



Charlton Central Neighbourhood Watch

Pastoral, Spiritual and Wellbeing Support in a Time of Need

As we face being 'in doors' for an extended period, we recognise that being safe is not just about avoiding scams etc. Our aim is to make Charlton Central a safer, friendlier and healthier place to live – this includes our mental health. These 2 pages list information for pastoral, spiritual and well-being support during this time of uncertainty.

Pastoral and Spiritual

CHARLTON BENEFICE (ST THOMAS' AND ST LUKE'S) is providing support via telephone calls, emails and social media. You can find out more by visiting website www.charlton.church or by texting/phoning 07922587263. From Rvd Liz Newman: *'We are here to love and serve at this painful time for our nation and whole world. Everyone is welcome (to contact us) – believers or not, we are all part of the human family. So please visit our website. And if you would like us to pray for you or anyone you know, please contact us and we will do that.'*

OUR LADY OF GRACE is running a daily DIAL IN service with Father Hyacinth. Join at 11.50 am for a 12.00 o'clock Mass. Participant instructions Dial-in-number 0330 606 0403 Access code 111879. Phone 0208 858 0401 for changing information.

THE GURDWARA SAHIB WOOLWICH has set up an outreach team to support the elderly and vulnerable via the Singh Sabha Southall & the Sikh Welfare Awareness Youth Team. Contact them on 07927 384 623. Alternatively you can contact the Gurdwara by emailing sewadar1@gmail.com or ringing 0208 854 4233 (Langar hall phone) or 0208 854 3224 (Office phone). Visit <http://www.woolwichgurdwara.org.uk> for changing information.

THE GREENWICH ISLAMIC CENTRE – *'we are firmly committed to delivering key services to our community during this difficult period'*. Imams will be available via telephone lines to give spiritual guidance and advice: call 020 8855 0786 (11am to 7pm). Visit YouTube channel for live updates/lectures www.youtube.com/channel/UC-sRkAK1IF4GuXJptZW4fww also visit <https://gicuk.org> for changing information.

JEWISH CARE and Nightingale Hammerson provide information on local Jewish facilities, events and services. The South London Community Support Service can be reached by contacting the Jewish Care Helpline on 0208 922 2222 quote Stephen Ison to filter your call appropriately. For more information visit www.southlondonjewishservices.org.uk or www.jewishcare.org

THE LONDON BUDDHIST CENTRE is *'committed to continuing to share our teachings and practices during this challenging period'*. They are offering an online programme, phone 0208 9811225 or go to www.londonbuddhistcentreonline.com for changing information.

THE SOUTH EAST HINDU ASSOCIATION can be contacted on 0208 854 4906 or emailing mail@seha.org.uk. Visit <https://seha.org.uk>

HUMANIST UK operates at an institutional level providing non-religious pastoral services to the NHS, the Prison and Probation Service etc. (see <http://nrpsn.org.uk>). Humanists UK will be launching 'Humanism at Home' over the next few weeks. This will be a useful place to go to for engagement with humanist topics and come together with others in the humanist community. Visit <https://humanism.org.uk> or ring 020 7324 3060 for changing information.

Please remember we are here to help and if you need it – contact any of our co-ordinators:

♥ **Calydon** – Dhesi on 07816 548581 ♥ **Delafield** – Annie on 0208 305 1484 / Brenda on 07939 090676 ♥ **Inverine** – Cathy on 0208 488 2188 / Jonathan on 07875 054597 ♥ **Nadine / Gollogly** – Lydia on 07956 207155 ♥ **Swallowfield** – Heather on 07836 559420 ♥ **Elliscombe** - Michelle on 07957 275739

We aim to support both body and soul. If you would like an exercise sheet especially designed for the elderly please contact brendataggart49@gmail.com or phone 07939 090 676 and we'll get one to you.

PTO

Wellbeing help lines

Whether you're concerned about yourself or a loved one, these help lines and support groups can offer expert advice.

Anxiety UK diagnosed suffers 03444 775 774 www.anxietyuk.org.uk

Bipolar UK manic depression/bipolar disorder www.bipolaruk.org.uk

CALM Campaign Against Living Miserably, (men aged 15 - 35). 0800 58 58 58 www.thecalmzone.net

Men's Health Forum support for men by text, chat and email www.menshealthforum.org.uk

Mental Health Foundation mental health problems/learning disabilities www.mentalhealth.org.uk

Mind any mental health problems 0300 123 3393 www.mind.org.uk

No Panic panic attacks/obsessive compulsive disorder (OCD) 0844 967 4848 www.nopanic.org.uk

OCD Action obsessive compulsive disorder 0845 390 6232 www.ocdaction.org.uk or **OCD UK** 0333 212 7890 www.ocduk.org

PAPYRUS young suicide prevention society 0800 068 4141 www.papyrus-uk.org

Rethink Mental Illness living with mental illness 0300 5000 927 www.rethink.org

Samaritans for feelings of distress or despair 116 123 www.samaritans.org.uk

SANE supporting those with mental illness 0300 304 7000 www.sane.org.uk/textcare

YoungMinds adolescent mental health Parents' line 0808 802 5544 www.youngminds.org.uk

NSPCC child abuse - 0800 1111 for Childline for children or 0808 800 5000 for adults concerned about a child www.nspcc.org.uk

Refuge domestic violence 0808 2000 247 www.refuge.org.uk

Alcoholics Anonymous 0800 917 7650 www.alcoholics-anonymous.org.uk

National Gambling Helpline 0808 8020 133 www.begambleaware.org

Narcotics Anonymous 0300 999 1212 www.ukna.org

Alzheimer's Society 0333 150 3456 www.alzheimers.org.uk

Cruse Bereavement Care 0808 808 1677 www.cruse.org.uk

Rape Crisis 0808 802 9999 www.rapecrisis.org.uk

Victim Support 0808 168 9111 www.victimsupport.org

Beat eating disorders 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) www.b-eat.co.uk

Mencap learning disability 0808 808 1111 www.mencap.org.uk

Family Lives parenting 0808 800 2222 www.familylives.org.uk

Relate relationships www.relate.org.uk