

Charity	Activity Name	Continuation	Description	Location	Access/referral route
ACAVA	Cultivate Create	Until end of September 2025.	Project for families with primary-aged children focusing on wellbeing and emotional resilience through gardening. Alternate Saturday Afternoons	Maxilla Studios and Forest School Garden W10	Self-referral: https://forms.office.com/e/Z85nFMPh0M
Action Disability K&C (ADKC)	Legal Advice Project, Trauma Support Group, Positive Empowerment Group	Until end of September 2025.	Specialist Legal Advice for individuals on disability-related issues (Mon-Fri 9.30 – 5pm). Trauma group supporting local disabled people (Tuesdays 11-1pm - fortnightly). Positive Empowerment group for local disabled people (Monday 12-1pm - monthly).	Legal Advice - available by arrangement. Meetings/Groups (in person and online)	Legal Advice – legaladvice@adkc.org.uk PEG groups – personaldevelopment@adkc.org.uk
Clement James	I.A.G - Information, advice, guidance	Yes	1-1 appointments as well as group workshops, providing impartial information, advice and guidance to help people resolve their problems. Monday to Friday 9-5.30 (pre-booked appointments only).	95 Sirdar Road, W11 4EQ	Self-referral: https://clementjames.org/getting-support-at-the-clementjames-centre/
Community Massage London (CML)	Complementary Therapies Service	Services available in Hammersmith for £5.	Massage or reflexology sessions. Last Wednesday of the month alternately 11am- 3pm and 3pm to 7pm.	Clem Attlee Community Hall, Len Freeman Place SW6 7TN	Self-referral: https://app.10to8.com/book/cml-hf Or call: 07377 504 898
Family Friends	Evolve NK	Yes	Volunteer Befrienders provide 1-2-1 wellbeing support for 6-12 months. Those accessing our programmes will also have the option to attend monthly groups and days out.	In the local or wider community (please note sessions do not take place in the home)	Referrals can be made contacting the team on 0204 568 8832.
Meanwhile Gardens	Music & Movement at the Playhut	Until end of May 2025.	Drop in music and movement sessions - singing and dancing plus stay and play. Mondays 12:30-2:30, Tuesdays 9.15-11.15, Wednesdays 9:15-11:15, Fridays 12:30-2:30	W10 5NT (next to the skate-bowl)	Families with children under 6 can drop- in. No booking required, just turn up within the designated times.

Pamodzi	Pamodzi Caring Hands	Until end of June 2025.	Providing health initiatives through walking, chair exercises, wellbeing workshops, cooking, tea/coffee sessions and outreach at events and provide advocacy, advice, referral, and translation support. Every Wednesday from 1pm	Edward Woods Community Centre 60-70 Norland Road London W11 4TX	Self-referral or through a professional via email pamodzi03@aol.com or phone 020 7974 6034/07970 418893
Volunteer Centre (VCKC)	Community Connections	Until end of June 2025.	Activities for NK residents aged 18+, including people with mental health and physical and learning disability support needs. Wednesday, 10am: Gardening group. Wednesday 11 15am: Play reading Group. Once a month Thursday afternoon Wellbeing session. Once a month art and other creative workshops, Tuesday/Thursday English Conversation/Creative Writing Sessions, Tuesday morning meditation sessions	Volunteer Centre K&C and Lancaster West Gardens, w11.	Self-referral or through a professional via email or phone. amalia.loizidou@vckc.org.uk