

**AN ELECTRONIC RESOURCE HANDBOOK FOR
CNWL MEMORY SERVICES:
DEMENTIA INFORMATION FOR BLACK, ASIAN
AND MINORITY ETHNIC COMMUNITIES**

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**An Electronic Resources Handbook for CNWL Memory Services
Dementia information for black, asian and minority ethnic (BME) communities
ALL THESE MATERIALS ARE PUBLIC DOMAIN ACCESS**

February 2015

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CNWL would like to acknowledge the direct support of the following organisations in developing this handbook:

**Alzheimer's Society
Asian Peoples Disability Alliance
Chinese National Healthy Living Association
Culture Dementia UK
Dementia UK
Irish in Britain
Nubian Life
PLIAS
Race Equality Foundation**

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A. Purpose of this handbook

It was recognised in a 2014 report by The All Party Parliamentary Group on Dementia that the number of people living with dementia amongst BME communities will increase seven-fold by 2051 (much higher than the proportional increase in number in the UK white majority population). However often due to lack of knowledge about dementia and stigma in BME communities it is more likely that people living with dementia from these communities do not present to Memory Clinics for diagnosis in the early stages of the illness.

There is little research on the impact of dementia in BME communities. Cultural and language issues for these communities will be important for the diagnostic process and post-diagnostic support plans, as CNWL Trust serves some of the most ethnically diverse boroughs in the UK.

Diagnosis and post diagnostic support should include access to the relevant culturally appropriate information and support services for both the person living with dementia and their family and carers.

This handbook is an information resource to help clinicians and support staff in CNWL Memory Clinics in signposting people from BME communities who are living with dementia and their families and carers to relevant information about dementia and community group resources in their area. It also contains information on local demographics and working with interpreters in dementia care.

B. General resources

1. Websites with general information on impact of dementia on BME communities for carers, family members and people living with dementia

http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=538&pageNumber=5

From the Alzheimer's Society website. Living with Dementia, Diversity and Dementia article

http://www.mecopp.org.uk/contact_us_home.php

Minority ethnic carers of older people project website: Support for minority ethnic carers to access supports and services that suit their caring situation

2. Websites with guidance on care and support issues for clinicians and care staff in working with dementia on BME communities

http://www2.rcn.org.uk/development/practice/dementia/supporting_people_with_dementia/cultural_diversity

From the Dementia and Diversity pages which are now archived following a 2015 update of the Royal College of Nursing website. It includes resources to help with understanding some of the particular difficulties and issues that can be faced by people with dementia and their carers from diverse groups, and provides guidance on implementing appropriate support and care.

<http://www.meriyadain.co.uk/pdfs/publications/Dementiaguide2011ENGLISH19may11.pdf>

From the Meri Yaadain website. Caring for Dementia: Exploring good practice on supporting South Asian carers through access to culturally competent service provision.

http://www.praia.org/index.php?option=com_content&view=article&id=85&Itemid=109

From the Policy Research Institute on Ageing and Ethnicity (PRAIA). Vast variety of publications on ethnicity and ageing, including material on a Major European Initiative on Mental Health in Dementia.

<http://www.raceequalityfoundation.org.uk/publications/hardcopy/respect-learning-materials-social-care-staff-working-black-and-minority-ethnic>

The Race Equality Foundation has produced a video and resource guide, entitled Respect, aimed at social care staff working with black and minority ethnic older people.

<http://www.ageuk.org.uk/>

Age Concern Black and Minority Ethnic Elders Forum is open to organisations and professionals with an interest in influencing policies and services for older people from minority ethnic groups.

http://www.scie.org.uk/atoz/getsearchresults?f_az_subject_thesaurus_terms_s=black+and+minority+ethnic+people&st=atoz

The Social Care Institute for Excellence has introduced a system of 'signposting' by preparing a brief summary of its publications, including material on ethnicity.

3. Online text based materials on dementia in translation for carers, family members and people living with dementia

Please note that United States based sites will not have health information specific to UK health and social services but have useful general information resources

http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2612

From the Alzheimer's Society website. 'Dementia Guide' in Hindi, Punjabi, Urdu, Bengali, Traditional Chinese and Welsh.

http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=1138

From the Alzheimer's Society website. 'Worried about your memory?' booklet in Arabic, Bengali, Chinese, French, Gujarati, Italian, Polish, Punjabi, Somali, Tamil, Turkish, Urdu and Welsh.

www.alzheimers.org.uk/resourcelists

From the Alzheimer's Society website. Black and Ethnic Minorities publications, journals, DVDs, and research reports.

<https://www.healthinfotranslations.org/>

Health Information Translations provides education resources in multiple languages for health care professionals and others to use in their communities.

'Types of Dementia' information sheet is available in French, Somali, Hindi, Spanish, Russian, Japanese, Korean, Ukrainian and Chinese Simplified.

'Alzheimer's Disease' information sheet is available in all of the above languages as well as in Traditional Chinese.

<http://www.alz.co.uk/other-languages>

The Alzheimer's Disease International website contains a vast number of resources in different languages, including information leaflets and web links to dementia related societies and member associations around the world. This includes Alzheimer's Association (USA) and Alzheimer's Australia, both of which have many information sheets in a large number of languages.

<http://www.rcpsych.ac.uk/mentalhealthinformation/languages.aspx>

Royal College of Psychiatrists' website has the information leaflets 'Alzheimer's and Dementia Key Fact' or 'Dementia' in Chinese, French, Hindi, Japanese, Lithuanian, Polish, Romanian and Russian.

<http://www.cmha.org.uk/about-us-/past-services/carers-project/carers-leaflets-simplified/138-dementia>

Chinese Mental Health Association website has a carers' leaflet on Understanding Dementia in Traditional Chinese.

<http://www.healthscotland.com/uploads/documents/15535> -

FacingDementiaChinese210311_LR.pdf

From the Health Scotland website. Facing Dementia leaflet in Chinese.

<http://www.meriyadain.co.uk/news.html>

From the Meri Yaadain website. Dementia Guide 2011 in Urdu.

http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/national_resources_and_training_development_tools/dementia_resources/

From the NHS Health Checks website. Health check dementia leaflets in Bengali, Gujarati, Hindi, Urdu, Punjabi, Polish, French, Russian, Somali, Portuguese, Chinese, Pashtu, Romanian, Slovak and Spanish.

<https://www.nlm.nih.gov/medlineplus/languages/alzheimersdisease.html>

From the Medline Plus website, a United States National Library of Medicine. Various information leaflets on Alzheimer's disease in Arabic, Bosnian, Simplified Chinese, Traditional Chinese, French, German, Hindi, Italian, Japanese, Korean, Polish, Portuguese, Russian, Somali, Spanish, Ukrainian and Japanese.

4. Online video based materials on dementia in translation for carers, family members and people living with dementia

http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2558&pageNumber=3

From the Alzheimer's Society website. Video 'Dementia Friendly Gurudwaras' created to raise awareness of Dementia in South Asian, Punjabi and Sikh Communities.

https://www.youtube.com/watch?v=sY_WrgnXvUs

From the Alzheimer's society youtube channel. It includes a full documentary on Alzheimer's disease in Spanish.

<https://www.youtube.com/user/AlzheimersSociety>

From the Alzheimer's society youtube channel. It includes videos 'What is Dementia-Information Programme for South Asian Families' in Hindi and Urdu.

<https://www.youtube.com/playlist?list=PL6Qsh0P6vDZlzzpvdkcT1MOo4sPCScbU1>

From the Alzheimer's society youtube channel. 'The dementia guide: translated films' in Traditional Chinese/Cantonese, Bengali/Sylheti, Hindi, Punjabi and Urdu.

http://www.praiae.org/index.php?option=com_content&view=article&id=87&Itemid=111

From the Policy Research Institute on Ageing and Ethnicity (PRAIA). Videos available:

- Investing in ageing and ethnicity
- Ageing and Ethnicity: Dementia matters ethnic concerns
- Minority Elders Policy Network conference film with a difference
- Ageing and Ethnicity: Playing our part after 50
- Get Active Today: physical active ageing among minority ethnic elders
- Ageing and Ethnicity: progressing policy with passion

<http://www.meriyadain.co.uk/meriyadain.html>

From the Meri Yaadain website. A DVD with South Asian people with dementia and their carers, sharing their stories of how they are coping with the illness on a daily basis.

<http://www.bbc.co.uk/news/health-34479854>

Short news clip on the importance of culture in care for dementia patients 8 October 2015 BBC 6 o'clock News.

5. UK based social media resources

Linked In Group

Dementia and minority ethnic communities

<https://www.linkedin.com/groups/4271774>

A group to bring together people with experience and an interest in working in the field of dementia with BME and refugee communities to share knowledge, thoughts, experiences and resources. Often people new to this area have to 're-invent the wheel', find relevant information hard to locate or lack a 'sounding board' to test ideas. Excellent work is often lost as the project may only have short term funding or no funding or resources to publicise.

Facebook

Resources for Dementia and BME Communities

<https://www.facebook.com/FacebookUK#!/Resources-for-Dementia-and-Black-Minority-Ethnic-and-Refugee-Communities-122493921131184/>

Culture Dementia UK

<https://www.facebook.com/FacebookUK#!/Culture-Dementia-UK-218782728182760/?fref=ts>

Twitter

@davidondementia

Senior NHS Project Manager and independent writer and speaker on dementia and its impact on BME communities in the UK

@AlliAnthony

Project Manager for Connecting Communities Project. Alzheimer's Society

@SahdiaParveen

PhD in Health Psych. Postdoctoral Research fellow working with the Bradford dementia group. Interested in #ptsafety #dementia #carers

@DementiaTweets

Dementia Diaries is a national series of audio diaries that document the day-to-day lives of people living with dementia

@BMEdementia

Dementia in BME communities. Writing, editorial & bespoke training packages on subject

@JutllaK

Independent consultant in Dementia care promoting cultural competency

@drmzh

PhD Researcher, Uni. of Portsmouth. Associate Fellow of HEA, UK. Research Interest:

#Dementia experience in Britain's #Bangladeshi #SouthAsian

@BME_Dementia

Manager of a nationally recognised Meri Yaadain Dementia Team (My Memories) and now a part time PhD student too looking into Dementia.

@CultureDementia

A national charity set up in 1998 to support carers and people with dementia in the BME communities

@BMEHAW

We work with healthcare professionals, locally, nationally & internationally on Dementia Awareness & better Health & Wellbeing for South Asian/BME groups.

@BME_DemNetwork

Sharing good practice in dementia care for BME communities #BMEdementia

@AlzDisInt

Alzheimer's Disease International (ADI) is the global voice on dementia. We are the umbrella organisation of Alzheimer associations around the world

@/DiverseAlz

Dementia awareness for a diverse world. Everyone counts. Hosts #DiverseAlz Thurs 8pmGMT

6. Other recommended websites

Culture Dementia UK

<http://www.culturedementiauk.org>

Jewish Care

<https://www.jewishcare.org>

Nubian Life

<http://www.housingcare.org/service/ser-info-5667-nubian-life-res.aspx>

Race Equality Foundation

<http://www.raceequalityfoundation.org.uk/>

Chinese National Healthy Living Centre

<http://www.cnhlc.org.uk/english/>

Asian Peoples Disability Alliance

<http://www.apda.org.uk>

Mental Health Foundation

<http://www.mentalhealth.org.uk>

Dementia Friendly Gurudwaras

<http://dementiafriendlygurudwaras.com>

Irish in Britain

<http://www.irishinbritain.org>

7. Suggested online further reading for staff and clinicians

<http://www.rcpsych.ac.uk/files/pdfversion/CR156.pdf>

Psychiatric Services for Black and Minority Ethnic Older People, Royal College of Psychiatrists 2009 CR156.

This document looks at the mental health needs of BME older people and the psychiatric services offered to this group, focussing on the main changes that have occurred since the original college report (CR103) published in 2001. The main areas covered include:

- Definition of BME older people.
- Demographic changes.
- Review of influential publications and policy pertaining to the mental health of BME groups in general and those specifically relevant to BME older people.
- Research involving psychiatric aspects of BME older people.
- Current examples of good practice.
- Revision of recommendations as a result of this review.

http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4060232.pdf

Developing services for minority ethnic older people: the audit tool, Department of Health 2002.

