

Local help and support groups for Royal Free Hampstead NHS Trust users

October 2003



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AIDS/HIV

Organisation: BARNET HIV COMMUNITY SUPPORT TEAM

Address: 1 Wellhouse Lane,
Barnet, Hertfordshire

Post Code: EN5 3DJ

Telephone: 020 8447 0603

Fax: 020 8440 5213

Minicom: 020 8449 8091

Contact: Calls directed to relevant person via switchboard

Activities: Provides a free and confidential service for people in Barnet who have HIV/AIDS, as well as their partners, friends, relatives and carers.
Offers the following free and confidential services:
Clinical nurse specialist, specialist social workers, housing advice, African outreach worker, community care.
Complimentary therapies and welfare rights.

Organisation: MORTIMER MARKET CENTRE

Address: Mortimer Market
off Capper Street
London

Post Code: WC1E 6AU

Telephone: 020 7530 5050

Fax: 020 7530 5044

Times: Opening hours: By appointment. Emergencies and drop-in advice: Mon-Tue, Thu 09.00-18.00, Wed 13.00-19.00, Fri 09.00-15.00.

Activities: Provides sexually transmitted disease treatment and screening; free condoms and lubricants; Hepatitis B vaccination; sexual health advice; emergency contraception; HIV testing, counselling and care; referral to clinical psychology services for issues related to sexual health; support and information following sexual assault. Runs the Bloomsbury Clinic (HIV/AIDS) and Patrick Manson Unit for Tropical Diseases.

AIDS/HIV (cont.)

Organisation: PACE (Project for Advocacy Counselling & Education)

Address: 34 Hartham road
London

Post Code: N7 9JL

Telephone: 020 7700 1323

Fax: 020 7609 4909

Email: info@pacehealth.org.uk

Website: <http://www.pacehealth.org.uk>

Contact: Calls directed to relevant person via switchboard

Activities: A counseling, education and advocacy project aimed at providing an accessible and professional counseling and mental health service for and by lesbians and gay men. Provides counseling on a HIV-related issues and anxieties. Programme of HIV prevention initiatives aimed at gay men; includes experimental groups and workshops. Advocacy for lesbians and gay men experiencing difficulties in accessing and using mental health services and/or HIV services. PACE also provide training to voluntary organizations and health and local authorities on HIV/AIDS issues, as well as running their own house courses.

Organisation: TERRENCE HIGGINS TRUST

Address: (National office) 52 – 53 Grays Inn Road, London

Post Code: WC1X 8JU

Telephone: 020 7812 1600 or 0845 12 21 200 (11.00 – 20.00)

Fax: 020 7812 1601

Email: info@tht.org.uk

Website: www.tht.org.uk

Contact: Calls directed to relevant person via switchboard

Activities: Help and support for HIV-positive people. Support groups and one-to-one befriending programme known as 'Buddy'. THT Direct Helpline is a gateway to HIV services, support and information. Provides service information, generalist advice, answers frequently asked questions about HIV and offers emotional support to people who want to talk through any issues or questions they might have about HIV; whether they are infected, affected or concerned.

AIDS/HIV (cont.)

Organisation: THE GLOBE CENTRE

Address: 159 Mile End Road, London

Post Code: E1 4AQ

Telephone: 020 7791 2855

Fax: 020 7780 9551

Email: info@theglobecentre.co.uk

Website: www.theglobecentre.co.uk

Contact: Calls directed to relevant person via switchboard

Activities: The Globe Centre is the largest open access HIV/AIDS center in the country and enables individuals from any location or background to register as service users. Service users are offered an initial assessment, to allow their individual needs to be assessed and to respond to them accordingly. All services are open to registered service users. All information supplied to the center is strictly confidential. Services offered include: advice, complimentary therapies and medical services.

Alcohol

Organisation: ALCOHOLICS ANONYMOUS (SOUTHERN SERVICE OFFICE)

Address: 2nd Floor, Jacob House
3-5 Cynthia Street
London

Post Code: N1 9JE

Telephone: London Helpline 020 7833 0022;
National Helpline 0845 769 7555 (Local rate)

Fax: 020-7837 0540

Web site: www.alcoholics-anonymous.org.uk

Times: Helpline every day of the year, 10.00-22.00; answerphone out of hours.

