan-arts.net

Service Location
Camden, Croyden and Hackney

Telephone
02078332111

Email
post@pan-arts.net

Focus
Using arts to support refugees and asylum seekers to find their voice and rethink their future.

Services
- Drama groups for young refugees
- Weekly creative workshops for female survivors of trafficking
- Choirs for female survivors of trafficking
- Peer mentoring
- Leadership training

Service Users
Unaccompanied asylum seeking minors (from age 14), young refugees, young Afghan women, female survivors of trafficking

Access and Referral
Self-referral

Phoenix Community Care

Address
Unit 41, 639 Enterprise Centre
Tottenham
London
N17 8AA

Website
http://phoenixcommunity.org

Service Location
Tottenham

Telephone
02088876888

Email
info@phoenixcommunity.co.uk

Focus
Housing and support with welfare, employment and education.

Services
- Accommodation for vulnerable adults who have left care and unaccompanied minors
- Key work
- ESOL lessons (English for Speakers of Other Languages)
- Job opportunities and education
- Social events and holidays
- Foster care agency

Service Users
- Vulnerable adults who have left care
- Unaccompanied minors
- Children requiring foster care

Rainbow Migration (formerly UK Lesbian & Gay Immigration Group)

Address
7-14 Great Dover Street
London
SE1 4YR

Website
https://www.rainbowmigration.org.uk/

Service Location
Borough

Telephone
02079227811

Email
hello@rainbowmigration.org.uk

Focus & Services
Psychosocial and emotional support. Legal information and advice. Referrals to solicitors.

Service Users
LGBTQI+ people seeking asylum or seeking to migrate to the UK to live with a partner, including people living in detention centres

Access and Referral
Self-referral

RAMFEL

Address
The People's Place
80 - 92 High Street
London
E15 2NE

Website
http://www.ramfel.org.uk/index.html

Service Location
Stratford

Telephone
02070525212

Email
nick.beales@ramfel.org.uk

Contact form available on website (email)

Focus
- Support of vulnerable migrants to access justice and providing vital support in moments of individual crisis

Services
- Integration and support: advocacy, advice, welfare, help to access services
- Yoga classes
- Foodbank on Thursdays

Service Users
Asylum seekers, vulnerable migrants, refugees

Access and Referral
- Self-referral
- Referrals from other organisations

Red Sea Community Programme

Address
Unity Centre
103 Church Road
Harlesden
London
NW10 9EG

Website
https://www.brent.gov.uk/neighbourhoods-and-communities/community-directory/red-sea-community-programme

Service Location
Brent, Harlesden, Harrow

Telephone
02084519510

Email
hhhersi@yahoo.co.uk

Focus
Advice, support and classes.

Services
- Advice and referrals on education and training
- Drop-in lunch club for older people
- Leisure activities for young people
- Educational programmes for children
- ESOL (English for Speakers of Other Languages)
- Outreach and home visits

Service Users
Refugees

Access and Referral
Self-referral

Refugee Action Kingston

Address
Siddeley House
50 Canbury Park Road
Kingston upon Thames
KT2 6LX

Website
https://refugeeactionkingston.org.uk

Service Location
Kingston upon Thames

Telephone
02085470115

Email
admin@refugeeactionkingston.org.uk

Focus
Skills development, advice, counselling and assistance in access to services and employment.

Services
- One-to-one and group counselling
- Welfare and legal advice
- Help with English language skills
- Housing, Health and Education advice
- Information and advice on welfare issues, support with medical appointments and school applications
- Careers services
- Volunteering opportunities

Service Users
Asylum seekers and refugees who live in Kingston and surrounding boroughs

Access and Referral
- Self-referral
- Referrals from friends and family
- Referrals from voluntary or community organisations

Staff Qualifications
Counsellors

Languages
Arabic, Dari, Farsi, Korean, Pashto, Russian, Ukrainian and more with access to interpreters

Refugee and Migrant Network Sutton (RMNS)

Address
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey
SM1 3AA

Website
http://www.rmns.org.uk

Service Location
Sutton

Telephone
07725549411

Email
office@rmns.org.uk

Focus
Assistance, advice and counselling for the relief of poverty.