This audit tool has been prepared by the Department of Health to act as practice guidance for all councils with social services responsibilities, and other local stakeholders aiming to improve services for minority ethnic older people. The audit tool includes a diagnostic questionnaire and an action plan template.

http://www.priae.org/assets/aim/housing/PRIAE_BME_Extra_Care_Housing_Report.pdf

Developing extra care housing for BME elders: an overview of the issues, examples and challenges, PRIAE 2006 Professor Naina Patel and Peter Traynor.

A report commissioned by the Housing LIN at the Department of Health contains guidance

on key issues in developing extra care housing for BME elders and examples of good practice managing better mental health care for BME elders. This is a comprehensive five part guide to working with mental health issues for older people from minority ethnic communities. The publication brings together work of several years and people who have contributed to the development of mental health among BME elders.

<https://www.jrf.org.uk/report/meeting-needs-chinese-older-people>

Chinese older people - A need for social inclusion in two communities, Joseph Rowntree Foundation 2000 Wai Kam Yu.

Based on the belief that Chinese older people in the UK should have the opportunity to voice their views and to be listened to, this study examines their caring needs from a user's perspective. In the study, 100 Chinese older people in South Yorkshire, London and Glasgow were interviewed, both individually and in focus groups.

http://www.mentalhealth.org.uk/content/assets/PDF/publications/culture_care_dementia.pdf

Culture and care in dementia: a study of the asian community in North West Kent, Alzheimer's and Dementia Support Services 2004 Dr. Viniti Seabrooke & Alisoun Milne.

http://www.ageconcern.org.uk/documents/en-gb/for-professionals/research/information%20and%20advice%20needs%20of%20bme%20older%20people%20%282008%29_pro.pdf?dtrk=true

Information and advice needs of BME older people in England, Age Concern 2008 Kamila Zahno and Clare Rhule.

<http://www.mindinharrow.org.uk/DocumentLibrary/AsianEldersProject-FinalReportfromPrinterson25June08.pdf>

Report of the Community Led Research Project on Gujarati-Speaking Asian Elders' Views and Attitudes to Mental Health, Mind in Harrow 2008.

<http://www.raceequalityfoundation.org.uk/publications/downloads/meeting-sheltered-and-extra-care-housing-needs-black-and-minority-ethnic-older-people>

Better Housing Briefing 6: Meeting the sheltered and extra care housing needs of BME older people, Race Equality Foundation 2008.

<http://www.raceequalityfoundation.org.uk/publications/downloads/health-and-social-care-experiences-black-and-minority-ethnic-older-people>

Better Health Briefing 9: The health and social care experiences of BME older people Race Equality Foundation 2008.

<https://www.escholar.manchester.ac.uk/uk-ac-man-scw:86992>

Serving the needs of marginalised groups in dementia care: younger people and minority ethnic groups University of the West of England, Bristol and Dementia Voice 2002 Gavin Daker-White, Angela Beattie, Robin Means and Jane Gilliard.

<http://lemosandcrane.co.uk/home/bmeactionnet>

Lemos & Crane provide a useful website compiling information on BME mental health and guidance on working with black and ethnic minorities at BMEActionNet, a subscription website.

<http://www.equalbutdifferent.org.uk/pdfs/BME%20Elders.pdf>

Black and minority ethnic elders' issues, Age Concern 2002.

https://www.alzheimers.org.uk/site/scripts/download_info.php?downloadID=1186

Dementia does not discriminate: The experiences of BME communities, All-Party Parliamentary Group on Dementia, 2013 Sally Greengross.

This report brings together evidence and understanding about the experience of people with dementia from BME communities. It also seeks good practice examples where services have been tailored to people with dementia from BME communities, so that these examples can be shared.

<http://www.scie.org.uk/publications/briefings/files/briefing35.pdf>

BME people with dementia and their access to support and services, Social Care Institute for Excellence 2011 Jo Moriarty, et al.

This briefing discusses the barriers currently faced by BME people in accessing dementia care services and some of the ways in which services can become better at responding to the needs of BME people in their locality.

C. CNWL – The demographic picture

1. Overview

CNWL is currently commissioned to provide memory service in five West London boroughs. These services are commissioned by local Clinical Commissioning Groups (CCGs) so local commissioners decide the overall expenditure on local services and services that reflect the local priorities and financial resources of these commissioners and their local health partnerships.

Local memory services will vary in the composition of their clinical teams and support services.

The authors compared an estimate of dementia prevalence based on the census population data taken from the 2011 Census data with local CNWL memory service information on service requests for interpreters.

There is no simple relationship between language and cultural support needs in dementia and ethnicity of service users. United Kingdom (UK) first generation migrants aged over 65 who develop dementia may lose their English language skills if they have grown up mainly speaking a language other than English before migrating to the UK.

There may be problems with finding an appropriate interpreter due to historic cultural issues such as caste and nationality of the interpreter, neologisms created by the person living with dementia's confusion of words from English and their mother tongue, English spoken in strong dialect or Patois characterising the speaker's communications, or the speakers use of terms that have fallen out of use or significantly changed meaning since the speaker's youth. For a number of languages there is no equivalent to the English term 'dementia' but only derogatory terms or phrases.

There may be cultural needs that have a bearing on social network and carer support and generally living well with dementia for some first generation migrant populations (e.g. Irish and Irish travellers, African-Caribbean) who may not need language and interpreters

support but may benefit from partnership work with a community agency. An example of such a working partnership is that between Brent Memory Services and Culture Dementia UK. It is not unusual to find second and third generation children, who have been born and brought up in the UK and may be carers of first generation migrants with dementia, and who have great difficulty in conceptualising the early life environment of the first generation migrant. Second generation migrants -who may have been encouraged to speak only in English by their parents and have become carers for those same parents who have now lost their command of English as result of dementia- can benefit from community group mediation, a role that for example has been undertaken by the Chinese National Healthy Living Centre.

This handbook contains information on websites that will provide general information on dementia and also links to audio-visual material in a variety of languages that may be more useful for people who either have never been able to read or who are unable to concentrate on text due to their dementia. When services develop translated information for local services they should always use a qualified translator. When resources can be allocated, information should be developed with the support of local community groups and people living with dementia and their carers.

Diagnostic tools such as Mini-Mental State Examination (MMSE) may need to be adapted to take account of both language and cultural issues.

2. The local demographics – estimated prevalence of dementia

Chart 1

Dementia prevalence in five boroughs over 65 by cohort (2011 Census data)

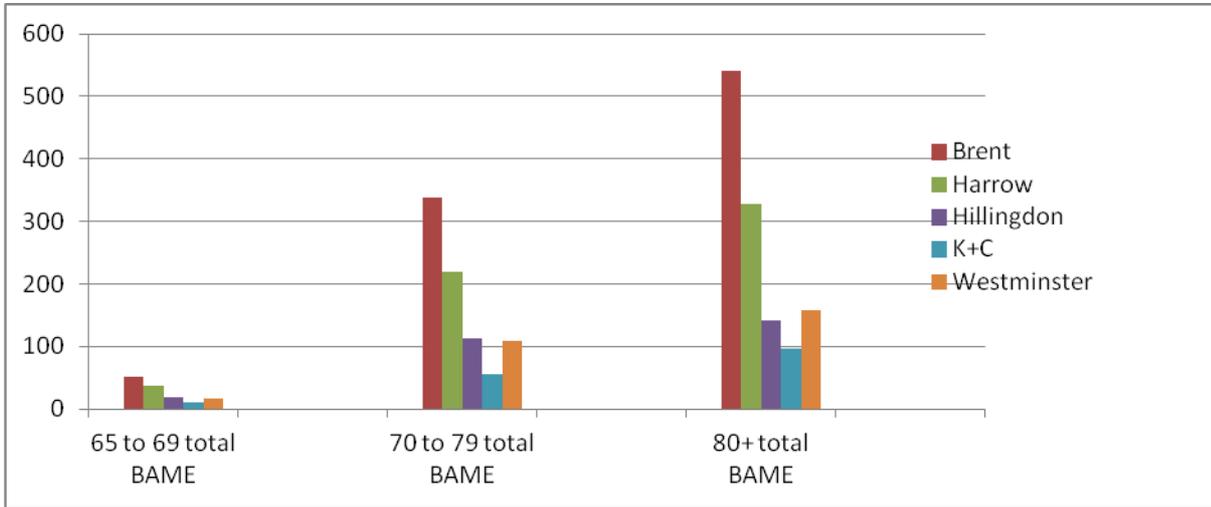


Chart 2

Dementia prevalence in five boroughs over 65 by ethnicity (2011 Census data)