Activities: Confidential help-line for people over 16 who are alcoholic or who have a drinking problem and who want to stop drinking and remain abstinent. Provide callers with personal local contacts and introductions to and details of over 600 local groups, which meet across London. Also provide literature describing the fellowship of AA and the 12-step programme of recovery.

Organisation: ALCOHOL SERVICES LIAISON GROUP

Address: c/o Social Services Department
79 Camden Road
London

Post Code: NW1 9ES

Telephone: 020 7974 1459

Fax: 020 7874 6099

Textphone: 020 7974 6866

Email: jill.clarkson@camden.gov.uk

Contact: Jill Clarkson

Contact position: Liaison Group Officer

Activities: A forum where alcohol service users, carers, individual advocates and advocacy organisations can talk to Councillors about those services. The group meets 4 times a year and service users choose the topics. A Councillor chairs the group. A summary of the main issues goes to the Council's Executive and the board of the Camden and Islington Mental Health and Social Care Trust.

Alcohol (cont.)

**Organisation: CAMDEN AND ISLINGTON ALCOHOL
ADVISORY SERVICE**

Address: 309 Grays Inn Road
London

Post Code: WC1X 8QF

Telephone: 020 7530 5900

Fax: 020 7530 5901

Contact: Lynne Townsend

Contact position: Service Manager

Times: By appointment: Mon 09.00-20.00, Tue-Fri 09.00-17.00.

Activities: Confidential out-patient service offering advice and treatment to residents in the south of Camden and Islington. Assessment, community detox and individual counselling. Sessions held in different locations in Camden and Islington. Self-referrals accepted. Includes a social work team from Camden Council, from the former Substance Misuse Team. Also have walk-in clinics twice a week: Mondays 13.30 – 15.00 and Wednesdays 10.00-11.30.

Alternative therapies

Organisation: COLLEGE PRACTICE OSTEOPATHIC CLINIC

Address: 60 Highgate Road
London
Post Code: NW5 1PA
Telephone: 020 7267 6445
Contact: Suzanne Tugwell
Contact position: Resident osteopath
Times: Mon-Sat 08.00-19.00.
Activities: Wide variety of therapies permanently available:
homoeopathy, osteopathy, chiropraxy and podiatry, structural
and cranial osteopathy.

Individual therapists:

Aromatherapists

Jill Alexander	Tel: 020 8360 6945
Marion Morley	Tel: 020 8640 0056
Liz Howell	Tel: 07791 538 715
Miriam Cardoso	Tel: 020 7609 2446
Barney Green	Tel: 07967 163 221

Massage therapists

Verena Schiessle	Tel: 020 7610 4041
Corrinna Wolfman	Tel: 07970 096 776
Lorraine Jones	Tel: 07973 350 573
Tikva Shalom	Tel: 020 8455 6238
Gale Murray	Tel: 07788 693 907
Kit Bhakta	Tel: 07766 577 304
Tania Greenwell	Tel: 07788 693 907
Anna Kambouris	Tel: 07729 500 621
Clare Kitchen	Tel: 07751 251 804
Shirley Samuelson	Tel: 020 8458 2034

Reflexologists

Alexander Maughan	Tel: 020 7263 7543
Davina Brasey	Tel: 020 7209 3870

Indian head massage

Tikva Shalom	Tel: 020 8455 6238
Barney Green	Tel: 07967 163 221
Miriam Cardoso	Tel: 020 7609 2446

Alexander Technique

Hywel Jones	Tel: 020 7722 5660
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Alzheimer's disease

Organisation: ALZHEIMER'S SOCIETY

Address: Gordon House
10 Greencoat Place
London

Post Code: SW1P 1PH

Telephone: Helpline: 0845 300 0336; Admin: 020 7306 0606

Fax: 020 7306 0808

E-mail: enquiries@alzheimers.org.uk

Times: Helpline: 08.30 – 18.30, Mon - Fri

Activities: Care and research charity for people with dementia. Information and education, support for carers, and quality day and home care. It funds medical and scientific research and campaigns for improved health and social services and greater public understanding. Network of local groups across the country.

Arthritis and Rheumatism

Organisation: **ARTHRITIS RESEARCH CAMPAIGN**

Address: Copeman House, St Mary's Court, St Mary's Gate
Chesterfield, Derbyshire

Post Code: S41 7TD

Telephone: 01246 558 033

Fax: 01246 558 007

E-mail: info@arc.org.uk

Web site: www.arc.org.uk

Activities: Raises money and funds research into arthritis and rheumatism. Informs the public and medical profession about the diseases through a wide range of publications. Magazine "*Arthritis Today*" published quarterly; minimum £15 donation required. Accessible via website.