Services
- Advice, information and advocacy on immigration, welfare benefits, housing, education and health issues
- Befriending
- English classes with creche
- Emergency crisis help

Service Users
Refugees, migrants and asylum seekers who reside in or plan to reside in the London Borough of Sutton

Access and Referral
- Self-referral
- Referrals from friends, family, local authority, voluntary and community organisations, health providers

Staff Qualifications
OISC level 1

Languages
Access to interpreters

Refugee Council

Address
The Refugee Council
PO Box 68614

Website
https://www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/

Service Location
Croydon, Hackney, Stratford

Telephone
02073466700

Email
info@refugeecouncil.org.uk
London.therapeutic@refugeecouncil.org.uk

Focus
One-to-one counselling, psycho-education, casework and crisis intervention.

Services
- Therapeutic services for women survivors of domestic and gender-based violence who are seeking asylum: one-to-one counselling, monthly psychosocial group, mothers and toddlers' group
- Unaccompanied 11-17s therapy: individual and group therapy, creative therapy, gardening therapy
- Drop-in destitution service: pastoral care, health access, psychosocial activities

Service Users
- Refugee adults and families with children (asylum-route, VPRS, VCRS, Gateway)
- Separated children seeking asylum
- People with humanitarian protection status
- People with family reunion visas
- Asylum seekers or refused asylum seekers who are destitute, vulnerable and homeless.
- Asylum seekers-lost contact with asylum application, no legal representation

Access and Referral
- GP or other medical referral
- Self-referral
- Referral by local authority
- Referral by a voluntary or community organisation

Staff Qualifications
Therapists

Refugee Education UK

Address
The Lighthouse
60-62 High Street
Harlesden
NW10 4LL

Website
https://www.reuk.org/

Service Location
London, West Midlands, Oxford

Telephone
Contact form on website

Email
hello@reuk.org

Focus
Help young refugees and asylum seekers to access and thrive in education, and use that education to create a hopeful, brighter future.

Services
- Mentoring
- Educational pathway planning and training
- One-to-one psychosocial and wellbeing support
- Youth leadership opportunities
- Educational access resources for newly arrived refugees and asylum seekers

Service Users
- Refugees and those seeking asylum, ages 14-15
- Practitioners, caregivers, teachers, further education and higher education support staff

Access and Referral
- Self-referral
- Referrals from social services, support workers, voluntary and community organisations, local authority, solicitors, caregivers

Languages
Access to interpreters

Refugee Therapy Centre

Address
1A Leeds Place
Tollington Park
London
N4 3RF

Website
https://refugeetherapy.org.uk

Service Location
Islington

Telephone
07828049099

Email
info@refugeetherapy.org.uk

Focus
Therapy provision.

Services
- Individual therapy
- Child and adolescent therapy
- Family therapy
- Couple therapy
- Mentoring: language support for clients and schoolwork help for children

Service Users
Refugees, asylum seekers

Access and Referral
- Self-referral
- Referral from GP
- Referral from school
- Referral from workplace
- Referral from a mental health service
- Referral from another charity

Languages
Amharic, Arabic, Deri, Farsi, French, Somali, Turkish

Refugee Youth

Address
52-54 Kennington Oval
Oval
London
SE11 5SW

Website
https://www.refugeeyouth.org

Service Location
Croydon, Oval

Telephone
02034894420

Email
info@refugeeyouth.org

Focus
Support to increase emotional wellbeing and reduce social isolation.

Services
- Weekly youth groups: banner making, cooking, dance, film making etc.
- Creative workshops
- Summer programmes
- Residential activities
- Women's group: drama, sports, dance etc.

Service Users
Young people aged 14-20 from refugee and migrant backgrounds

Access and Referral
- Self-referral
- Referrals from other individuals/organisations

Refugees Action Centre - part of Glory of God Ministries

Address
St Paul's Church
Freshwater Road
Tooting Broadway
London
SW17 0BE

Website
http://www.gloryofgodministries.org/rac.php

Service Location
Tooting

Telephone
07956819932

Email
website@gloryofgodministries.org

Focus
Information, advice and support on welfare and employment.

