



## Directory and Support Services



# Southwark Wellbeing Hub

- Information, advice and access service providing support to anyone who lives, or has a GP in Southwark.
- First point of contact for people worried about their mental health/wellbeing or that of someone close to them/who they are supporting.
- No age limit - under 16's supporting wider network to support them (parent/guardian, school, Social worker).



# What we support with?

- Any issue that someone identifies as effecting their wellbeing:

Benefits

Carer

Debt/Finances

Domestic Abuse

Education/training

Employment

Homelessness

Housing

Legal

Physical Health

Social isolation

Mental Health Support

Volunteering

Relationships



# How do you get support from the Hub?

- 12pm – 5pm, Monday to Friday drop in at Thames Reach Employment Academy
- Satellite Pop-Ups around the Borough
- Phone, Text or Email
- Referral from professionals, GP, Community Mental Health Team, Therapist, etc.
- Through Partner Voluntary Organisations
- Using our Online Directory



# What other services does the Hub provide?

- Wellbeing Workshops & Activity Groups
- 1:1 Peer Support – face to face and telephone.
- Self-Management Peer Support Groups
- Volunteering
- Service User Focus Group



# Contact us

**Opening hours:** 9am – 5pm, Monday to Friday  
(drop-in 12pm – 4.30pm, Monday to Friday)

**Call:** 0203 751 9684

**Text:** 'HUB1' and your query to 82727

**Email:** southwarkhub@together-uk.org

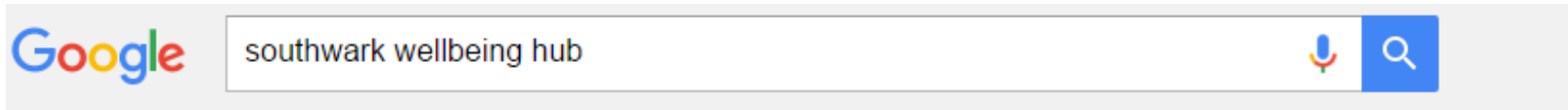
**Twitter:** @SouthwarkHub

<http://www.together-uk.orgsouthwark-wellbeing-hub/contact-the-hub/>



# Southwark Wellbeing Hub Directory

Open your web browser and type in [southwarkhub.together-uk.org](http://southwarkhub.together-uk.org) or Google 'Southwark Wellbeing Hub' and click on the first result.



[All](#) [Maps](#) [News](#) [Images](#) [Shopping](#) [More ▾](#) [Search tools](#)

About 69,600 results (0.46 seconds)

## Southwark Wellbeing Hub Directory | - Together

[www.together-uk.org/southwark-wellbeing-hub/the-directory/](http://www.together-uk.org/southwark-wellbeing-hub/the-directory/) ▾

Hello and welcome. We are a service providing information and support to anyone living in **Southwark** who is worried about their **wellbeing**, or that of someone ...

You've visited this page many times. Last visit: 20/03/16



Search for a service e.g. 'Dragon Café' or a topic e.g. 'benefits'. You can also browse through the different categories at the bottom of the page.

**Southwark Wellbeing Hub**  
Taking the stress out of finding support

**Southwark Wellbeing Hub Directory**

About The Hub

Personal Budgets

What's On

Contact Us

Hello and welcome. We are a service providing information and support to anyone living in Southwark who is worried about their wellbeing, or that of someone close to them.

Finding the right support can seem complicated and overwhelming. Our job is to make the process simpler.

Search our directory of organisations to find the support you need. Either click on the icons or type your query directly into our search function. You can search by both postcode and key word.

To find out more about the Southwark Wellbeing Hub, have a read [about us](#) and [get in touch](#) so that we can get to know you and see how we can help. You can also [sign up](#) for the [Southwark Wellbeing Hub Newsletter](#) for bi-monthly updates.