Organisation: **ARTHRITIS CARE**

Address: 18 Stephenson Way
London

Post Code: NW1 2HD

Telephone: Main switchboard: 020-7380 6500
0808 800 4050 (Freephone Helpline)
0808 800 2000 (Freephone Helpline for people under 26, 'The Source')
020 7380 6555 (standard call charges)

Fax: 020 7380 6505

E-mail: helpline@arthritiscare.org.uk; thesource@arthritiscare.org.uk

Web site: www.arthritiscare.org.uk

Times: Freephone Helpline: Mon-Fri 12.00-16.00;
The Source (Freephone Helpline for people under 26): Mon-Fri 10.00-16.00.
020 7380 6555: Mon Fri 10.00 – 16.00

Activities: National voluntary organisation working with and for people with arthritis. Aims to promote their health, well-being and independence through services, support, self-help, information and influence. 500 branches and groups and 66,000 committed supporters.

Arthritis and Rheumatism (cont.)

Organisation: **NATIONAL RHEUMATOID ARTHRITIS SOCIETY
(N.R.A.S.)**

Address: Briarwood House
11 College Avenue
Maidenhead
Berks.

Post Code: SL6 6AR

Telephone: 01628 670 606

Fax: 01628 638 810

Email: enquiries@rheumatoid.org.uk

Website: www.rheumatoid.org.uk

Contact: Lorraine Tanner

Contact position: Helpline Manager

Activities: We help people with rheumatoid arthritis and their carers and families by the provision of an advisory and information service on all aspects of the disease, by raising public awareness of rheumatoid arthritis and to campaign for more funding for the treatment of the disease.

Bone marrow

Organisation: **BRITISH BONE MARROW REGISTRY**

Address: Colindale Avenue
London

Post Code: NW9 5BG

Telephone: 020 8258 2817

Fax: 020 8258 2973, 020 8258 2717

Website: www.blood.co.uk

Contact: Maria Simpson

Contact position: Panel Administrator (South East Zone)

Activities: Fit and healthy blood donors between 18 and 45 can register as a volunteer bone marrow donor. Registering involves giving an extra blood sample to find out tissue type. Donors are asked to stay on the register for at least 16 years. They can stay on the register until they are 57 years old. If a donor has the right tissue type to match a patient, and wishes to proceed, bone marrow will be collected at a recognised transplant centre.

Contact the North London Centre or one of the local clinics:
Deansbrook Road, Edgware, Middx, HA8 9BD, Tel: 020-8732 5460, Mon-Tue, Thu-Fri 08.30-19.30, Wed 08.30-12.30;
26 Margaret Street, W1 Tel: 020-7301 6900, Mon-Thu 08.00-21.30, Fri 08.00-15.30.

Organisation: **SUE HARRIS BONE MARROW TRUST**

Address: 29 Museum Street
London

Post Code: WC1A 1LH

Telephone: 020 8342 8733

Fax: 020 8342 8733

Contact: Liz Futter

Contact position: Coordinator

Activities: Registers bone marrow donors, primarily from the Jewish community, but also from other ethnic groups.

Chiropodists

Organisation: CAMDEN PRIMARY CARE TRUST PODIATRY SERVICE

Address: East Wing, St Pancras Hospital
4 St Pancras Way
London

Post Code: NW1 0PE

Telephone: 020 7530 3871

Fax: 020 7530 3180

Times: Mon-Fri 09.00-17.00.

Activities: Administrative centre for the podiatry services provided at local Health Clinics and hospitals on an appointment basis. The service is available for all people with foot problems. Patients under 16 and over 60 may self refer, all other patients require referral by a health care professional. Home visits available for strictly housebound people, contact Domiciliary Podiatry Service, Front Gate, St Pancras Hospital (above address) Tel: 020-7530 3990.

Organisation: CROWNDALE HEALTH CENTRE

Address: 59 Crowndale Road
London

Post Code: NW1 1TN

Telephone: 020 7530 3800

Fax: 020 7530 3856

Contact: Ms Debbie Barnett

Contact position: Health Centres Manager

Times: General Centre hours: Mon-Fri 09.00-17.00.
Family planning drop-in: Mon 16.30-18.00, Wed 09.30-11.00, Thu 17.00-18.30; by appointment: Wed 13.30-15.00, Fri 09.30-11.00.