Services
- Welfare, education and employment support
- Seminars and workshops on physical and mental health promotion
- ESOL Lessons (English for Speakers of Other Languages)
- African culture and Lingala and French classes for children and young people

Service Users
People requiring immigration support

Access and Referral
Self-referral

Languages
French, Lingalaan and more with access to intepreters

Roma Support Group (RSG)

Address
17 Old Ford Road,
Bethnal Green,
London, E2 9PJ

Website
https://www.romasupportgroup.org.uk

Service Location
Barking and Dagenham, Ealing, Enfield, Hammersmith and Fulham, Newham, Redbridge, Tower Hamlets, Waltham Forest

Telephone
07949089778

Email
info@romasupportgroup.org.uk

Focus
To improve the quality of life for Roma refugees and migrants by helping them to overcome prejudice, isolation and vulnerability. To make the public aware of Roma culture, heritage and current situation of Roma refugees and migrants in the UK through cultural and informative events and publications.

Services
- Advocacy and advice for welfare, health, debt, housing, EUSS immigration and employent issues
- Mental health/health advocacy and emotional support
- Education support for children and young people
- Policy and campaigning
- Safeguarding and child protection

Service Users
East European Roma refugees and migrants

Access and Referral
- Self-referral
- Referrals from external agencies
- Referral form available on website

Staff Qualifications
- Bilingual support
- OISC Level 2 for immigration advice work
- Authorised and regulated by the Financial Conduct
- Authority for debt advice work
- Mental health first aid trained
- Level 2 counselling skills
- Safeguarding trained

Languages
English, Polish, Hungarian, Romanian, some dialects of Romanes

Room to Heal

Address
Mildmay Community Centre
Woodville Road
London
N16 8NA

Website
https://www.roomtoheal.org

Service Location
Islington

Telephone
07863442929

Email
info@roomtoheal.org

Focus
Support for people who have experienced torture, organised violence, persecution and indefinite detention.

Services
- Short-term individual therapy
- Therapeutic support groups
- Social creative activities and workshops, emphasis on gardening
- Two intensive therapeutic retreats a year

Service Users
People in exile who have been subjected to torture and/or cruel treatment

Staff Qualifications
- Therapists
- Support workers

Russian Community Association

Address
1 Aylesford St
Pimlico
London
SW1V 3RL

Website
http://russiancommunity.org.uk

Service Location
Westminster

Telephone
02086612117
07786961523

Email
olga.bastable@gmail.com

Focus
Working with the Russian ethnic minorities in the UK, who have been suffering disproportionately acute loneliness and have been pushed into mental, physical, emotional crisis.

Services
- Drop-in centre with weekly meetings
- Welfare support and advice
- ESOL classes (English for Speakers of Other Languages)
- Social events

Service Users
Russian-speaking refugees and immigrants

Access and Referral
Self-referral

Salusbury WORLD

Address
Salusbury WORLD
Salusbury Rd
London

Website
https://salusburyworld.org.uk

Service Location
Brent

Telephone
02073722244

Email
mail@salusburyworld.org.uk

Focus
Working with schools to support children.

Services
- After-school and holiday clubs: trips and activities
- Mentoring: educational guidance and support to refugee and migrant pupils
- Welfare advice
- ESOL classes (English for Speakers of Other Languages)

Service Users
Refugee, migrant and asylum seeking children and their families

Santé Project

Address
12 Salcombe Lodge
Lissenden Gardens
London
NW5 1LZ

Website
https://www.santeproject.org.uk

Service Location
Camden

Telephone
02074822903

Email
santéproject44@gmail.com

Focus & Services
Advocacy and befriending: helping people access services, rebuild confidence and overcome practical problems.

Service Users
Asylum seekers living in London who are aged 17 or over with mental health issues

Access and Referral
- Self-referral
- Referrals from community organisations
- Referrals from GP
- Referrals from social or other support workers

Say It Loud Club

Address
34B York Way
King's Cross
London
N1 9AB

Website
https://www.sayitloudclub.org

Service Location
King's Cross

Telephone
07478801676

Email
info@sayitloudclub.org

Focus
Support and advocacy.

Services
- Mentoring
- Workshops
- Social events
- Peer support
- Referrals to partner organisations

Service Users
Lesbian, Gay, Bisexual, Transgender, Asexual and other non-heterosexual refugees and asylum seekers

Access and Referral
Self-referral

Staff Qualifications
Access to interpreters

Shoreditch Trust

Address
12 Orsman Road
London
N1 5QJ

Website
https://www.shoreditchtrust.org.uk

Service Location
City of London, Hackney

Telephone
02070338501
02070338587

Pregnancy services: 02070338524

Text: 07584598086

Email
info@shoreditchtrust.org.uk

Focus
Improving health, wellbeing, social networks and opportunities.