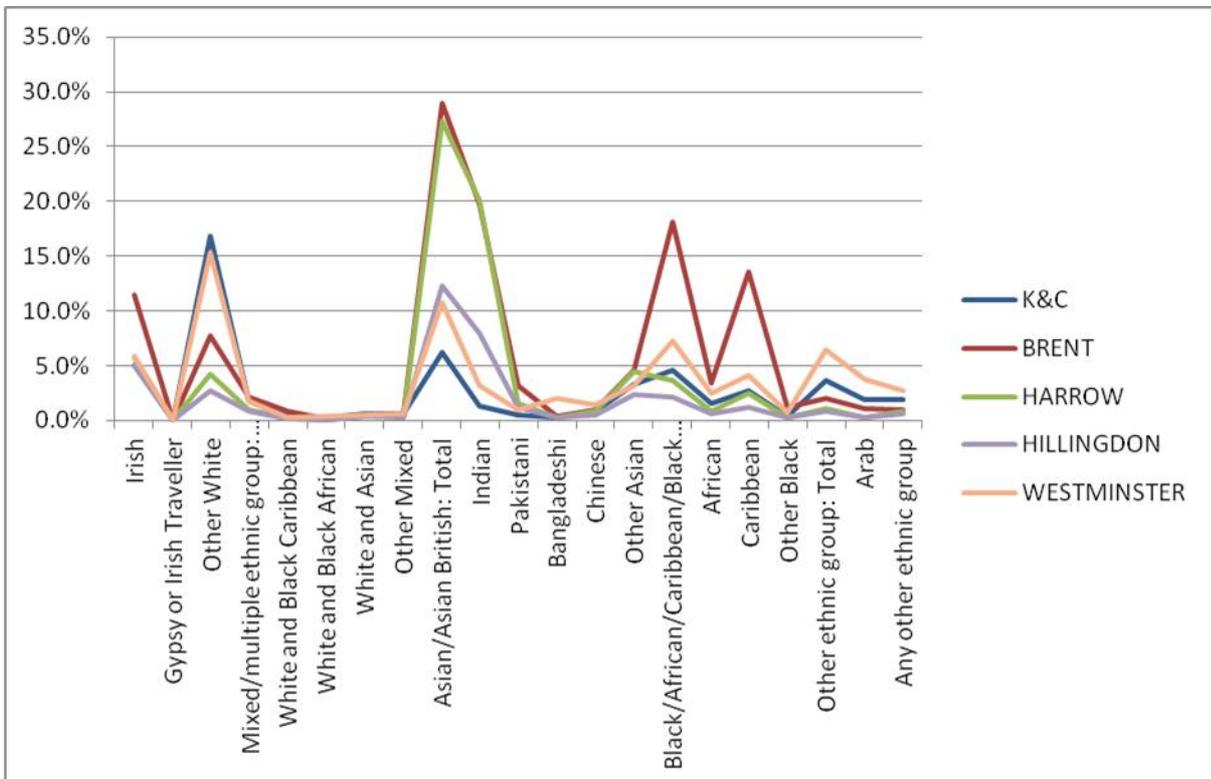
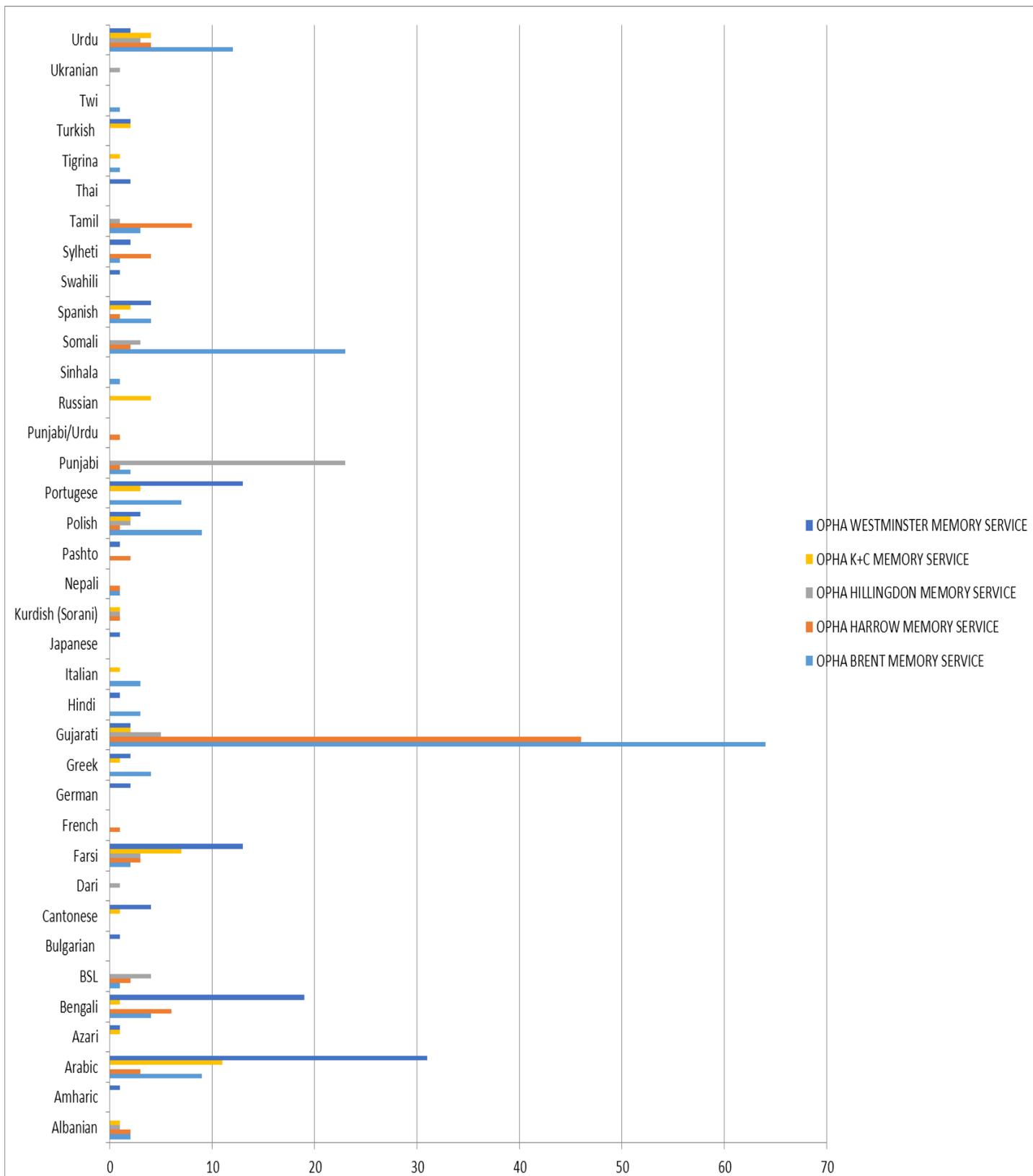


Chart 3

Memory service language support requests in five boroughs (01.10.14 to 30.09.15)



D. Managing the interpreting challenges

These tips were developed from a discussion with Dr. Julia Botsford, Senior Admiral Nurse at Barnet Enfield and Haringey Mental Health NHS Trust & Research Lead for Dementia UK and Yolanda Tavera, an experienced CNWL interpreter manager

1. Tips for health professionals working with interpreters in dementia care settings

For health care professionals, effective communication with a person living with dementia is crucial but can be complex if the person or their carer/family is from a minority ethnic background. It is therefore essential to communicate with the person living with dementia via a professional qualified interpreter.

There might be problems with using relatives/carers as interpreters; the person living with dementia might not want to talk in front of a relative/carer about sensitive issues. Also, the relative/carer might not interpret accurately due to lack of specialised vocabulary or to wanting to censor the information because of embarrassment, cultural stigma or any other reason. Also be aware that they might be expressing their own views and needs. Therefore it is recommended that carers and relatives are not used as interpreters for a person living with dementia only in basic everyday encounters.

Good communication involves both verbal and non-verbal interactions. People with dementia often have difficulty pronouncing or finding the right words, or expressing ideas as words, as well as difficulty following a conversation and they often pick up on body language. Non-verbal communication means different things in different cultures. Having a professional qualified interpreter present in your interaction with a person living with dementia is therefore essential, in order to understand the individual and their culture better.

Before the interview:

- Find out the language and dialect spoken by the service user, and consider the cultural dynamics, for example, do you need to consider the age, caste, gender of the interpreter? The Interpreting Service might be able to help you with these.
- When booking the interpreter with the Interpreting Service, inform them of the nature of the interview and any specific needs of the service user. Give them as much information as possible about the interview and service user, so that they can select an appropriate interpreter for you.
- When informing the Interpreting Service of the duration of the interview, allow at least twice as much time as usual and also book the start point a few minutes before you see the service user. This will give you time to have a pre-briefing with the interpreter to check their knowledge on the subject, clarify expectations, set boundaries and give them instructions.

- Book the same interpreter for repeat appointments if you know these in advance.
- Plan the interview in advance. This is particularly important if you are meeting the service user along with family members and/or carers.
- During the pre-briefing, give the interpreter as much information as possible and explain to them what the interview will entail. Ask the interpreter about what the culture of the service user might mean in this setting: this will help you better understand the service user and their culture but also avoid misunderstandings or causing offence during the interview.
- If you are carrying out a mini mental state examination (MMSE) test and exercises, make sure you inform the interpreter at the pre-briefing. This will give you both a chance to talk about how it will work in the non-English language. For example: the service user may be asked to spell an English word and the interpreter may want to suggest a word which is written/spelt the same way in the service user's mother tongue. (e.g. 'hotel' is written nearly the same in many European languages).
- Set up the room in the most convenient and effective way. You will need to face the service user at a respectful distance and at the same level to avoid intimidating them. Reduce external distractions within the room.

During the interview:

- Introduce yourself and explain your role and allow the interpreter to introduce themselves and also explain their role. Explain to the person with dementia that you are both bound by confidentiality codes. This is a good chance for you to check if the interpreter and the person with dementia actually speak the same language and dialect.
- Be aware that it is your session so you will manage the timing, structure, flow and direction of the interview. You are in control of the session.
- Never leave the interpreter alone with the service user. Remember that the interpreter has an impartial and neutral role.
- Do not engage in lengthy discussions with the interpreter. This will make the service user feel excluded, so explain to them what you are doing.
- Make sure you look at the service user and maintain eye contact, unless the interpreter has informed you in the pre-briefing that this is culturally non acceptable.
- Manage the information in smaller chunks than usual (short sentences) and allow the interpreter to advise you if you are giving too much information at a time. The interpreter will inform the service user of this intervention.
- Speak clearly and at a reasonable pace and be aware that the service user might repeat information due to reduced concentration or memory problems.

- You will need to adjust your tone of voice so it is friendly and positive, and adopt a calm expression. The interpreter should mimic yours and the service user's tone.
- Use simple and straightforward language, avoid acronyms, jargon, abbreviations and technical or too specialised language.
- Be specific and try not to use pronouns such as 'he' or 'she' but use the name of the person you are referring to. This will also help the interpreter.
- The interpreter will use first person when interpreting (e.g. 'I have pain here' rather than third person reported speech 'the patient says she has pain there'). However, if this is proving problematic or confusing for the service user, you may decide to ask the interpreter to switch to the third person reported speech, if this works better for the service user.
- Although humour can help to bring you closer together, and may relieve the pressure, please be aware that the service user might have difficulty understanding humour or sarcasm, and also that these are often difficult to interpret into another language.
- Allow the interpreter to interpret what you say and receive the response.
- As the service user might find it difficult to find the right words or to follow the conversation, be patient and make sure that you give them plenty of time to respond. The interpreter would do the same.
- Allow time between sentences for the service user to process the information and to respond. This might seem like an uncomfortable pause to you but it is important for supporting the service user to communicate.
- Be aware that the answers you get from the service user might not answer your question or might seem out of context, so please do not mistrust the interpreter as they will be interpreting word for word.
- Listen very carefully to the service user, using empathy, and watch their body language but also be aware of your own and the interpreter's body language.
- Do not interrupt the service user, even if you think you know what they are about to say.
- Rephrase questions if you need to: try saying or asking things in different ways.
- Use pictures, gestures and notes if you can and feel that these will help with communication.
- Be reassuring and gentle.
- Avoid using too many open-ended questions, offering too many choices and giving too much information.

- If the interview is too long or you notice changes in the behaviour of the service user, consider taking a break. If the service user is tired or ill, they might have problems with concentration and their abilities to communicate. Also, they might feel confused due to the increased stress in trying to process information or make sense of things.
- Allow time for the service user to ask questions and make sure they have understood any instructions or follow up issues discussed.

After the interview:

- Set up further appointments with the same interpreter if needed. This will give you and the service user a sense of continuity.
- Have a short debrief session with the interpreter as this will be beneficial to both parties.
- Do not ask the interpreter for their clinical opinion, as this is not within their remit. However, you can ask for feedback on the service user's use of language, body language etc, and you can ask for cultural information and clarification.
- Ask the interpreter if they found the session upsetting or emotionally difficult.

2. Tips for Interpreters working with non-English speaking elders in dementia care settings

- Make sure you know the vocabulary (names of types of dementia, names of services dealing with dementia patients, names of methods used to diagnose it, etc).
- Familiarise yourself with what dementia is, types of dementia, how it is diagnosed, how the memory service works?
- Speak clearly and at a reasonable pace and advise the health professional to do so if s/he speaks too fast (and inform the service user of this intervention).
- Manage the information in smaller chunks than usual and advise the health professional to do so if s/he gives too much information at a time (and inform the service user of this intervention).
- Adjust your tone of voice and expression to mimic those of the service provider and the service user.
- Give enough time to the service user to finish what s/he is saying or respond and respect their silences.
- Remember that it is the service provider's session and s/he will manage the timing, structure, flow and direction of the interview.
- Make sure you look at the service user when interpreting for them and to the service provider when interpreting for them.
- If the use of the obligatory first person is proving problematic with the service user, decide with the health professional to switch to the third person reported speech, if this works better for the service user (and inform the service user of this intervention).
- Advise the health professional when you need to ask subsidiary questions from the

service user or rephrase a question as ways of conveying the full meaning of the health professional's question. Keep the service user informed of these interventions.

- Dementia reduces the ability to express ideas into words and to recognise the meanings of spoken and written words, therefore be patient with the service user's answers and respect the timing. Also you may have to mimic their body language to interpret what they say how is being said.
- If the service user utters a sentence or word in an incomplete way, do not complete it when you interpret it, but just interpret it as it was said by the service user.
- If the service user becomes aggressive, do not try to calm them down yourself. Try to keep calm and continue interpreting what both parties are saying. Follow the service provider's instructions.
- When the mini mental state examination (MMSE) test and exercises are being carried out, resist the temptation to 'help' the service user, by doing the following: directing your eyes towards the answer, repeating the question, looking encouragingly to the service user, etc.
- Be aware of your non-verbal communication (body language) and remain neutral and impartial while showing empathy: If your body language is threatening, it can trigger cues for someone with dementia. Empathy and thoughtfulness are therefore very important.
- The health professional may ask you for cultural information and/or clarification. This is because they need to understand both the individual and the culture of the individual in order to avoid misunderstandings or causing offence.
- If you are aware that a MMSE test will be carried out during the session, you might want to suggest a five minutes pre-briefing with the service provider. This will give you a chance to look at how it will work in the non-English language and to talk about it with the service provider. For example: the service user will be asked to spell an English word (common in these tests to diagnose dementia) so you may want to suggest to the service provider a word which is written/spelt the same way in the service user's mother tongue. (e.g. 'hotel' is written nearly the same in many European languages).
- Do not give your opinion at any time. However, if after the session you are asked by the service provider for the person with dementia's use of language, then do give feedback. And also do inform the health professional if you found the session upsetting or emotionally difficult.