Activities: Health clinic without a GP Practice. Pregnancy testing, antenatal clinic, chiropody, child health, child psychology, family planning, immunisation (for children), hearing tests for children, orthoptics, dental services, health visitors, school nursing, district nursing.

Chiropodists (cont.)

Organisation: GRAYS INN CHIROPODY

Address: 280 Grays Inn Road
London

Post Code: WC1X 8EB

Telephone: 020 7837 5530

Fax: 020 7837 5530

Contact: Mr Derek Buchholz

Times: Chiropody clinic open Mon-Sat 09.00-19.00.

Activities: Chiropody, podiatry and associated acupuncture. Sports injuries, biomechanics, reflexology and foot osteopathy. Laser treatment, where necessary, also available.

Organisation: LONDON FOOT HOSPITAL AND SCHOOL OF PODIATRIC MEDICINE

Address: 33 Fitzroy Square
London

Post Code: W1T 6AY

Telephone: 020 7530 4500

Fax: 020 7530 4540

Activities: Referral clinic for out-patients only. GP's letter must be received prior to appointment. Teaching hospital.

Organisation: SOLENT ROAD HEALTH CLINIC

Address: 9 Solent Road
London

Post Code: NW6 1TP

Telephone: 020 7530 2550

Fax: 020 7530 2552

Times: Mon-Fri 09.00-17.00.

Activities: Doctor's surgery Tel: 020-7530 2588. Midwife (Mon and Fri afternoon); podiatry; child health and psychology; free condoms. Base for district nurses and health visitors, and social workers for older and disabled people. Please note that priority is given to users from the local London Borough of Camden area.

Dentists (Emergencies)

If you are registered with an NHS dentist, they are required to provide 24-hour emergency cover. If you are not registered, try one of the following emergency clinics:

(NB There is a fee for these emergency dental appointments unless you are on income support. Please call clinic for further information.)

Organisation: GUYS HOSPITAL DENTAL SCHOOL

Address: St Thomas' Street
London

Post Code: SE1 9RT

Telephone: 020 7955 4317

Fax: 020 7955 4224

Times: Mon – Fri 09.00 – 15.30

Website: <http://www.guysandstthomas.nhs.uk>

Organisation: The ROYAL LONDON HOSPITAL NHS TRUST ACCIDENT & EMERGENCY DEPARTMENT

Address: Whitechapel Road
London

Post Code: E1 1BB

Telephone: 020 7377 7000

Fax: 020 7601 7102

Times: Mon – Fri 19.00 – 23.00; Sat - Sun 08.00 – 17.00

Email: Communications.dept@bartsandthelondon.nhs.uk

Website: <http://www.bartsandthelondon.org.uk>

Drugs helplines

Organisation: **NARCOTICS ANONYMOUS (UK)**

Address: UK Service Office
202 City Road
London

Post Code: EC1V 2PH

Telephone: Helpline: 020 7730 0009; Admin: 020 7251 4007

Fax: 020 7251 4006

Email: webservant@ukna.org

Website: <http://www.ukna.org/>

Times: Helpline: 10am to 10pm seven days a week

Activities: NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other to stay clean.

Organisation: **TALK TO FRANK**

Address: Freepost
PO Box 4000
Glasgow

Post Code: G3 8XX

Telephone: 0800 77 66 00

Minicom: 0800 917 8765

Email: frank@talktofrank.com

Website: www.talktofrank.com

Times: Helpline 24 hours

Activities: Free, confidential information, support and advice to anyone concerned about drug and solvent misuse, including drug misusers, families and friends. Particularly aimed at parents and young people. Translation service available. Run by the National Drugs Helpline.

Head and brain:

(including Stroke-aphasia, Parkinson's disease, epilepsy, ME and MS)

Organisation: BRAIN AND SPINE FOUNDATION

Address: 7 Winchester House
Kennington Park
Cranmer Road
London

Post Code: SW9 6EJ

Telephone: 020 7793 5900; Brain and Spine Helpline: 0808 808 1000

Fax: 020 7793 5939

Email: info@brainandspine.org.uk

Website: www.brainandspine.org.uk

Activities: The Brain and Spine Foundation was set up in 1992 to develop research, education and information programmes aimed at improving the prevention, treatment and care of people affected by disorders of the brain and spine and to stimulate the greater allocation of resources across all neurological disorders.