Services
- Pre- and post-natal support from staff and peer mentors
- Activities: gardening, yoga, walks, sewing, exercise
- Volunteering opportunities

Service Users
- Residents of the City of London and Hackney
- Specific support for women with mental health problems
- Specific support for women facing immigration issues or who are new to the UK

Access and Referral
- Self-referral
- Pregnancy service: form available on website
- Referrals from health or social care professionals

Shpresa Programme

Address
Mansfield House
30 Avenons Road
Plaistow
London
E13 8HT

Website
http://www.shpresaprogramme.com/index.html

Service Location
Newham and surrounding boroughs

Telephone
02075111586

Email
shpresaprogramme@yahoo.co.uk

Focus
Integration, education, training, health and wellbeing and advocacy.

Services
- Albanian schools that work with local schools to help children integrate, help parents engage with children's education and promote Albanian culture
- Social activities for children and young people: dancing, kickboxing, football, self-defence, Jack Petchey Award
- Individual and group mentoring for children and young people
- Weekly support groups and therapy sessions for women
- English lessons and training
- Information, advice and advocacy in employment, immigration and welfare
- Volunteering opportunities
- Emergency support with food, clothes and data

Service Users
- Albanian-speaking refugees, migrants and asylum seekers
- Other members of new migrant communities

Access and Referral
- Self-referral
- Referrals from schools

Languages
Albanian

SOAS Detainee Support

Website
https://soasdetaineesupport.wordpress.com

Service Location
Colnbrook and Harmondsworth (Heathrow), Brook House and Tinsley House (Gatwick), London prisons

Telephone
For detainees: 07438407570 (free to call from Lyca)

Email
s.det.sup@gmail.com

Focus
Break the isolation of immigration detention and empower people to resist imprisonment and deportation.

Services
- Emotional support
- Practical support: finding a solicitor or medical expert, bringing essential items
- Campaigning

Service Users
Immigration detainees

Access and Referral
- Self-referral
- Referrals from other individuals/organisations

Somali Integration & Development Association

Address
Unit 50
Camberwell Business Centre
99-103 Lomond Grove
London
SE5 7HN

Website
http://sidauk.org

Service Location
Southwark

Telephone
02073583274

Email
contact@sidauk.org

Focus
Support to improve quality of life.

Services
- Health advice and counselling
- Referrals to other services
- Football activities
- Socialising
- Education support for children and parents
- Support for mothers
- Family conflict resolution and mediation
- Befriending services for older people
- Trips and social activities for older people

Service Users
Members of the Somali community including refugees and migrants

Access and Referral
Self-referral

Staff Qualifications
Female specialist support worker

Languages
Multilingual staff

South London Counselling & Support Services (SLCSS)

Address
6 Eltham Road
Lee Green
London
SE12 8TF

Website
https://www.slcservices.org

Service Location
Greenwich, Lambeth, Lewisham, Southwark

Telephone
02088523400
07957630187

Email
info@slcservices.org

Focus
Counselling.

Services
- Individual, couples and group counselling
- Domestic violence
- Child psychology
- Marriage/civil unions
- Child custody

Service Users
Anyone in need of counselling, particularly those from Black and Minority Ethnic and Refugee groups or poor backgrounds

Access and Referral
Self-referral

South London Refugee Association (SLRA)

Address
The Woodlawns Centre
16 Leigham Ct Rd
London
SW16 2PJL

Website
https://www.slr-a.org.uk/

Service Location
South London

Telephone
020 3490 3443

Email
https://www.slr-a.org.uk/

Focus
Providing specialist advice and support to refugees, asylum seekers and other migrants in South London who are at risk or in crisis because of past trauma or restrictions related to their current immigration status.

Services
- Youth services
- Counselling
- Adults and Families services
- Community Connections

Service Users
- Refugees, asylum seekers and migrants in South London

Access and Referral
- Self-referral
- Referrals from third party organisations
- Referral form available on website

Staff Qualifications
- Youth Caseworkers
- Immigration support managers
- Counsellors

Southall Black Sisters

Address
21 Avenue Rd
Southall
UB1 3BL

Website
https://southallblacksisters.org.uk

Service Location
Hounslow, Southall

Telephone
02085719595

Email
info@southallblacksisters.co.uk

Focus
Highlighting and challenging gender-related violence against women and empowering them to have more control over their lives.