3. Vocabulary – Some of the words and phrases interpreters are often be asked to interpret to the patient or family

Agnosia (inability to process sensory information)

Alzheimer's disease

Attention spam

Auditory hallucinations

Bedbound

Bladder incontinence

Bowel incontinence

Brain cell degeneration
 Brain shrinkage
 Carer
 Cerebral cortex
 Changes in mood
 Creutzfeldt-Jakob disease or CJD
 CT scan (computerised tomography scan)
 Dementia
 Dementia with Lewy bodies
 Disinhibition
 Disorientation in time
 Disorientation in space
 Dysphagia (Difficulties with swallowing and chewing)
 Dysphasia/Aphasia (Difficulty with verbal communication)
 Dyspraxia/ Apraxia (Difficulties with movement, balance and coordination, understanding commands and planning to perform tasks)
 Early onset dementia
 EEG (electroencephalogram)
 Fluctuating levels of confusion
 Folate levels
 Frontotemporal Dementia
 Incontinence
 Judgement
 Korsakoff syndrome
 Language skills
 Lasting Power of Attorney
 Long-term memory loss
 Memory clinic/ memory service
 Memory loss
 Mental agility
 Mild cognitive impairment (MCI)
 Mini mental state examination (MMSE)
 Mixed type dementia
 Motor neurone disease
 MRI scan (magnetic resonance imaging scan)
 Neurotransmitters
 Paranoia
 Parkinson's disease dementia
 PET scan (positron emission tomography scan)
 Prosopagnosia (inability to recognise familiar faces)
 Respite care
 Short-term memory loss (anterograde amnesia)
 Small vessel disease
 SPECT scan (single-photon emission computed tomography scan)
 Stroke-like symptoms
 Temporal and frontal lobe (areas of the brain)
 Thinking speed
 Thyroid hormones
 Vascular Dementia
 Visual hallucinations
 Vitamin B12 levels

Withdrawal

Medicines to treat dementia include:

Acetylcholinesterase inhibitors (such as galantamine, and rivastigmine)
 Memantine hydrochloride
 Antipsychotics (such as risperidone)
 Antidepressants

Psychological treatments for dementia include:

Cognitive stimulation
 Multisensory stimulation
 Reality orientation therapy
 Reminiscence therapy
 Validation therapy
 Behavioural therapy
 Cognitive behavioural therapy

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E. Key points for working with community organisations and dementia

- Some community languages have no word that is equivalent to the English term 'dementia' and may only have derogatory terms to describe people living with dementia. When working with interpreters either agree on a less derogatory term or phrase in the community language or use the English word 'dementia'.
- Dementia is a very stigmatised illness in some communities so people may not want to talk about it in an open public setting.
- Trust building with community groups may be a slow process that needs to be built up in steady incremental steps.
- 'Dementia' is often not seen as a medical problem in many communities; it may be regarded as a natural consequence of ageing, a spiritual problem or a punishment of the person by possession or by harmful forces.
- People may be taking traditional medicines and/or seeing traditional healers as well as

(or instead of) using NHS services.

- Be cautious about relying on translated materials, some communities place more value on the spoken word than the written word. Also there may be those in the audience who are unable to read in the language they speak.
- Be flexible in your approach to raising awareness about dementia, use local community events or local community media to provide basic messages and information. Work with trusted communication sources in the community to plan any awareness raising events.
- Creating a structured sessional support structure such as a dementia peer support group may not be the best approach in many communities as it can be quite unlike the way that relationships of kinship, duty and social expectation are carried out. Find out what support networks are already available in your local community and work out with local community groups how you can create similar networks for dementia support or join up to an existing network.

F. Community organisations working with BME elders in five boroughs

NB. Some organisations cover more than one borough. The contact details given refer to the administrative site of the organisation so some organisations appear more than once. For example an organisation based in Brent but providing a service to Brent, Harrow and Westminster is listed here in three boroughs but operates from the same central administrative site address in Brent

1. Brent

African Health Policy Network <http://www.ahpn.org.uk/>

107-109 The Grove, Stratford E15 1HP
Tel: 020 8555 5778

Health charity that advances the health and well being of the UK's African population. **UK wide**

Akademi - South Asian Dance UK <http://www.akademi.co.uk/>

Hampstead Town Hall 213 Haverstock Hill NW3 4QP
Tel: 020 7691 3210

Uses South Asian dance to create imaginative, enjoyable and artistically inspiring projects for people of all ages, ethnic origins, backgrounds and abilities. **Their** Education and Community department offers work with young people, adults and older people, those with disability or health related issues through group-led projects and outreach work for segments such as our Adult Community Education Project Ageing Artfully. **UK wide**

Al-Hasaniya Moroccan Women's Centre <http://www.alhasaniya.org.uk/>

Bays 4 and 5 Trellick Tower Golborne Road W10 5PL

Tel: 020 8969 2292

Serves the needs of Moroccan and Arabic-speaking women and their families in London – primarily Kensington and Chelsea residents, but with some pan-London projects – providing support for health, welfare, education and cultural activities. **Mainly Kensington & Chelsea and some projects London-wide**

Alzheimer's Society Dementia Cafe – Kingsbury

364b Stag Lane, Kingsbury NW9 9AE

Tel: 07740 433472.

Meets every Wednesday at 2pm. The dementia café is a friendly meeting place for anyone affected by memory loss, dementia or forgetfulness. It is run by the Alzheimer's Society.

Brent only

Angel Smile Counselling and support Service

Suite`s 125-126, Empire House, Empire Way, HA9 0EW

Tel: 020 8970 2146.

No website. The Charity's object is the provision of counselling and support services to members of the Minority Ethnic community in **Brent, Harrow and Kensington & Chelsea.**

Angolan Community in London Migrant and Refugee Centre

<http://www.angolancommunityinlondon.com/>

2 Thorpe Close W10 5XL

Tel: 07774 979 265 or 07779892425

Information and advice for members of the Angolan community (Angolans and other Portuguese speaking communities) in the best way to meet their needs. It provides domiciliary care and food for older people. **London wide.**

Arachne Greek Cypriot Women's Group <http://www.arachne-group.org>

13/15 Hercules Street N7 6AT

Tel: 020 7263 6336 or

534a Holloway Road N7 6JP

Tel: 020 7263 6261 or 020 7263 6317

Aims to improve the quality of life and wellbeing of Greek Cypriot and Greek women and their families. **UK wide**

Ashford Place <http://www.ashfordplace.org.uk/?c=19315>

60 Ashford Road NW2 6TU

Tel: 020 8208 8590

Runs a dementia café on Tuesday afternoons and an Irish Older Persons support project. **Brent** but open to all boroughs

The Asian Health Agency (TAHA) <http://www.taha.org.uk/>

Offices in Slough, Southall and Hammersmith

Tel: 020 8811 1501

Shanti Day Centre based in Hammersmith & Fulham offers culturally appropriate day care services to people living in Hammersmith & Fulham, **Kensington & Chelsea, Westminster** and surrounding boroughs of Ealing, **Brent** and Hounslow. It also provides respite care and support for asian carers looking after elders in **Hillingdon**.

Asian Women's Resource Centre <http://www.asianwomencentre.org.uk>

108 Craven Park NW10 8QE

Tel: 020 8961 6549 or 020 8961 5701

Multi-lingual advice line in six community languages - Arabic, Bengali, Gujarati, Hindi, Punjabi and Urdu. Activities include talks and workshops, luncheon club and personal and professional development. **Brent and Harrow only**

Association of Cypriots Brent and Harrow

Kingsbury Greek School, Kingsbury High School, Princes Avenue, NW9 9JR

Tel: 07956 493155 or 07908 821185.

No website. This association aim is to advance education, relieve poverty, and promote the health of the Cypriot community. Also to provide or assist in the provision of facilities for recreation or other leisure in the interests of social welfare of the Cypriot community. **Brent and Harrow only**

Athia Samaj <http://athiasamaj.co.uk/>

41 Monson Road, Harlesden, NW10 5UR

Tel: 020 8965 8047

Having migrated to England in the 1960's from not only India but other countries such as Malawi, Fiji and South Africa they formed this community group offering advice to the Athia Samaj community. **Brent only**

Bangladesh Centre London <https://www.bangladeshcentre.org>

24 Pembridge Gardens W2 4DX

Tel: 020 7229 9404

Offers support and services to the Bangladeshi community. Weekly event for Bangladeshi elders. **London wide**

Barnham Park Veteran's Club

West Lodge Barham Park, 660 Harrow Road, Wembley, Middlesex, HA0 1HG

Tel: 020 8902 4885.

No website. A club for pensioners with indoor games like snooker, billiards, darts, dominos, board games, and playing cards for members to keep themselves occupied in accordance with their interests and capabilities. It also runs a tea canteen for members. **Unknown catchment area as no website**

Bishop Hi Ming Wah Association and Community Centre www.bhmwa.com

The Lower Crypt, St. Martin-in-the-Fields Church, Trafalgar Square WC2N 4JJ

Tel: 020 7766 1141

Aims to enhance and improve the quality of life of London residents, particularly the Chinese community, through support, influence, information and enrichment. It organises educational and cultural activities for the Chinese community. **London wide**

Black Women's Health & Family Support <http://www.bwhafs.com>

1st Floor, 82 Russia Lane E2 9LU

Tel: 020 8980 3503

Works in a broad range of women's health areas offering advice, advocacy, information and support. Services include a Somali Carers Access Project, Health Awareness Workshops and an Older Somali Women's Programme. **London wide**

Bosnia and Herzegovina Community Advice Centre <http://www.bhcac.org.uk/>

Rear of 108 High Road Willesden NW10 2PP

Tel: 020 8459 4201

Provides health advocacy, advice and support for people from the West Balkans, particularly older and disabled people. Information and advice on welfare benefits, housing, community care and health issues. **London wide**

Brent Indian Association <http://www.brentindianassociation.org>

116 Ealing Road Wembley Middlesex, HA0 4TH

Tel: 020 8903 3019

Aims to manage and maintain an adequate day to day advice and advocacy service and to support and develop various social care and educational projects for elderly women and youth from the Indian community. **Brent only**

Brent Indian Community Centre

Dudden Hill Centre, Brent, NW10 2ET

Tel: 020 8459 1107

No website. Offers services to the local Indian community including: IT training, yoga classes, drop-in sessions, reflexology sessions, activities for asian elders (e.g. internet access for the over 50's), health related activities, luncheon club and a daily Hindu worship centre. **Brent only**

Brent Irish Advisory Service www.biasbrent.co.uk

379-381 High Road, Willesden NW10 2JR

Tel: 020 8459 6655

BIAS is a community development and welfare organisation which provides advice, information and support services to Irish people in need in Brent. It runs an Active Pensioners Group. It also provides services to Irish Travellers. **Brent and Harrow**

Brent Muslim Association

10 Gaddesden Avenue Wembley Middlesex, HA9 6HQ

Tel: 07915 089672.