Organisation: EPILEPSY ACTION (Formerly known as BRITISH EPILEPSY ASSOCIATION)

Address: New Anstey House
Gate Way Drive
Leeds
West Yorkshire

Post Code: LS19 7XY

Telephone: 0113 210 8800; 0808 8005050 (Helpline)

Fax: 0113 391 0300

Email: epilepsy@epilepsy.org.uk

Website: www.epilepsy.org.uk

Times: 09.00 - 16.30 Mon – Thu; 09.00 – 16.00 Fri; 24 hr answer phone on main reception number

Activities: Advice and information on all aspects of epilepsy. Also organises local self-help groups. Research, publications, education, fundraising, campaigning and lobbying. Over 140 branches offering local self-help and support, phone helpline for details.

Head and brain (cont.):

Organisation: **MULTIPLE SCLEROSIS SOCIETY**

Address: MS National Centre
372 Edgware Road
London

Post Code: NW2 6ND

Telephone: Admin: 020 8438 0700;
Freephone helpline Tel: 0808 800 8000

Fax: 020 8438 0701

Email: info@mssociety.org.uk

Website: www.mssociety.org.uk

Times: Admin line Mon – Fri 09.00 – 17.00;
Helpline Mon-Fri 09.00-21.00.

Activities: Welfare and support service to people with MS, their carers and families. Publishes newsletters and resource lists. Carries out fundraising and research. Owns several holiday homes offering short stay and respite care for people with multiple sclerosis.

Organisation: **MULTIPLE SCLEROSIS SOCIETY CAMDEN GROUP Also known as MS GROUP**

Address: 8 Campden House
Harben Road
London

Post Code: NW6 4RN

Telephone: 020 7722 9704

Email: amandatheed@btopenworld.com

Contact: Miss Amanda Theed

Contact position: Secretary

Activities: Meets at the Charlie Ratchford Centre, 3-8 Belmont Road, NW1.
Activities include social events and outings. Camden Council provides transport to meetings for Camden residents.

Head and brain (cont.):

Organisation: **NATIONAL ME CENTRE AND CENTRE FOR CHRONIC FATIGUE SYNDROMES**

Address: Disablement Services Centre
Harold Wood Hospital
Romford
Essex

Post Code: RM3 0BE

Telephone: 01708 378050

Fax: 01708 378032

Email: nmeцент@aol.com

Website: www.nmec.org.uk

Contact: Ms Karen Walsh

Contact position: Manager

Activities: Provides information, support and management for people suffering from Chronic Fatigue Syndrome and ME. Provide information packs about ME to patients, GPs and also provide a diagnostic service.
Treatment is only provided to people who have a clear diagnosis.

Organisation: **NATIONAL SOCIETY FOR EPILEPSY**

Address: Chesham Lane
Chalfont St Peter
Bucks.

Post Code: SL9 0RJ

Telephone: Helpline: 01494-601400; Admin: 01494-601300

Fax: 01494 871927

Website: www.epilepsynse.org.uk

Times: Helpline: Mon-Fri 10.00-16.00;
Admin: Mon – Thu 09.00 - 17.15, Fri 09.00 – 17.00

Activities: Provides assessment, treatment, rehabilitation, long term residential care and respite care for adults with epilepsy and associated conditions. The Information and Education Department provides information leaflets, factsheets and other resources. The confidential Helpline is caller-led and available to people with epilepsy, their carers and families and also professionals. The Training Department can offer customised training.

Head and brain (cont.):

Organisation: **PARKINSONS DISEASE SOCIETY**

Address: 215 Vauxhall Bridge Road
London

Post Code: SW1V 1EJ

Telephone: 0808 800 0303 (Helpline) 09.00 - 17.30 Mon - Fri;
020-7931 8080 (Admin) 09.00 – 17.30 Mon –Fri

Fax: 020 7233 9908

Minicom: 020 7963 9380

Email: enquiries@parkinsons.org.uk

Website: www.parkinsons.org.uk

Activities: Aims to help people with Parkinsons Disease and their relatives, carers and healthcare professionals. Collects and disseminates information, and provides funds for research.