Services
- Domestic violence advice surgery (Hounslow)
- Counselling
- Self-help support services
- Advocacy
- Casework

Service Users
- Women affected by gender-related violence including those in need of immigration support
- Hounslow service: Black and Minority Ethnic women residing in Hounslow who have experienced domestic or sexual violence or more specific cultural forms of violence

Access and Referral
- Self-referral
- Referrals from other agencies
- Referral form available on website

Southwark Day Centre for Asylum Seekers (SDCAS)

Address

Mondays 11.30am-3.30pm
South London Mission, 256 Bermondsey, SE1 3UQ

Tuesdays 12.30pm-4pm
Copleston Centrem Copleston Road, SE15 4AN

Wednesdays 11.30am-3.30pm
Trinity College Centre, Newent Close, SE15 6EF

Website

http://www.sdcas.org.uk

Service Location

Mondays 11.30am-3.30pm
South London Mission, 256 Bermondsey, SE1 3UQ

Tuesdays 12.30pm-4pm
Copleston Centrem Copleston Road, SE15 4AN

Wednesdays 11.30am-3.30pm
Trinity College Centre, Newent Close, SE15 6EF

Telephone

02077320505

Email

office@sdcas.org.uk

Focus

Providing a space for refugees, asylum seekers and migrants to access holistic support.

Services

- Lunch
- ESOL classes (English for Speakers of Other Languages)
- Gardening groups, storytelling, arts and social activities
- Advice and signposting on immigration, health access, housing, homelessness, benefits etc

Service Users

Asylum seekers, refugees and migrants

Access and Referral

- Visit the drop-ins to request help or support
- Sometimes open to online referrals

Languages

English. Access to telephone interpreters in other languages if needed for advice related matters.

Southwark Refugee and Migrant Project (SRMP)

Address

Sojourner Truth Community Centre
161 Sumner Road
Peckham
London
SE15 6JL

Website

http://www.southwarksrp.org

Service Location

Southwark

Telephone

02077033857

Email

Contact form available on website

Focus

Welfare of refugees, asylum seekers and migrants.

Services

- ESOL classes (English for Speakers of Other Languages)
- Employment support
- Social activities
- Advice and signposting

Service Users

Refugee, asylum seeker and migrant communities in Southwark

Access and Referral

Self-referral

Staff Qualifications

Family support worker

Languages

Bilingual staff

Springfield Community Flat

Address
110 Union Road
London
SW8 2SH

Website
https://www.springfieldcommunityflat.com

Service Location
Springfield Estate, Lambeth

Telephone
02074980777
02070186980

Email
admin@springfieldcommunityflat.com

Focus
Social justice and the fight against social and health inequalities.

Services
- Breakfast and after school club
- Holiday club
- Lunch club
- Crèche
- Outreach services
- Befriending
- English classes
- Outings and events
- Advocacy
- Health and child safety workshops
- Youth activities

Service Users
- Deprived people
- Young families
- Children and young people
- Elderly people
- Disabled people
- Refugees and asylum seekers

Staff Qualifications
- Family support worker

Languages
Bilingual staff

Streatham Drop-in Centre

Address
2 Mitcham Lane
Streatham
London
SW16 6NN

Website
http://streathamdropin.org.uk

Service Location
Lambeth and surrounding boroughs

Telephone
02086647432

Email
dropin@emchurch.plus.com

Focus
Support, information, advice and health and wellbeing interventions.

Services
- Health and wellbeing support: weekly specialist refugee nurse, advice and advocacy case worker
- Creche and play facilities
- Women's wellbeing activities: jewellery making, yoga, music and movement, healthy lifestyle promotion
- Teas, coffees and refreshments
- Homework and Families Learning Project (by application)
- Trips

Service Users
Asylum seekers, refugees

Access and Referral
Self-referral

Staff Qualifications
- Refugee nurse
- Health advice and advocacy case worker

Sufra NW London

Address
160 Pitfield Way
Stonebridge
London
NW10 0PW

Website
https://www.sufra-nwlondon.org.uk

Service Location
Brent

Telephone
02034411335

Email
admin@sufra-nwlondon.org.uk

Refugee and asylum seeker services:
zena@sufra-nwlondon.org.uk

Focus
Addressing the causes and consequences of impoverishment in the community.

