

Community Health Services

Last updated 26 Feb 2019

Introduction:

Home to some 312,000 people, Southwark is a patchwork of communities: from leafy Dulwich in the south, to bustling Peckham and Camberwell, and the rapidly changing Rotherhithe peninsula. Towards the north, Borough and Bankside are thriving with high levels of private investment and development. Yet there remain areas affected by high levels of deprivation, where health outcomes fall short of what any resident should expect.

Here is a list of our key challenges and some our contacts for both local and national community health providers, that provide a community service and further advice.

Overweight and Obesity:

Adults

- Contemporary health dedicated to training healthcare professionals on health problems related to the 21st century lifestyles. These include obesity, mental illness, chronic pain, chronic fatigue syndrome and other similar health concerns. Their mission is to make the healthcare profession in the UK the most obesity literate in the world.

Website: <http://www.contemporaryhealth.co.uk/about/>

Community Groups

- HEAL-D (Lifestyle for Diabetes in African and Caribbean Communities): <https://www.heal-d.co.uk/>
- Food for purpose specialise in supporting faith groups in supporting physical and spiritual health: <http://www.foodforpurpose.org/>
- <https://www.nhs.uk/Change4Life/>

Children

- Change4Life is a public health programme in England; it is a national social marketing campaign to tackle the causes of obesity:

Email: <https://change4life.service.nhs.uk/change4life>

- For children and young people aged 4-17, Alive N Kicking is a healthy lifestyles programme to support whole families to make small, easy changes to benefit health.

Email: EH.AliveNKickingSouthwark@nhs.net

Website: <http://www.ank.uk.com/ank-26>

Long term conditions

Diabetes

- Diabetes UK a leading UK charity that cares for, connects with and campaigns on behalf of all people affected by Diabetes –

Website: <https://www.diabetes.org.uk/>

- National Diabetes Prevention Programme ICS Health -

Telephone: 0333 577 3010

Website: <https://preventingdiabetes.co.uk/referrers/south-london/>

Cardiovascular Disease

- BHF have a range of good resources here on diet, physical activity and condition management:

Website: <https://www.bhf.org.uk/information-support/publications/preventing-heart-disease>

Smoking

- Find your local stop smoking service through the Stop Smoking London Portal <https://stopsmokinglondon.com/> . If you just want to speak to a specially trained advisor, you can call the helpline on 0300 123 1044.
- You can also talk to your pharmacy. They have specialist stop smoking advisors who can help you plan how to quit and support you through the first few difficult weeks after you stop smoking.

Sexual Health

- Rise Partnership a Sexual health promotion for BAME and MSM
Email: <http://www.risepartnership.co.uk/>

Mental Health

- Southwark Association for Mental Health charity aiming to promote independent development and campaigning in the field.
Website: <https://communitysouthwark.org/organisations-venues/organisations/southwark-association-mental-health>
- Together Southwark Wellbeing Hub "A national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives.
Website: <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/>
Email: southwark-yourway@together-uk.org
- South London NHS Mental Health team providing consultation and advice courses, workshops and groups guided self-help, individual counselling and psychological therapy
Website: <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/>
- Mind - a charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.
Website: <http://www.mind.org.uk/>
Email: info@lambethandsouthwarkmind.org.uk

Health Protection

- London Roses Community Services provides health protection, health promotion, raising awareness on various challenging issues that are affecting children, young people and families in Southwark. And action against abuse, violence, inequalities and poverty.
Website: <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/9435/london-roses-community-services/>

Free or low cost training

- RSPH level 2 health promotion courses:
Website: https://www.rsph.org.uk/qualification/level-2-award-in-understanding-health-improvement_2017.html
- British heart Foundation restart a heart training / kits:
Website: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>
- Diabetes champions training, become a volunteer and gain qualifications.
Website: https://www.diabetes.org.uk/Get_involved/Volunteer/Community-champions

Other

- Faith Action: <http://www.faithaction.net/resources/>
Resources including:
 - Working with Faith Groups to promote Health and Wellbeing

- How Faith Based organisations support our health and care system
- Keeping pressure off hospitals

Food Poverty

- PECAN operate the Southwark Food Bank which runs several services across the borough
Website: <https://www.pecan.org.uk>
Telephone: 020 7732 0007
- Central Southwark Community Hub also operates food banks from four locations through the week
Website: <https://www.cschub.co.uk>
- Southwark Food Cycle, combines volunteers, surplus food and spare kitchen spaces to nutritious meals for people at risk of food poverty and social isolation.
Website: <https://www.foodcycle.org.uk/> ;
Email: phylmay08@gmail.com