Promotes the interest of Muslim people in Brent and organises sports events and educational courses for both the young and elderly. **Brent only**

Brent Punjabi Association <http://brentpunjabi.com/>

St. Andrews Church 956 Harrow Road HA0 2QA

Tel: 0753 503 0017

Aims to improve the quality of life of the elderly in Brent to stave off isolation and loneliness, help members stay fit & healthy by providing a range of gentle exercises and physical activities and to improve the overall wellbeing & quality of life of everyone who attends the group. **Brent only**

Brent Somali Community Roots

Stone Bridge Park Community Centre, 6 Hillside, Stonebridge, NW10 8BN

Tel: 020 8432 2958

No website. Aims to address the welfare, social, cultural and development needs of Somali people. **Brent only**

The Burma Star Association <http://www.burmastar.org.uk/>

34 Grosvenor Gardens SW1W 0DH

Tel: 0207 8234273

Aim's to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-1945 war or are otherwise entitled to be holders of the Burma Star Pacific Star with Burma Clasp and for their widows, widowers or dependants. **UK wide**

Camden Somali Cultural Centre <http://www.somaliculturalcentre.org/>

107 Kingsgate Road NW6 2AH

Tel: 020 7372 6101

Runs a Somali elders group, a Somali carers project and a Somali dementia aware project. **London wide**

Central Gurdwara (Khalsa Jatha) London <http://www.centralgurdwara.org.uk/>

62 Queensdale Road W11 4SG

Tel: 020 7603 2789

Promotes religious and social activities among the Sikhs who had settled in the UK. **UK wide**

Centre for Armenian Information and Advice <http://www.caia.org.uk>

105a Mill Hill Road W3 8JF

Tel: 020 8992 4621

Supports and advises the Armenian community through the provision of welfare, educational, leisure and cultural services. **London wide**

Centro Social de Mayores Miguel de Cervantes <http://www.csmayores.org.uk/index.php>

52 Camden Square NW1 9XB

Tel: 020 7267 3562

Offers assistance and social and cultural events to Spanish pensioners living in the UK. **UK wide**

Chinese Community Centre <http://www.ccc.org.uk>

2 Leicester Court WC2H 7DW
Tel: 020 7439 3822

Aims to improve the quality of life and wellbeing of the Chinese community in London and the UK, particularly the disadvantaged, to empower members of the Chinese community and to work with them to meet their needs. **UK wide**

Chinese Information and Advice Centre <http://www.ciac.co.uk>

Lower Ground Floor, London Chinatown Market, 71-73 Charing Cross Road, WC2H 0NE

Tel: 08453 131 868

Offers free information, advice and support to disadvantaged Chinese people living in the UK. Services offered in English, Mandarin, Cantonese, Hakka, Shanghainese, Malay, and Fujian. **UK wide**

Chinese Mental Health Association <http://www.cmha.org.uk/>

2nd Floor, Zenith House, 155 Curtain Road, EC2A 3QY

Tel: 020 7613 1008

Provides a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems and to support their carers. **UK wide**

Chinese National Healthy Living Centre <http://www.cnhlc.org.uk/>

29-30 Soho Square W1D 3QS

Tel: 0207 5346546

Promotes healthy living and to facilitate access to health services for the Chinese community in the UK. **UK wide**

Clarendon Garden Monday Club

1 Lambert Walk, Clarendon Garden, Wembley, HA9 7TR

Tel: 020 7624 3480

Luncheon club run for all disabled or retired people resident in the borough of Brent. Two course meal for a small charge. Opportunity to meet people in a social and informal atmosphere. **Brent Only**

Culture Dementia UK <http://www.culturedementiauk.org/>

Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore HA7

1BT

Tel: 0800 014 8682

Service visits sufferers in care homes and their own homes, befriend and support people living with dementia, give talks on illness from the African/Caribbean perspective, try to educate the BME communities on dementia, act as advocates and provide respite care to carers of people living with dementia. **London wide**

Cutch Social & Cultural Society <http://www.cutchcultural.org/>

65 Paddock Road Neasden NW2 7DH

Tel: 020 8452 0483

Serves the hundreds of Gujarati-speaking people from across Kutch who are now settled in UK, holding many cultural and social events, encouraging friendship among members with entertainment and to ensure that their customs stay vibrant. They also have a dance workshop for people of all ages. **UK wide**

Dadihiye <http://dadihiye.co.uk/>

1 Thorpe Close, W10 5XL

Tel: 020 8960 4133

Provides daily drop-in and phone advice, information, advocacy and guidance on housing, welfare benefit, education, employment, health and training for the Somali community in London. **London wide**

Elders Voice <http://www.eldersvoice.org.uk/>

181 Mortimer Road Harlesden NW10 5TN

Tel: 020 8968 8170

Is dedicated to improving quality of life for older people by enabling them to live independently and actively in the community. Elders Voice provides the following services: day care, carers support, accident prevention, befriending, classes, etc. **Brent only**

Eritrean Muslim Community Association <http://www.emca.org.uk>

Vauxhall Negashi Centre 283-291 Wandsworth Road SW8 2ND

Tel: 02077202508

It aims to meet the social, welfare and cultural needs of Eritrean refugees living in the United Kingdom. **UK wide**

Farsophone Association <http://www.farsophone.org.uk>

Golders Green Library 156, Golders Green Road NW11 8HE

Tel: [0208 905 5522](tel:02089055522)

Provides culturally sensitive and linguistically appropriate counseling in Farsi. It has a library with a large collection of books in Farsi. It also runs events to celebrate special occasions and entertains Farsi-speaking families and individuals, by organising other activities such as daytime parties for older adults and their friends & families (60 plus Project). **London wide**

Harlesden Islamic Cultural Centre <http://hiccuk.org/>

100 Crown House NW10 7PN

Tel: 020 8965 5001

Aims to empower and benefit the Muslims of the Borough of Brent with the aims of promoting education; relieving poverty, sickness, hardship or distress; and the provision of recreational facilities with a social welfare purpose. **Brent only**

Harrow Iranian Community Association <http://www.hica.org.uk/>

Community Premises (Room 5), 27 Northolt Road, South Harrow, Middlesex, HA2 0LH

Tel: 07918 685309, 07815611605 or 07585 336769

Provides legal, educational, social and cultural services to Iranian nationals: General help including casework, advice and support. There is also a Women's Social Group and an elderly lunchtime club. It organises functions for various calendar events celebrated by Persian people. **Harrow, Brent and Hillingdon**

Healthier Life 4 You <http://enjoygetactive.blogspot.com/>

Tel: 020 7372 3355

Promotes emotional and physical wellbeing to local residents/communities including BME communities (African, Afro-Caribbean, Black British, Asian, Irish and others).

Kensington and Chelsea, Westminster and Brent only.

The Hellenic Centre <http://www.helleniccentre.org/>

16-18 Paddington Street Marylebone W1U 5AS

Tel: 020 74875060

Runs cultural and social events and has an extensive library of Greek books. **UK wide**

Henna Asian Women's Group <http://www.hennaorg.co.uk>

Abbey Community Centre, 222c Belsize Road, NW6 4DJ,

Tel: 020 7372 9860

Provides women only services (advice, befriending, over 50's club) to both residents and

new immigrants to the country in Camden, Brent and surrounding Boroughs. They offer services in Bengali, Gujarati, Hindi, Punjabi and Urdu. **Only Westminster and Brent**

Independent Age www.independentage.org

6 Avonmore Road, W14 8RL

Tel: 0800 3196789

Is a growing charity empowering thousands of older people across the UK and Ireland to live more fulfilling lives and provides advice and befriending. **UK wide**

Iranian Association <http://www.iranianassociation.org.uk>

222 King Street, W6 0RA

Tel: 020 8741 2304 or 020 8748 6682

Provides advice, information, support and counselling for the Iranian community on a range of issues. Farsi spoken. **London wide**

Iraqi Welfare Association <http://www.iraqiwelfare.com>

85 York Street, W1H 4QA or

7 Rutherford Way, Wembley Park, HA9 0BP

Tel: 020 7723 3338

Supports the Iraqi community in the UK. **UK wide**

Italian Cultural Institute and Eugenio Montale Library

http://www.icilondon.esteri.it/IIC_Londra

39 Belgrave Square, SW1X 8NX

Tel: 020 7235 1461

Runs cultural and social events and has an extensive library of Italian books. **UK wide**

JACS Club (Jewish Association of Cultural Societies)

<http://www.shulinthewood.com/community/jacs>

St John's Wood Synagogue, 34-41 Grove End Road, NW8 9NG

Tel: 0207 586 0454

A social club for older members of the Jewish community (over 70) which provides refreshments, speakers and quizzes, entertainment and outings. They also have communal lunches for the elderly. **London wide**

Jazari Community Centre <http://www.jazaricc.org/>

188-190 Church Road, NW10 9NP

Tel: 020 7998 7535

Aims to build people's life through community cohesion, cultural, social, holistic education, and recreational activities. It helps everyone in Brent, but specially the Somali community. It runs a Lunch Club and 'Tea 4 Joy', a meeting place for everyone from young children to elderly people in the community.

Jewish Care <http://www.jewishcare.org>

Amelie House Maurice and Vivienne Wohl Campus, 221 Golders Green Road, NW11 9DQ

Helpline 020 8922 2222 Office: 020 8922 2000

Runs a wide range of communal and adult activities, such as 'Memory Way Cafes' and 'Singing for the Brain' in some of their centres. The Brenner Jewish Community Centre in Raine House, 91- 93 Stamford Hill N16 5TP 020 8922 2222 runs trips for older members and support groups for those living with dementia. **UK wide**

Kilburn Older Voices Exchange (KOVE) <http://www.kove.org.uk/>

Kingsgate Resource Centre, 208 Webheath, Palmerston Road, NW6 2JU

Tel: 07539 390 786

Aims to improve the quality of life for older people in Kilburn and West Hampstead and is involved in a number of projects. **Brent only**

Kilburn & West Hampstead Pensioners Association

Kingsgate Community Centre, 107 Kingsgate Road, NW6 2JH

Tel: 020 7328 9480

No website. Organises meetings, social events and trips and it is also involved in campaigning around issues of concern for older people. **Brent only**

Kongolese Centre for Information and Advice <http://www.kcia.org.uk/>

Unit 4, 51 Elgin Avenue, W9 3PP

Tel: 020 7998 1647

Exists to promote the welfare of all refugees, asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups. **London wide**

Kurdish and Middle Eastern Women's Organisation <http://www.kmewo.com/about-us/>

Caxton House, 129 St John's Way, N19 3RQ

Tel: 020 7263 1027

Provides free, confidential and non-judgmental services in a safe and friendly environment for Kurdish and Middle Eastern women (speakers of Arabic and Kurdish-Sorani, Farsi, Dari, and Turkish) **UK wide**

Kurdish Cultural Centre <http://www.kcclondon.org.uk/>

14 Stannery Street, SE11 4AA

Tel: 0207 735 0918

Provides advice, information and assistance to members of the Kurdish Community. **UK wide**

Kutch Madhapar Karyalaya www.madhaparonline.co.uk

P.O Box 791, Harrow Middlesex, HA3 9DA

Tel: 07748 766 434

Is a Hindu voluntary organisation for families whose roots are from Madhapar in Kutch. KMK organises events to provide a social environment for families and the Madhapar community. **London wide**

Latin American House <http://casalatina.org.uk>

10 Kingsgate Place NW6 4TA

Tel: 020 7372 8653

Offers information and advice to Latin American people in the UK. It also runs cultural activities. **UK wide**

Latin American Women's Rights Service <http://www.lawrs.org.uk>

Tindlemanor, 52-54 Featherstone Street, EC1Y 8RT

Tel: 020 7336 0888

Supports the immediate and long term needs of Latin American women migrants in the UK. Services are available in Spanish and Portuguese. **UK wide**

The Liberal Jewish Synagogue www.ljs.org

28 St John's Wood Road, NW8 7HA

Tel: 020 7286 5181

A religious, social and educational organisation which runs 'Singing for the brain' events. **UK wide**

London Tamil Centre <http://www.londontamilcentre.com/>

253 East Lane, Wembley, Middlesex, HA0 3NN

Tel: 020 8908 2646

It runs a Tamil elders drop-in centre which operates during weekdays and conducts different activities like yoga, keep fit, multi-faith events, spiritual activities, computer classes, health workshops, mentoring, counselling, and outings. **London wide**

Magnolia Senior Citizen's Club

Preston & Mall Community Centre, 237 The Mall, Preston Hill, Kenton, HA3 9TX

Tel: 020 8204 1148

No website. A place for senior citizens from 50 and over to meet to play cards, scrabble and have bingo once a month. Outings in the summer, and Christian festivity at Christmas.