Services
- Meals
- Welfare advice
- Community garden
- Cooking classes for qualifications
- Refugee resettlement
- ESOL classes (English for Speakers of Other Languages)
- Life-skills workshops
- Women's support group
- Children's homework club
- Outings
- Foodbank and foodbank services (by referral only)

Service Users
People in crisis due to poverty and/or homelessness, including refugees and asylum seekers

Access and Referral
Self-referral

Languages
Arabic, English, Gujrati, Polish, Somali

Tamil Community Centre (TCC)

Address
Community Hall
31 Northolt Road
Harrow
London
HA2 0NR

Tamil Community Centre & Otthulaippu Trinity Community Centre
East Avenue
London
E12 6SG

Tamil Community Centre
The Hive
359 Hanworth Road
Hounslow
London
TW3 3SQ

Website
https://tccentre.co.uk

Service Location
Harrow, Hounslow, Newham

Telephone
07947816273

Email
tccentre@gmail.com

Focus
Wellbeing support to increase confidence and independence.

Services
- Dance and fitness classes
- One-to-one support: domestic violence, substance misuse, welfare, social services
- Signposting
- English classes

Service Users
Tamils, including refugees and asylum seekers

Access and Referral
Self-referral

Tamil Relief Centre

Address
Community House
311 Fore Street
Edmonton
London
N9 0PZ

Website
http://www.trcuk.org/about.html

Service Location
Edmonton

Telephone
02083736249

Focus
Needs-led services related to community welfare and integration as well as education and training programmes.

Services
- Welfare advice and information
- Women's outreach project: visit women at home to reduce isolation, provide counselling, advocacy and support
- Elders project: weekly drop-in, exercise, outings, spiritual trips, day-day support

Service Users
Asylum seekers, refugees, minority ethnic communities, immigrants

Access and Referral
Self-referral

Tamil Welfare Association (Newham) UK (TWAN)

Address
602 Romford Road
Manor Park
London
E12 5AF

Website
http://twan.org.uk

Service Location
Newham

Telephone
02084780577

Email
twan@twan.org.uk

Focus
Relieving the Tamil migrant community from poverty and assisting individual refugees with resettlement in the UK.

Services
- Primary healthcare and counselling
- Family advice
- Day centre for senior citizens
- Creative classes and play for migrant and refugee children

Service Users
Members of the Tamil community in the UK, including refugees

Access and Referral
- Self-referral
- Referral from social services

Staff Qualifications
- Support workers
- Caseworkers

The Baytree Centre

Address
300-302 Brixton Road
London
SW9 6AE

Website
https://baytreecentre.org/

Service Location
Brixton

Telephone
02077335283

Email
enquiries@baytreecentre.org.uk

Focus
Education, training and employability opportunities.

Services
- One-to-one mentoring and group sessions
- ESOL classes (English for Speakers of Other Languages)
- Family activities for mothers and daughters
- After school and weekend activities for children
- Volunteering and work-experience opportunities
- Support for young immigrants and refugees as they enter school

Service Users
Women and girls in Brixton including migrants, refugees and asylum seekers

Access and Referral
Referral forms available on website

The Children's Society

Address
Whitecross Studios
50 Banner Street
London
EC1Y 8ST

Website
https://www.childrenssociety.org.uk/what-we-do/our-work/young-refugees-migrants

Service Location
East London

Telephone
03003037000

Services for 14-21-year-olds:
0788 597 2057
0208 221 8205

Services for 11-25-year-olds:
0208 221 8210

Email
supportercare@childrenssociety.org.uk

Services for 14-21-year-olds:
alice.myers@childrenssociety.org.uk

Services for 11-25-year-olds:
francesca.nyman@childrenssociety.org.uk

Focus
Emotional support, therapy and social activities.

Services
- Emotional support
- Befriending/mentoring schemes
- Trauma-focused therapy
- Social activities
- Peer network groups including separate groups for boys and girls
- Socio-education
- Self-care support
- Support through immigration and legal systems
- Help with accessing financial support and grants
- Advocacy and casework

The Children's Society (continued)

Service Users

- Asylum seeking refugee children and their families including NRPF families
- Unaccompanied Asylum-Seeking Children (UASC)
- Separated asylum seeker, refugee and migrant young people
- Trafficked boys and young men aged 11-25
- Migrants including undocumented migrants
- Vulnerable EU nationals through the EU settlement scheme
- Those with precarious immigration status or who are struggling to access resources because of their immigration status

Access and Referral

- Referrals from social workers
- Referrals from solicitors
- Referrals from other NGOs
- Referrals from police
- Referrals from people in the community

Staff Qualifications

- Counsellors
- Therapists
- Occupational Therapists

Languages

Dari, Farsi, Pushto, Urdu and more with access to interpreters

The Manna Society

Address

12 Melior Street
London
SE1 3QP

Website

https://www.mannasociety.org.uk

Service Location

London Bridge

Telephone

02073579363

Email

mail@mannasociety.org.uk

Focus

Day centre providing breakfast, lunch and advice and welfare services.