Organisation: **SPEAKABILITY Formerly ACTION FOR DYSPHASIC ADULTS**

Address: 1 Royal Street
London

Post Code: SE1 7LL

Telephone: Helpline: 0808 808 9572; Office: 020-7261 9572

Fax: 020 7928 9542

Email: speakability@speakability.org.uk

Website: www.speakability.org.uk

Times: Helpline: 09.00 – 16.00 Mon – Fri;
Office 09.00 – 17.00 Mon - Fri

Activities: Information and advice for people with aphasia and their carers. Training, network of local groups around the UK, range of publications and videos. Lobbying to improve the understanding of aphasia.

Head and brain (cont.):

Organisation: **STROKE ASSOCIATION**

Address: Stroke House
240 City Road
London

Post Code: EC1V 2PR

Telephone: Helpline 0845 30 33 100 (Local rate); Admin 020 7566 0300

Fax: 020 7490 2686

Email: stroke@stroke.org.uk

Website: www.stroke.org.uk

Times: Helpline Mon-Fri 10.00-16.00, Voicemail at other times.

Activities: National charity that works for the prevention of strokes and to help people who suffer from them. It provides a programme of health education, funding for research, information and advice, community services and welfare grants.
Support workers for North London region located at:
North London Office,
Mitchell House,
433 Chiswick High Road,
London W4 4AU
Tel: 020 8994 2847.
Fax 020 8747 8337

Head and brain (cont.):

Organisation: STROKE ASSOCIATION CAMDEN AND ISLINGTON DYSPHASIA SUPPORT

Address: Stroke Association, 147 Northwold Road
London

Post Code: E5 8RL

Telephone: 020 8442 4399

Fax: 020 8806 1065

Email: PpentecostEden@stroke.org.uk

Website: www.stroke.org.uk

Contact: Ms Patte Pentecost-Eden

Contact position: Dysphasia Support Organiser

Times: Meetings Fri 10.00-12.00.

Activities: A support group, run by an organiser with the help of volunteers for people who have communication difficulties following a stroke. Home visiting service for people who cannot attend the group. Aim of the group is to provide supported conversation time and social experience for individuals with dysphasia.

Health Services for Elderly People (HSEP)

Organisation: **WELL AND WISE**

Address: Unit 441 Highgate studios
53-79 Hughgate Road
London

Post Code: NW5 1TL

Telephone: 020 7485 8887; Freephone information line: 0800 068 2949

Fax: 020 7485 9850

Email: info@wellandwise.org.uk

Website: www.wellandwise.org.uk

Times: Monday to Friday 10.00 – 16.00

Activities: The aim of Well & Wise is to improve the health of older people in Camden by reducing social exclusion and poverty. Well & Wise aims to:

- Increase access to information on healthy living activities and opportunities
- Increase access to information on income maximisation
- Promote activities that encourage physical and mental well being

Organisation: **AGE CONCERN CAMDEN**

Address: The Margaret Hepburn Centre
11 St Chad's Street
London

Post Code: WC1H 8BG

Telephone: 020 7837 3777

Fax: 020 7278 1904

Email: info@ageconcerncamden.org.uk

Website: www.ageconcerncamden.org.uk

Contact: Mr Gary Jones

Contact position: Chief Officer

Times: Mon-Fri 09.30-13.00, 14.00-17.00. Welfare Officers available for advice Mon-Tue, Thu-Fri 11.00-13.00.

Activities: Provides a wide range of services for older people and represents their interests. Offers support, advice (including personal safety and home security), information, Direct Payments support, counselling, advocacy, 3 resource centres, a housebound visiting scheme, insurance services, intergenerational work, computer training, volunteering opportunities and charity shop.

Health Services for Elderly People (cont.)

Please note: There is also a booklet available entitled "*Getting on in Camden: an information guide about services and activities available for older people.*" To obtain this booklet please write to the following freepost address:

Mary McGowan
London Borough of Camden
FREEPOST LON20516
London
WC1H 9BR

Pregnancy advisory services

Organisation: ANTENATAL RESULTS AND CHOICES

Address: 73 Charlotte Street
London

Post Code: W1T 4PN

Telephone: 020 7631 0285 (Helpline), 020 7631 0280 (Admin)

Fax: 020 7631 0280

Email: arcsatfa@aol.com

Website: www.arc-uk.org

Times: Helpline: Mon-Fri 10.00-17.00. Admin: 10.00 – 18.00

Activities: Support and information for parents throughout antenatal screening and testing, whilst waiting for results and upon diagnosis of foetal abnormality.

