



<b>London Borough</b>	<b>organisation</b>	<b>name of group</b>	<b>address</b>	<b>day &amp; time</b>	<b>open access or not</b>	<b>contact name</b>	<b>phone</b>	<b>email</b>
<b>HOUNSLOW</b>								
	<b>West London Mental Health Trust</b>		Alf Chandler Centre, Benson Close, Hounslow, TW3 3QX	MONTHLY on the last Tuesday 2pm – 3:30pm from 25 <sup>th</sup> March 2014	Please contact Dan for more information on referral criteria.	Dan Stockwell	07792 824861	
<b>ISLINGTON</b>								
	<b>Islington Mind</b>		The Hub, 48 Despard Rd, London N19 5NW	TUESDAYS 2.15pm-3.30pm	Open to anyone, regardless of borough, but <b>free to Islington residents only.</b>	Comfort Ofili	0207 263 3397	<a href="mailto:comfort.ofili@islingtonmind.org.uk">comfort.ofili@islingtonmind.org.uk</a>
<b>LEWISHAM</b>								
	<b>Deptford Hearing Voices Service</b>		Deptford Reach, Speedwell St, London SE8 4AT	MONDAYS 2.30pm - 4pm	Open to all boroughs. Turn up 20 mins beforehand for a chat.	John Robinson	07966 391 211	<a href="mailto:John.Robinson@slam.nhs.uk">John.Robinson@slam.nhs.uk</a>
<b>NEWHAM</b>								
	<b>Newham Specialist Services</b>	<b>Believe It Or Not</b>	Eastham Memorial Hospital, 297 Shrewsbury Rd, London E7 8QR	WEDNESDAYS 2pm	Must be receiving a service from either Newham Assertive Outreach or Newham Early Intervention team	Vince LaPompe	07769 962699	<a href="mailto:Vince.La-pompe@eastlondon.nhs.uk">Vince.La-pompe@eastlondon.nhs.uk</a>
<b>TOWER HAMLETS</b>								
	<b>BowHaven</b>	<b>Cool To Believe</b>	Bow Community Hall, 1 William Place, Roman Road, London, E3 5ED	WEDNESDAYS 5pm – 6.30pm (starting 12/3/14)	Open to anyone living in Tower Hamlets	Pete or Panos	Pete - 07718 589 432 / Panos - 07447 429 450	cooltobelieve@gmail.com