### The directory

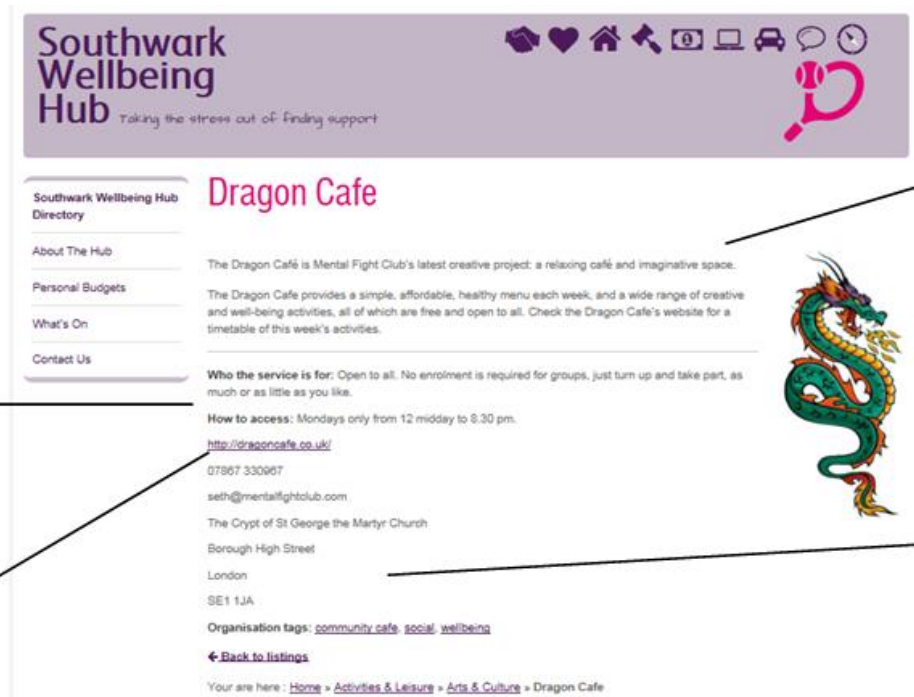
[Advanced Search](#)

- Activities & Leisure
- Care & Support
- Health & Wellbeing
- Housing
- Legal & Advocacy
- Money
- Skills & Work
- Transport
- Have Your Say





Click on an entry to find out more about the service and how to access it.



The screenshot shows the Southwark Wellbeing Hub website. At the top, there is a purple header with the text "Southwark Wellbeing Hub" and the tagline "Taking the stress out of finding support". To the right of the header are several icons representing different services: a house, a heart, a magnifying glass, a car, a laptop, a speech bubble, and a clock. Below the header is a navigation menu with the following items: "Southwark Wellbeing Hub Directory", "About The Hub", "Personal Budgets", "What's On", and "Contact Us". The main content area is titled "Dragon Cafe" in a large, pink font. To the right of the title is a colorful illustration of a dragon. Below the title, there is a description of the cafe: "The Dragon Café is Mental Fight Club's latest creative project: a relaxing café and imaginative space. The Dragon Café provides a simple, affordable, healthy menu each week, and a wide range of creative and well-being activities, all of which are free and open to all. Check the Dragon Café's website for a timetable of this week's activities." Below the description, there is a section titled "Who the service is for:" followed by the text "Open to all. No enrolment is required for groups, just turn up and take part, as much or as little as you like." Below this, there is a section titled "How to access:" followed by the text "Mondays only from 12 midday to 8:30 pm." Below the access information, there is a list of contact details: a website URL (<http://dragoncafe.co.uk/>), a phone number (07867 330967), an email address (seth@mentalfightclub.com), and the address (The Crypt of St George the Martyr Church, Borough High Street, London, SE1 1JA). Below the contact details, there are "Organisation tags: community cafe social wellbeing" and a link to "Back to listings". At the bottom of the page, there is a breadcrumb trail: "You are here: Home > Activities & Leisurs > Arts & Culture > Dragon Cafe".

Organisation name and description.

How to access the service.

Website

Contact details



# Any Questions?