Brent and Harrow only

Mother Teresa Albanian Union

Cardinal Hinsley College, Harlesden High Road, Harlesden, NW10

Tel: 020 8459 0859.

No website. Education, health and social care, wellbeing, culture and tradition for the Albanian community of Kosovo, Macedonia, Albania and Montenegro, of all age groups from children to elderly. **UK wide but mainly North West London.**

Navjivan Vadil Kendra <http://www.nvk.org.uk/>

The Secretary, 32 Adelaide Close, Stanmore, HA7 3EN

Tel: 07956223102

Aims to serve the needs of elderly, lonely and retired people. It meets weekly at the Sattavis Patidar Centre in Wembley. They also organise trips and other outings. **Harrow and Brent but open to other boroughs**

New Testament Community Project

Willesden Centre for Health and Care, Robson Avenue, NW10 3RY

Tel: 020 8459 5345.

No website. The project a senior citizens club which has a luncheon three days a week. **Brent only**

Paiwan Afghan Association <http://www.paiwand.com/>

3rd Floor, Middlesex House, 130 College Road, HA1 1BQ

Tel: 020 8905 8770

Provides advice and support in respect of health issues, social services, education, counselling, welfare support, advocacy and legal issues and the promotion of Afghan arts,

culture and traditions, for people of all ages in their community, irrespective of their creed, spiritual and political beliefs or their social background. Services provided in Farsi, Dari and Pashtu. **UK wide**

Patidar Senior Citizens Social Club <http://www.patidars.org>

Patidar House 22 London Road Wembley Middlesex, HA9 7EX

Tel: 020 8902 1974

Federation of Patidar Associations runs a Senior Citizen Social Club which provides various activities like reading Gujarati newspapers and magazine regularly, discussion forum on topics of health and social care, family, nature and more. **Brent only**

Safe Start Foundation <http://www.safestart.org.uk>

1 Bridgehill Close Wembley Middlesex, HA0 1EP

Tel: 020 8900 0001

With sites in Wembley, Cricklewood and Hillingdon, it offers a wide range of activities to enhance individuals quality of life; physical and mental health, independent living and cultural awareness. Isolated Irish individuals of all ages have safe and secure environments to meet, share stories and experiences with individuals of similar backgrounds and circumstances. **Mainly Brent and Hillingdon.**

Sangam Association of Asian Women / Sangam Advice Centre
www.sangamcentre.org.uk

210 Burnt Oak Broadway, Edgware, Middlesex, HA8 0AP

Tel: 020 8952 7062

Provides free legal advice in all areas of social welfare benefits, immigration and counselling services to all sections of the community. It has a Senior Citizen's club for men and women, which runs health talks, yoga classes, healthy living surgeries, outings and other social and recreational activities. Services are available in Gujarati, Hindi, Urdu and Punjabi. **Brent and Harrow mainly**

Sneh Care

Knightleas Court, 111 Brondesbury Park, Willesden, NW2 5JR

Tel: 020 8830 2666.

No website. A day care centre providing a range of activities including handicrafts, Asian music and dance. They organise outings and other group activities. It is for any adult needing day care, including the elderly and those with dementia. Hindi, Punjabi and Gujarati speaking. **Unknown catchment area as no website**

Sri Lanka Educational and Cultural and Welfare Foundation

309-311 Kingsbury Road, Kingsbury, NW9 9PE

Tel: 020 8204 3301

No website. Provides advice and information promoting the welfare of the Sri-Lankan community. **Unknown catchment area as no website**

Stonebridge Somali Centre

146 Mordaunt Road, Stonebridge, NW10 8ET

Tel: 020 8965 2576.

No Website. Provides outreach work to the Somalian community who live in and around the Stonebridge area. And also it provides support, advice and information regarding health and social care services, welfare benefits, housing services and education to the community. **Stonebridge area of Harrow only**

Tamil Association of Brent www.tamilassociationofbrent.org

133 Aboyne Road, Neasden, NW10 0EY

Tel: 07956 386 706

Aims to meet the social and cultural needs of the Tamil Community. Its Senior Club enriches and enhances the lives of older people and provides a forum for people over the age of 50 to get together and share ideas and organise activities that are enjoyable and rewarding. **Harrow, Brent and Hillingdon**

WandUK <http://www.wanduk.org/>

St Charles Centre for Health and Well-Being Exmoor Street W10 6DZ

Tel: 07813 485 607

Provides Health and Social Care - including preventative medicine, public health, HIV/AIDS, mental health, children and substance misuse education training and cultural values arts and crafts for the West African diaspora in London. **London wide**

West Hampstead Womens Centre www.whwc.org.uk

26-30 Cotleigh Road NW6 2NP

Tel: 020 7328 7389

Women-only resource and information centre providing assistance, advice and crisis support. It runs courses, groups for all women, an asian women's group, an Irish women's group and a Somali women's group. **Camden, Brent and other surrounding boroughs**

WISE (West Indian Self Effort) Social Care & Education Project

www.wisesocialcare.org.uk

Alrich Avenue (off Bruce Road), NW10 8RA

Tel: 020 8830 3337

Provides information and advocacy services, and day care services for the elderly including will advice, and various activities such as art, sewing, music, dominos, bingo, baking, flower arranging, fitness classes etc. **Brent and neighbouring boroughs**

West Indian Senior Citizens Organisation

8 Wrotesley Road, Harlesden NW10 5YL

Tel: 020 8965 3533.

No website. Offers a range of services for West Indian senior citizens: Practical help including shopping; home and hospital visits; bereavement support and counselling; advice on housing rights; keep fit and craft work classes; and a social club providing a hot meal on Thursdays at St Marks Church Hall, All Souls Avenue, Harlesden, NW10 5YL **Unknown catchment area as no website**

2. Harrow

African Health Policy Network <http://www.ahpn.org.uk>

107-109 The Grove, Stratford E15 1HP

Tel: 020 8555 5778

Health charity that advances the health and wellbeing of the UK's African population.

UK wide

Age UK Harrow - Minority Ethnic Elders Project (MEEP)

<http://www.ageuk.org.uk/harrow/information--advice/minority-ethnic-elders-project-meep/>

3rd floor Premier House, 1 Canning Road, Wealdstone, Harrow, HA3 7TS

Tel: 020 88617993

Aims to improve the opportunities for minority ethnic elders in Harrow by reducing isolation and maintaining their independence as active citizens, working together to form strong communities. **Harrow only**

Akademi - South Asian Dance UK <http://www.akademi.co.uk>

Hampstead Town Hall 213 Haverstock Hill NW3 4QP

Tel: 020 7691 3210

Uses South Asian dance to create imaginative, enjoyable and artistically inspiring projects for people of all ages, ethnic origins, backgrounds and abilities. Their education and community department offers work with young people, adults and older people, those with disability or health related issues through group-led projects and outreach work for segments such as our Adult Community Education Project Ageing Artfully. **UK wide**

Al-Hasaniya Moroccan Women's Centre <http://www.al-hasaniya.org.uk>

Bays 4 and 5 Trellick Tower Golborne Road W10 5PL

Tel: 020 8969 2292

Serves the needs of Moroccan and Arabic-speaking women and their families in London – primarily Kensington and Chelsea residents, but with some pan-London projects – providing support for health, welfare, education and cultural activities. **Mainly Kensington & Chelsea and some projects London-wide**

Angel Smile Counselling and support Service

Suite`s 125-126, Empire House, Empire Way, HA9 0EW

Tel: 020 8970 2146

No website. The charity's object is the provision of counselling and support services to members of the Minority Ethnic community in **Brent, Harrow and Kensington & Chelsea**.

Angolan Community in London Migrant and Refugee Centre

<http://www.angolancommunityinlondon.com/>

2 Thorpe Close W10 5XL

Tel: 07774 979 265 or 07779892425

Information and advice for members of the Angolan community (Angolans and other Portuguese speaking communities) in the best way to meet their needs. It provides domiciliary care and food for older people. **London wide**.

Annie's Place

http://www.harrow.gov.uk/info/100010/health_and_social_care/1083/annie_s_place

Milmans Resource Centre, Grove Avenue, Pinner, HA5 5PF

Tel: 020 8736 6600

Harrow Council's drop-in service offering advice and support for people who have been recently diagnosed with dementia and their carers. The service is free (including tea and coffee) and often includes talks for the carers and activities for the cared-for such as music and physiotherapy. **Harrow only**

Arachne Greek Cypriot Women's Group <http://www.arachne-group.org>

13/15 Hercules Street N7 6AT

Tel: 020 7263 6336

534a Holloway Road N7 6JP

Tel:020 7263 6261 or 020 7263 6317

Aims to improve the quality of life and wellbeing of Greek Cypriot and Greek women and their families. **UK wide**

Asian Women's Resource Centre <http://www.asianwomenscentre.org.uk>

108 Craven Park NW10 8QE

Tel: 020 8961 6549 or 020 8961 5701

Multi-lingual advice line in six community languages - Arabic, Bengali, Gujarati, Hindi, Punjabi and Urdu. Activities include talks and workshops, luncheon club and personal and professional development. **Brent and Harrow only**

Association of Cypriots Brent and Harrow

Kingsbury Greek School, Kingsbury High School, Princes Avenue, NW9 9JR

Tel: 07956 493155 or 07908 821185

No website. Aim is to advance education, relieve poverty, and promote the health of the Cypriot community. Also to provide or assist in the provision of facilities for recreation or other leisure in the interests of social welfare of the Cypriot community. **Brent and Harrow only**

Bangladesh Centre London <https://www.bangladeshcentre.org>

24 Pembridge Gardens W2 4DX

Tel: 0207229 9404

Offers support and services to the Bangladeshi community. Weekly event for Bangladeshi elders. **London wide**

Bishop Hi Ming Wah Association and Community Centre www.bhmwa.com

The Lower Crypt

St. Martin-in-the-Fields Church Trafalgar Square WC2N 4JJ

Tel: 020 7766 1141

Aims to enhance and improve the quality of life of London residents, particularly the Chinese community, through support, influence, information and enrichment. Centre organises educational and cultural activities for the Chinese community. **London wide**

Black Women's Health & Family Support <http://www.bwhafs.com>

1st Floor, 82 Russia Lane E2 9LU

Tel: 020 8980 3503

Works in a broad range of women's health areas offering advice, advocacy, information and support. Services include a Somali Carers Access Project, Health Awareness workshops and an Older Somali Women's Programme. **London wide**

Bosnia and Herzegovina Community Advice Centre <http://www.bhcac.org.uk/>

Rear of 108 High Road Willesden, NW10 2PP

Tel: 020 8459 4201

Provides health advocacy, advice and support for people from the West Balkans,

particularly older and disabled people. Information and advice on welfare benefits, housing, community care and health issues. **London wide**

Brent Irish Advisory Service www.biasbrent.co.uk

379-381 High Road, Willesden NW10 2JR

Tel: 020 8459 6655

BIAS is a community development and welfare organisation which provides advice, information and support services to Irish people in need in Brent. It runs an Active Pensioners Group. It also provides services to Irish Travellers. **Brent and Harrow**

The Burma Star Association <http://www.burmastar.org.uk/>

34 Grosvenor Gardens SW1W 0DH

Tel: 0207 8234273

Aims to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-1945 war or are otherwise entitled to be holders of the Burma Star Pacific Star with Burma Clasp and for their widows, widowers or dependants. **UK wide**

Camden Somali Cultural Centre <http://www.somaliculturalcentre.org/>

107 Kingsgate Road, NW6 2AH

Tel: 020 7372 6101

The centre runs a Somali elders group, a Somali carers project and a Somali dementia aware project. **London wide**