Services

- Weekly advice for refugees and migrants
- Weekly mental health surgery
- Food and hospitality

Service Users

Homeless people, including refugees and migrants

Access and Referral

- Drop-in
- Self-referral

Staff Qualifications

- Advice workers
- Project workers

Languages

Polish

The Maya Centre

Address
Unit 8
9-15 Elthorne Road
London
N19 4AJ

Website
https://www.mayacentre.org.uk

Service Location
Islington

Telephone
Referral line: 02072720995
General line: 02072818970

Email
admin@mayacentre.org.uk

Focus
Supporting minoritised and low income women with history of domestic violence or child sexual abuse.

Services
- One-to-one counselling
- Group counselling: art therapy, dance movement psychotherapy, psychoeducation
- Non-counselling sessions/workshops
- Holistic healing services
- Community support

Service Users
Women over the age of 18 who have experienced any of the following and are in receipt of any form of means-tested state benefit:

- Mental health issues
- Trauma
- Gender-based violence
- Institutional abuse
- Being refugees or asylum seekers

Access and Referral
- Self-referral
- Referral form available on website

Staff Qualifications
- UKCP and BACP Members and Accredited Qualified Therapists
- OCC trainees

Languages
Albanian, Arabic, Bengali, Danish, Farsi, French, German, Hindi, Kurdish, Somali, Turkish, Urdu, Urhobo

Waging Peace

Address
14 St Mary's Street
Stamford
PE9 2DF

Website
https://wagingpeace.info

Service Location
London-wide (Services provided remotely throughout the UK)

Telephone
020 8191 9235

Email
info@wagingpeace.info

Focus
Integration into life in the UK.

Services
- Sudanese Visitors' Group: visits to Sudanese people in detention
- Emotional support in person or over the phone
- Women support groups for refugees and asylum seekers

Service Users
Sudanese refugees and asylum seekers

Languages
Arabic

Waltham Forest Migrant Action (WFMA)

Address
Blackhorse Road Baptist Church Hall
65 Blackhorse Road
London
E17 7AS

Website
https://wfma.org.uk

Service Location
Waltham Forest

Telephone
07496394175

Email
supportcentre@wfma.org.uk

Focus
Migrant support and the promotion of integration between migrants and non-migrants.

Services
- Support Centre: advice on welfare, benefits and housing
- Food and baby bank referrals and some immigration casework through our partnership with RAMFEL
- Signposting and socialising

Service Users
Migrants (regardless of immigration status), asylum-seekers and refugees

Access and Referral
Self-referral

Waterloo Community Counselling

Address
Barley Mow Clinic, Greet House
Frazier Street, London
SE1 7BD

Website
https://www.waterloocc.co.uk

Service Location
Lambeth and Southwark

Telephone
02079283462

Email
info@waterloocc.co.uk

Focus
Community counselling and psychotherapy service.

Services
- Mother-tongue, multi-ethnic, individual and group talking therapy
- Reimbursement of travel expenses to refugees and asylum seekers
- Signposting

Service Users
- Asylum seekers
- Refugees
- Undocumented migrants
- Victims of torture, human trafficking, and modern slavery

Access and Referral
- Self-referral
- Referrals from GPs
- Referrals from caseworkers
- Referrals form available on website
- In Southwark and Lambeth WCC also supports referrals (e.g. EU migrants) with language counselling via contracts with the local IAPT services

Staff Qualifications
- Psychologists
- Counsellors

Languages
Albanian, Amharic, Arabic, Bengali, Cantonese, Dari, Farsi, French, Hindi, Italian, Korean, Kurdish, Mandarin, Polish, Portugese, Romanian, Russian, Spanish, Tamil, Turkish, Twi, Urdu

Welcome Project

Address
2-6 St Marys Road
Ilford
Essex
IG1 1QX

Website
http://www.healthylivingprojects.org.uk/about-the-project.html

Service Location
Redbridge and surrounding boroughs

Telephone
02085143283

Email
Contact forms available on website

Focus
Information, advice and guidance on issues associated with homelessness.

