

HEADWAY SOUTH WEST LONDON

South West London

Local services



Support Group Meeting

14/08/2012

This document provides information about local services in Merton, Croydon, Wimbledon, Kingston and Richmond. It is only a basic list and provides mainly website addresses and contact telephone numbers/addresses.

Headway South West London - local services

Carers

<http://www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx>

Wandsworth directory and carers groups

Physical - sports and activities

http://www.merton.gov.uk/leisure/sport/activities_for_people_with_disabilities.htm

Website provides information regarding different leisure centres, halls and gyms that hold activities for a wide age range of ages and abilities

- Canons Leisure Centre, Mitcham - 020 8640 8543 or email canons@gll.org
- YMCA Wimbledon - 020 8542 9055 or email enquiries@ymcalsw.org
- Sutton Tennis Academy

Leisure and Culture Services - contact details

13th Floor
Merton Civic Centre
London Road
Morden
SM4 5DX

Tel: 020 8545 3716, 020 8545 3716/3663

Email: leisure@merton.gov.uk

<http://www.croydon.gov.uk/healthsocial/disabilities/pds/support>

Website provides information regarding health and social care in Croydon

The Royal Association for Disability and Rehabilitation (RADAR) has published a booklet called 'If only I'd known that a year ago' which is aimed at newly disabled people and those whose situation has changed. It costs £12.60 and can be obtained by calling 020 7250 3222, 020 7250 3222 or logging onto the [RADAR website](#)

Disability Croydon

Telephone 020 8684 5538, 020 8684 5538

Email info@disabilitycroydon.org.uk
Address Room 2.07, Strand House, Thornton Heath, CR7
8RG
Website www.disabilitycroydon.org.uk

Disabled Living Foundation

Telephone 0845 130 9177

Merton - some local services

<http://www.merton.gov.uk/health-social-care/adult-social-care/disabled/hpresourcecentre.htm>

High Path is a community centre in South Wimbledon providing day services for a wide range of people and has a number of groups run by different voluntary organisations

High Path Community Resource Centre

63 High Path
South Wimbledon
London
SW19 2JY

Telephone: 020 8274 5361

Merton Mind

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

Mental health charity that is open to all ages - wide span

Befriending service, gym sessions, swimming groups, art groups, walking, volunteering, music, poetry, drop-in

Telephone: 020 8648 6565

Merton Library

<http://arena.yourlondonlibrary.net/web/merton/health-and-wellbeing>

Merton has seven libraries for people who live work, study or visit the borough. Find out more about library opening times, locations, contact details and the range of services available at each of Merton's Libraries (links for each area): [Donald Hope Library](#), [Mitcham Library](#), [Morden Library](#), [Pollards Hill Library](#), [Raynes Park Library](#), [West Barnes Library](#), [Wimbledon Library](#).

All Merton's libraries have a good range of health resources and information.

Health information points providing support on a wide range of health related subjects

Health activities and events including exercise classes, health checks and health workshops. For details of up and coming events see the [Library events calendar](#):

<http://arena.yourlondonlibrary.net/web/merton/events-calendar>

Free computer use providing access to a range of useful health websites including NHS Choices, NHS Direct, Health Space, Patient UK and more. IT lessons, drop in support to help with a specific IT problem, activities etc.

The [Books on Prescription service](#) which offers an alternative self help approach to dealing with conditions such as depression, anxiety, anger, stress, low self esteem and eating disorders.

Find out more about the [Home Visits Service](#) if you are unable to get to your local library for health reasons and have no one to visit the library on your behalf.

Return to work - useful organisations

Vocational Rehabilitation service- Wolfson Neuro-rehabilitation Unit, St George's Hospital (referral only but can provide information)

<http://www.headway.org.uk/returning-to-work-further-information.aspx> - comprehensive list of services that can help with return to paid or voluntary work

Merton Employment Team for People with Disabilities

4th floor

Civic Centre

London Road

Morden
SM4 5DX

Telephone: 020 8274 5735

Y M C A South West London

<http://www.ymcalsw.org/>

Y M C A London South West
St James House
9 - 15 St James Road
Surbiton, Surrey, KT6 4QH
Tel: 020 8399 5427, 020 8399 5427
Email: e enquiries@ymcalsw.org

Different centres which offer a wide range of services:

- Y M C A Hawker Centre, Wimbledon, Surbiton, Parsons Green