Central Gurdwara (Khalsa Jatha) London <http://www.centralgurdwara.org.uk/>

62 Queensdale Road W11 4SG

Tel: 020 7603 2789

It promotes religious and social activities among the Sikhs who had settled in the UK. **UK wide**

Centre for Armenian Information and Advice <http://www.caia.org.uk>

105a Mill Hill Road W3 8JF

Tel: 020 8992 4621

Supports and advises the Armenian community through the provision of welfare, educational, leisure and cultural services. **London wide**

Centro Social de Mayores Miguel de Cervantes <http://www.csmayores.org.uk/index.php>

52 Camden Square NW1 9XB

Tel: 020 7267 3562

Offers assistance and social and cultural events to Spanish pensioners living in the UK. **UK wide**

Chinese Community Centre <http://www.ccc.org.uk>

2 Leicester Court WC2H 7DW
Tel: 020 7439 3822

Aims to improve the quality of life and wellbeing of the Chinese community in London and the UK, particularly the disadvantaged, to empower members of the Chinese community and to work with them to meet their needs. **UK wide**

Chinese Information and Advice Centre <http://www.ciac.co.uk>

Lower Ground Floor, London Chinatown Market 71-73 Charing Cross Road WC2H 0NE

Tel: 08453 131 868

Offers free information, advice and support to disadvantaged Chinese people living in the UK. Services offered in English, Mandarin, Cantonese, Hakka, Shanghainese, Malay, and Fujian. **UK wide**

Chinese Mental Health Association <http://www.cmha.org.uk/>

2nd Floor, Zenith House, 155 Curtain Road EC2A 3QY

Tel: 020 7613 1008

Provides a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems and to support their carers. **UK wide**

Chinese National Healthy Living Centre <http://www.cnhlc.org.uk/>

29-30 Soho Square W1D 3QS

Tel: 0207 5346546

Promotes healthy living and to facilitate access to health services for the Chinese community in the UK. **UK wide**

Culture Dementia UK <http://www.culturedementiauk.org/>

Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore HA7 1BT

Tel: 0800 014 8682

The service visits sufferers in care homes and their own homes, befriend and support people living with dementia, give talks on dementia from the African/Caribbean perspective, try to educate the BME communities on dementia, act as advocates and provide respite

care to carers of people living with dementia. **London wide**

Cutch Social & Cultural Society <http://www.cutchcultural.org/>

65 Paddock Road Neasden NW2 7DH

Tel: 020 8452 0483

Serves the hundreds of Gujarati-speaking people from across Kutch who are now settled in UK, holding many cultural and social events, encouraging friendship among members with entertainment and to ensure that their customs stay vibrant. They also have a dance workshop for people of all ages. **UK wide**

Dadihiye <http://dadihiye.co.uk/>

1 Thorpe Close, W10 5XL

Tel: 020 8960 4133

Provides daily drop-in and phone advice, information, advocacy and guidance on housing, welfare benefit, education, employment, health and training for the Somali community in London. **London wide**

Eritrean Muslim Community Association <http://www.emca.org.uk>

Vauxhall Negashi Centre 283-291 Wandsworth Road SW8 2ND
Tel: 020 7720 2508

Aims to meet the social, welfare and cultural needs of Eritrean refugees living in the United Kingdom. **UK wide**

Farsophone Association <http://www.farsophone.org.uk>

Golders Green Library 156, Golders Green Road NW11 8HE

Tel: [0208 905 5522](tel:02089055522)

Provides culturally sensitive and linguistically appropriate counseling in Farsi. Association has a library with a large collection of books in Farsi. It also runs events to celebrate special occasions and entertains Farsi-speaking families and individuals, by organising other activities such as daytime parties for older adults and their friends & families (60+ Project). **London wide**

Harrow African Caribbean Association <http://hacas.org/>

Methodist Church, Locket Road, Wealdstone, Harrow, [HA3 7ND](http://hacas.org/)

Tel: 07547 410991

Brings together the African-Caribbean people who live in Harrow. It runs a Friday Club which ensures that retired and elderly members have a place to meet; enjoy good African-Caribbean cuisine, keep fit, leisure activities including day trips and excursions and

contribute to cultural and social events. **Harrow only**

Harrow Iranian Community Association <http://www.hica.org.uk/>

Community Premises (Room 5), 27 Northolt Road, South Harrow, Middlesex, HA2 0LH

Tel: 07918 685309, 07815611605 or 07585 336769

Provides legal, educational, social and cultural services to Iranian nationals: General help including casework, advice and support. There is also a Women's Social Group and an elderly lunchtime club. It organises functions for various calendar events celebrated by Persian people. **Harrow, Brent and Hillingdon**

The Hellenic Centre <http://www.helleniccentre.org/>

16-18 Paddington Street Marylebone W1U 5AS

Tel: 020 74875060

Runs cultural and social events and has an extensive library of Greek books. **UK wide**

Independent Age www.independentage.org

6 Avonmore Road, W14 8RL

Tel: 0800 3196789

This is a growing charity that empowers thousands of older people across the UK and Ireland to live more fulfilling lives and provides advice and befriending. **UK wide**

Iranian Association <http://www.iranianassociation.org.uk>

222 King Street W6 0RA

Tel: 020 8741 2304 or 020 8748 6682

Provides advice, information, support and counselling for the Iranian community on a range of issues. Farsi spoken. **London wide**

Iraqi Welfare Association <http://www.iraqiwelfare.com/>

85 York Street, W1H 4QA or 7 Rutherford Way, Wembley Park, HA9 0BP

Tel: 020 7723 3338

Supports the Iraqi community in the UK. **UK wide**

Italian Cultural Institute and Eugenio Montale Library

http://www.icilondon.esteri.it/IIC_Londra

39 Belgrave Square SW1X 8NX

Tel: 020 7235 1461

Runs cultural and social events and has an extensive library of Italian books. **UK wide**

JACS Club (Jewish Association of Cultural Societies)

<http://www.shulinthewood.com/community/jacs>

St John's Wood Synagogue 34-41 Grove End Road NW8 9NG

Tel: 020 7586 0454

A social club for older members of the Jewish community (over 70) which provides refreshments, speakers and quizzes, entertainment and outings. They also have communal lunches for the elderly. **London wide**

Jewish Care <http://www.jewishcare.org>

Amelie House Maurice and Vivienne Wohl Campus 221 Golders Green Road NW11 9DQ

Helpline 020 8922 2222 Office: 020 8922 2000

Runs a wide range of communal and adult activities, such as 'Memory Way Cafes' and 'Singing for the Brain' in some of their centres. The Brenner Jewish Community Centre in Raine House, 91- 93 Stamford Hill N16 5TP 020 8922 2222 runs trips for older members and support groups for those living with dementia. **UK wide**

Kongolese Centre for Information and Advice <http://www.kcia.org.uk/>

Unit 4, 51 Elgin Avenue W9 3PP

Tel: 020 7998 1647

Exists to promote the welfare of all refugees, asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups. **London wide**

Kurdish and Middle Eastern Women's Organisation <http://www.kmewo.com/about-us/>

Caxton House 129 St. John's Way, N19 3RQ

Tel: 020 7263 1027

It provides free, confidential and non-judgmental services in a safe and friendly environment for Kurdish and Middle Eastern women (speakers of Arabic and Kurdish- Sorani, Farsi, Dari, and Turkish) **UK wide**

Kurdish Cultural Centre <http://www.kcclondon.org.uk/>

14 Stannery Street, SE11 4AA

Tel: 0207 735 0918

Provides advice, information and assistance to members of the Kurdish Community. **UK wide**

Kutch Madhapar Karyalaya www.madhaparonline.co.uk

P.O Box 791 Harrow Middlesex, HA3 9DA

Tel:]07748 766 434

A Hindu voluntary organisation for families whose roots are from Madhapar in Kutch. KMK organises events to provide a social environment for families and the Madhapar community.

London wide

Latin American House <http://casalatina.org.uk>

10 Kingsgate Place, NW6 4TA

Tel: 020 7372 8653

Offers information and advice to Latin American people in the UK. It also runs cultural activities. **UK wide**

Latin American Women's Rights Service <http://www.lawrs.org.uk>

Tindlemanor 52-54 Featherstone Street EC1Y 8RT

Tel: 020 7336 0888

Supports the immediate and long term needs of Latin American women migrants in the UK. Services are available in Spanish and Portuguese. **UK wide**

The Liberal Jewish Synagogue www.ljs.org

28 St John's Wood Road, NW8 7HA

Tel: 020 7286 5181

A religious, social and educational organisation which runs 'Singing for the brain' events. **UK wide**

London Tamil Centre <http://www.londontamilcentre.com/>

253 East Lane, Wembley, Middlesex, HA0 3NN

Tel: 020 8908 2646

It runs a Tamil elders drop-in centre which operates during weekdays and conducts different activities like yoga, keep fit, multi-faith events, spiritual activities, computer classes, health workshops, mentoring, counselling, and outings. **London wide**

Magnolia Senior Citizen's Club

Preston & Mall Community Centre, 237 The Mall, Preston Hill, Kenton, HA3 9TX

Tel: 020 8204 1148.

No website. A place for senior citizens aged 50 and over to meet to play cards, scrabble and have bingo once a month. Outings in the summer, and Christian festivity at Christmas.

Brent and Harrow only

Mind in Harrow- Nedaye Zan (Voices of Women): <http://mindinharrow.org.uk/nedaye-zan-voices-of-women.asp>

Afghan Mental health advocacy & Anti Stigma project

Head office 1st floor 132-134 College Road HA1 1BQ.

Project coordinator: 020 8426 0921

Aims break down barriers preventing the Afghan community from accessing local mental health/social welfare. **Harrow only**

Mind in Harrow - Somali Hayaan Project <http://mindinharrow.org.uk/somali-hayaan-project-moving-to-a-better-place.asp>

Head office 1st floor 132-134 College Road HA1 1BQ.

Project coordinator: 020 8515 7872

Offers an innovative approach to build up an infrastructure within the community by recruiting and training a team of 'peer educators' from the local Somali communities to help increase awareness of and access to mental health support to the wider Somali community living in Harrow. **Harrow only**

Mind in Harrow - Tamil Mindful Money Project Project

Head office 1st floor 132-134 College Road HA1 1BQ.

Project coordinator 020 8515 7871 <http://www.mindinharrow.org.uk/tamil-mindful-money-project.asp>

Offers workshops on welfare rights/money management and healthy living for less as well as individual support for members of the Tamil community. **Harrow only.**

Mother Teresa Albanian Union

Cardinal Hinsley College, Harlesden High Road, Harlesden, NW10

Tel: 020 8459 0859.

No website. Education, health and social care, wellbeing, culture and tradition for the Albanian community of Kosovo, Macedonia, Albania and Montenegro, of all age groups from children to elderly. **UK wide but mainly North West London.**

Navjivan Vadil Kendra <http://www.nvk.org.uk/>

The Secretary, 32 Adelaide Close, Stanmore, HA7 3EN

Tel: 07956223102

Aims to serve the needs of elderly, lonely and retired people. It meets weekly at the Sattavis Patidar Centre in Wembley. They also organise trips and other outings. **Harrow and Brent but open to other boroughs**

Paiwan Afghan Association <http://www.paiwand.com/>

3rd Floor Middlesex House 130 College Road HA1 1BQ

Tel: 020 8905 8770

Provides advice and support in respect of health issues, social services, education, counselling, welfare support, advocacy and legal issues and the promotion of Afghan arts, culture and traditions, for people of all ages in their community, irrespective of their creed, spiritual and political beliefs or their social background. Services provided in Farsi, Dari and Pashtu. **UK wide**

Sangam Association of Asian Women / Sangam Advice Centre
www.sangamcentre.org.uk

210 Burnt Oak Broadway, Edgware Middlesex, HA8 0AP

Tel: 020 8952 7062

Provides free legal advice in all areas of social welfare benefits, immigration and counselling services to all sections of the community. It has a senior citizen's club for men and women, which runs health talks, yoga classes, healthy living surgeries, outings and other social and recreational activities. Services are available in Gujarati, Hindi, Urdu and Punjabi. **Brent and Harrow mainly**

Sangat Advice Centre [http://www.sangat.org.uk/](http://www.sangat.org.uk)

Sancroft Road, Harrow HA3 7NS

Tel: 020 8427 0659

Provides the local Asian community with information about the law and their rights and helps prevent homelessness through advice and advocacy. It also ensures that, via advocacy, elderly, frail, people with learning disabilities, people with mental health difficulties and disabled people get access to statutory services. It provides information, advice, advocacy and case-work on issues of concern to the Asian community in particular and to the community at large. **Harrow mainly.**

Tamil Association of Brent www.tamilassociationofbrent.org

133 Aboyne Road, Neasden, NW10 0EY

Tel: 07956 386 706

Aims to meet the social and cultural needs of the Tamil Community. Its Senior Club enriches and enhances the lives of older people and provides a forum for people over the age of 50 to get together and share ideas and organise activities that are enjoyable and

rewarding. **Harrow, Brent and Hillingdon**

Tamil Community Centre (Harrow)

27 Northolt Road HA2 0LH

Tel: 02085707750 or 07947 816 273.