Services
- One-to-one support: welfare, advocacy, drugs and alcohol, mental health
- Art sessions
- Exercise
- Relaxation sessions
- Allotment gardening
- Cooking and nutrition
- Woodwork
- Residential retreats
- ESOL classes (English for Speakers of Other Languages)
- Training classes
- Signposting and referrals to other health services including counselling
- Women's support group
- Hot meals, showers, laundry and clothing services

Service Users
Homeless people, including those with insecure immigration status

Access and Referral
- Self-referral
- Referral from another individual or organisation

Staff Qualifications
- Nurses
- Support workers

West London Synagogue Asylum Seekers Drop-In

Address
33 Seymour Place
London
W1H 5AU

Website
https://www.wls.org.uk/FAQs/drop-in

Service Location
Westminster

Telephone
02077234404

Email
dropin@wls.org.uk

Focus
Support and companionship.

Services
- Hot meals
- Grocery vouchers
- Clothing
- Advice

Service Users
Families who have been made destitutite while seeking asylum in the UK

Access and Referral
Self-referral

Women for Refugee Women

Address
Tindlemanor
52-54 Featherstone Street
London
EC1Y 8RT

Website
https://www.refugeewomen.co.uk

Service Location
Islington

Telephone
02072501239

Email
admin@refugeewomen.co.uk

Focus
Empowerment of women to speak out, become leaders and advocate for change.

Services
Empowerment activities: drama, support for LGBTQ+ women, advice, yoga, public speaking, creative courses

Service Users
Refugee and asylum-seeking women

Access and Referral
Self-referral

Women's Association for Networking and Development (WAND UK)

Address
St. Charles Centre for Health and Wellbeing
Exmoor Street
London
W10 6DZ

Website
https://www.wanduk.org

Service Location
North Kensington

Telephone
02089624132
07813485607
07534155619

Email
Contact form available on website

Focus
Drop-in sessions, outreach services and networking events.

Services
- One-to-one visits
- Social activities
- Awareness campaigns
- One-to-one emotional wellbeing support
- Coffee mornings
- Taichi, Zumba, massage, yoga, gardening, dance
- Advice and information
- Opportunities for education and training
- Enhancement of life skills
- Children's centre
- Wellbeing messages

Service Users
Women in isolated and excluded communities, including asylum seekers, refugees and migrants

Access and Referral
- Self-referral
- Referrals from the community
- Referrals from healthcare and social care professionals

Young Roots

Address
Cornerstone House
14 Willis Road
Croydon
CR0 2XX

Website
https://youngroots.org.uk

Service Location
Brent, Croydon

Telephone
02086849140

Email
london@youngroots.org.uk
Send referral forms to:
North London: NLReferrals@youngroots.org.uk
Croydon: CroydonReferrals@youngroots.org.uk

Focus
Improving well-being and life chances.

Services
- Peer-led language learning
- One-to-one casework: enabling young people to access services
- Weekly youth club: cooking, games, dance, creative activities, language support, sexual health and rights workshops
- Football
- Peer one-to-one and small group mentoring
- Cycling lessons for young women
- Girls' group: art, music, games, dance, workshops
- Referrals to the Helen Bamber Foundation (Brent) and Off the Record (Croydon)
- Leadership programme

Service Users
Young refugees, migrants and asylum seekers

Access and Referral
Referral form available on website

Contact us

If you have questions about the directory or our project, please get in touch with the Project Lead, Dr Hanna Kienzler at:

hanna.kienzler@kcl.ac.uk

Please note questions relating to particular services should be directed to the individual organisations

For more information about the ESRC Centre for Society and Mental Health:

www.kcl.ac.uk/csmh

Connect with the Centre on twitter:

@kcsamh

Scannable QR Code for **Directory**

www.kcl.ac.uk/research/mhpss-directory



Centre for
Society and
Mental Health

ESRC Centre
for Society and
Mental Health

44-46 Aldwych
London
WC2B 4LL
www.kcl.ac.uk/csmh
csmh@kcl.ac.uk
@kcsamh