Organisation: BRITISH PREGNANCY ADVISORY SERVICE

Address: 26-27 Bedford Square
London

Post Code: WC1B 3HP

Telephone: 0845 730 4030 (appointments); 020 7612 0200 (Admin)

Fax: 020 7323 4215

Email: info@bpas.org

Web site: www.bpas.org

Times: Telephone enquiries and appointments: Mon-Fri 08.00-21.00, Sat 08.30-18.00 and Sun 09.30-14.30.

Activities: Registered charity offering abortion advice and care, pregnancy testing, post-abortion counselling, sterilisation, post-coital contraception and vasectomy. Clients may be referred by GPs or Family Planning Clinics, or may self-refer.

Pregnancy advisory services (cont.)

Organisation: BROOK (EUSTON)

Address: 92-94 Chalton Street
London

Post Code: NW1 1HJ

Telephone: 020 7387 8700; 0800 0185 023 (Helpline)

Fax: 020 7387 8500

Web site: www.brook.org.uk

Contact: Paula Currie

Contact position: Locality Manager

Times: Sessions with medical staff: Mon-Thu 12.00-19.00, Fri 12.00-15.00 and Sat 12.00-14.00.

Activities: Alternative contact: Mary Banks, Centre Manager.
Free walk-in service for young people under 25, providing advice and practical help with birth control (including emergency contraception), pregnancy testing, abortion referral, infection testing and emotional problems.

Organisation: CROWDALE HEALTH CENTRE WOMENS HEALTH SERVICES

Address: 59 Crowndale Road
London

Post Code: NW1 1TN

Telephone: 020 7530 3800

Fax: 020 7530 3856

Times: Mon-Fri 09.00-17.00.

Activities: Health clinic with no doctors practice. Family planning and pregnancy testing by appointment or drop in. Ante natal clinic by appointment.

Pregnancy advisory services (cont.)

Organisation: DISABILITY PREGNANCY AND PARENTHOOD INTERNATIONAL

Address: National Centre for Disabled Parents
Unit F9, 89-93 Fonthill Road
London

Post Code: N4 3JH

Telephone: 0800 0184730 (Freephone), 020-7263 3088 (Admin)

Fax: 020 7263 6399

Minicom: 0800 018 9949

Email: info@dppi.org.uk;

Web site: www.dppi.org.uk ;

Times: Information Service: Mon-Thu 10.00-16.00, Fri 10.00-14.00.

Activities: Provides information to parents and prospective parents who have disabilities and also to health and social work professionals. Promotes the networking of information and experiences on all aspects of disability relating to pregnancy and parenthood. Produces a quarterly journal.

Organisation: DISABLED PARENTS NETWORK (DPN)

Address: National Centre for Disabled Parents
Unit F9, 89-93 Fonthill Road
London

Post Code: N4 3JH

Telephone: 0870 241 0450

Fax: 020 7263 6399

Minicom: 0800 018 9949

Email: information@disabledparentsnetwork.org.uk

Web site: www.disabledparentsnetwork.org.uk

Times: Information Service: Mon-Thu 10.00-16.00, Fri 10.00-14.00.

Activities: Disabled Parents Network (DPN) is a national membership organisation of and for disabled people who are parents or who hope to become parents, and their families, friends and supporters.
Main aim to put disabled parents in touch with others so that they can support each other.

Pregnancy advisory services (cont.)

Organisation: MARGARET PYKE CENTRE

Address: 73 Charlotte Street
London

Post Code: W1T 4PL

Telephone: 020 7530 3600 (main switchboard); 020 7530 3636 (Advice);
020 7530 3650 (Appointments)

Fax: 020 7530 3646

Web site: www.margaretpyke.org

Times: Mon-Thu 09.00-18.30, Fri 08.00-16.00.
Advice sister/emergency contraception: Mon-Fri 09.00-15.30.

Activities: National Health Service women's health clinic. Specialist services include: pregnancy testing and advice, cytology (smear testing), psycho-sexual counselling and a 40+ clinic including HRT. Implanon and IUD/IUS clinics.

Organisation: TOMMYS THE BABY CHARITY

Address: 1 Kennington Road
London

Post Code: SE1 7RR

Telephone: Information line: 0870 777 30 60; Admin: 0870 770 7070

Fax: 0870 770 7075

Email: info@tommys.org

Web site: www.tommys.org

Contact: Miss Charlotte Davies

Contact position: Information manager

Times: Mon-Fri 09.00-17.00.

Activities: Provides information on general health in pregnancy, premature birth, miscarriage, still birth and toxoplasmosis.