No website.

WandUK <http://www.wanduk.org/>

St Charles Centre for Health and Well-Being Exmoor Street W10 6DZ

Tel: 07813 485 607

It provides health and social care - including preventative medicine, public health, HIV/AIDS, mental health, children and substance misuse education training and cultural values arts and crafts for the West African diaspora in London. **London wide**

3. Hillingdon

African Health Policy Network <http://www.ahpn.org.uk>

107-109 The Grove, Stratford E15 1HP

Tel: 020 8555 5778

Health charity that advances the health and wellbeing of the UK's African population. **UK wide**

Age UK Hillingdon - Irish Social Club (Failte) Tel: 020 8589 007

<http://www.ageuk.org.uk/hillingdon/connecting-communities/failte---irish-social-club/>

Meets at Immaculate Heart of Mary Church, the Parish Hall, Botwell Lane, Hayes, UB3 2AB

Friendship, music and song, dancing, exercising, bingo, tea and cakes. **Hillingdon only**

Age UK Hillingdon - Interactive Older People's Club

<http://www.ageuk.org.uk/hillingdon/connecting-communities/interactive-older-peoples-club/>

Meets at Salvation Army Hall, 71 Coldharbour Lane, Hayes, UB3 3HB

Tel: 020 8573 7341

A multicultural lunch club, which . brings together older people from different ethnic communities to socialise, enjoy a range of activities and experience food from other cultures. **Hillingdon**

Akademi - South Asian Dance UK <http://www.akademi.co.uk>

Hampstead Town Hall 213 Haverstock Hill NW3 4QP
Tel: 020 7691 3210

Uses South Asian dance to create imaginative, enjoyable and artistically inspiring projects for people of all ages, ethnic origins, backgrounds and abilities. Their education and community department offers work with young people, adults and older people, those with disability or health related issues through group-led projects and outreach work for segments such as our Adult Community Education Project Ageing Artfully. **UK wide**

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Tel: 07774 979 265 or 07779892425

Information and advice for members of the Angolan community (Angolans and other Portuguese speaking communities) in the best way to meet their needs. It provides domiciliary care and food for older people. **London wide.**

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13/15 Hercules Street N7 6AT

Tel: 020 7263 6336

534a Holloway Road N7 6JP

Tel: 020 7263 6261 or 020 7263 6317

Aims to improve the quality of life and well being of Greek Cypriot and Greek women and their families. **UK wide**

The Asian Health Agency (TAHA) <http://www.arachne-group.org>

offices in Slough, Southall and Hammersmith

Tel: 020 8811 1501

Shanti Day Centre based in Hammersmith & Fulham offers culturally appropriate day care services to people living in Hammersmith & Fulham, **Kensington & Chelsea, Westminster**

and surrounding boroughs of Ealing, **Brent** and Hounslow. It also provides respite care and support for asian carers looking after elders in **Hillingdon**.

Bangladesh Centre London <https://www.bangladeshcentre.org>

24 Pembridge Gardens W2 4DX
Tel: 020 7229 9404

Offers support and services to the Bangladeshi community. Weekly event for Bangladeshi elders. **London wide**

Bell Farm Christian Centre <http://www.bfcc.org.uk/>

South Road West Drayton UB7 9LW
Tel: 01895 444 406

Advice and information centre, family social evenings, and fellowship groups. Its Older Persons Section organises a weekly lunch and social club which provides a freshly cooked meal and social contact for older people within the community. Other activities, including day trips, are also provided. An outreach service helps identify and support the isolated older people in the community. **Hillingdon**

Bishop Hi Ming Wah Association and Community Centre www.bhmwa.com

The Lower Crypt, St. Martin-in-the-Fields Church Trafalgar Square WC2N 4JJ

Tel: 020 7766 1141

Aims to enhance and improve the quality of life of London residents, particularly the Chinese community, through support, influence, information and enrichment. It organises educational and cultural activities for the Chinese community. **London wide**

Black Women's Health & Family Support <http://www.bwhafs.com>

1st Floor, 82 Russia Lane E2 9LU

Tel: 020 8980 3503

Works in a broad range of women's health areas offering advice, advocacy, information and support. Services include a Somali Carers Access Project, Health Awareness Workshops and an Older Somali Women's Programme. **London wide**

Bosnia and Herzegovina Community Advice Centre <http://www.bhcac.org.uk/>

Rear of 108 High Road Willesden, NW10 2PP
Tel: 020 8459 4201

Provides health advocacy, advice and support for people from the West Balkans, particularly older and disabled people. Information and advice on welfare benefits, housing, community care and health issues. **London wide**

The Burma Star Association <http://www.burmastar.org.uk/>

34 Grosvenor Gardens SW1W 0DH
Tel: 020 78234273

Am is to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-1945 war or are otherwise entitled to be holders of the Burma Star Pacific Star with Burma Clasp and for their widows, widowers or dependants. **UK wide**

Camden Somali Cultural Centre <http://www.somaliculturalcentre.org/>

107 Kingsgate Road NW6 2AH
Tel: 020 7372 6101

Runs a Somali elders group, a Somali carers project and a Somali dementia aware project. **London wide**

Central Gurdwara (Khalsa Jatha) London <http://www.centralgurdwara.org.uk/>

62 Queensdale Road W11 4SG
Tel: 020 7603 2789

Promotes religious and social activities among the Sikhs who had settled in the UK. **UK wide**

Centre for Armenian Information and Advice <http://www.caia.org.uk>

105a Mill Hill Road W3 8JF
Tel: 020 8992 4621

Supports and advises the Armenian community through the provision of welfare, educational, leisure and cultural services. **London wide**

Centro Social de Mayores Miguel de Cervantes <http://www.csmayores.org.uk/index.php>

52 Camden Square NW1 9XB
Tel: 020 7267 3562

Offers assistance and social and cultural events to Spanish pensioners living in the UK. **UK wide**

Chinese Community Centre <http://www.ccc.org.uk>

2 Leicester Court WC2H 7DW
Tel: 0207439 3822

Aims to improve the quality of life and well-being of the Chinese community in London and the UK, particularly the disadvantaged, to empower members of the Chinese community and to work with them to meet their needs. **UK wide**

Chinese Information and Advice Centre <http://www.ciac.co.uk>

Lower Ground Floor, London Chinatown Market 71-73 Charing Cross Road WC2H 0NE

Tel: 08453 131 868

Offers free information, advice and support to disadvantaged Chinese people living in the UK. Services offered in English, Mandarin, Cantonese, Hakka, Shanghainese, Malay, and Fujian. **UK wide**

Chinese Mental Health Association <http://www.cmha.org.uk>

2nd Floor, Zenith House, 155 Curtain Road EC2A 3QY

Tel: 020 7613 1008

Provides a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems and to support their carers. **UK wide**

Chinese National Healthy Living Centre <http://www.cnhlc.org.uk/>

29-30 Soho Square W1D 3QS

Tel: 020 7534 6546

It promotes healthy living and to facilitate access to health services for the Chinese community in the UK. **UK wide**

Culture Dementia UK <http://www.culturedementiauk.org/>

Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore HA7 1BT

Tel: 0800 014 8682

The service will visit sufferers in care homes and their own homes, befriend and support people living with dementia, give talks on dementia from the African/Caribbean perspective, try to educate the BME communities on dementia, act as advocates and provide respite care to carers of people living with dementia. **London wide**

Cutch Social & Cultural Society <http://www.cutchcultural.org/>

65 Paddock Road Neasden NW2 7DH

Tel: 020 8452 0483

Serves the hundreds of Gujarati-speaking people from across Kutch who are now settled in UK, holding many cultural and social events, encouraging friendship among members with entertainment and to ensure that their customs stay vibrant. They also have a dance workshop for people of all ages. **UK wide**

Dadihiye <http://dadihiye.co.uk/>

1 Thorpe Close, W10 5XL

Tel: 020 8960 4133

Provides daily drop-in and phone advice, information, advocacy and guidance on housing, welfare benefit, education, employment, health and training for the Somali community in London. **London wide**

Ektan Asian Women's Group

Key House High Street Yiewsley UB7 7BQ

No website. Provides educational and personal development, training to provide access to employment, crafts and cultural activities. Health talks, yoga and courses to promote healthy living. A friendly environment where asian women can make new friends and relieve loneliness. **Unknown catchment area as no website**

Eritrean Muslim Community Association <http://www.emca.org.uk>

Vauxhall Negashi Centre 283-291 Wandsworth Road SW8 2ND
Tel: 020 7720 2508

Aims to meet the social, welfare and cultural needs of Eritrean refugees living in the United Kingdom. **UK wide**

Farsophone Association <http://www.farsophone.org.uk>

Golders Green Library 156, Golders Green Road NW11 8HE

Tel: [020 8905 5522](tel:02089055522)

Provides culturally sensitive and linguistically appropriate counseling in Farsi. It has a library with a large collection of books in Farsi. It also runs events to celebrate special occasions and entertains Farsi-speaking families and individuals, by organising other activities such as daytime parties for older adults and their friends and families (From those aged 60 and over). **London wide**

Harrow Iranian Community Association <http://www.hica.org.uk/>

Community Premises (Room 5), 27 Northolt Road, South Harrow, Middlesex, HA2 0LH
Tel: 07918 685309, 07815611605 or 07585 336769

Provides legal, educational, social and cultural services to Iranian nationals: General help including casework, advice and support. There is also a Women's Social Group and an elderly lunchtime club. It organises functions for various calendar events celebrated by Persian people. **Harrow, Brent and Hillingdon**

Hayes Muslim Centre <http://hayesmuslimcentre.org.uk/>

3 Pump Lane Hayes, Middlesex, UB3 3NB

Tel: 020 8561 7149

Provides a wide range of social welfare, cultural and education activities. **Hillingdon**

Hayes & Harlington Old People's Welfare Committee

<http://www.olderpeopleswelfare.co.uk/>

Cedar House Vine Lane Hillingdon UB10 ONF

Tel: 020 3375 1243 or 01895 273 141

Its continuing ethos is the care, health, happiness and welfare of older people. The main areas of activity centre on the provision of its [weekly 4 star dining and social centre](#), art groups, Milan group (for older asian ladies), outings and an annual summer holiday for able and disabled people. **Hillingdon only**

The Hellenic Centre <http://www.helleniccentre.org/>

16-18 Paddington Street Marylebone W1U 5AS

Tel: 020 74875060

Runs cultural and social events and has an extensive library of Greek books. **UK wide**

Hillingdon Asian Women's Group

Unit 4, Sandow Crescent, Hayes, Middlesex, UB3 4QH or

7 Nestles Ave, Hayes, Middlesex UB3 4SA

Tel: 020 8561 0231.

No website. Provides information, counselling, support and guidance especially in relation to social services, health, housing, education, welfare benefits and childcare, to help to enable access to these services. They run English as a second language classes, computer training, health workshops and talks. **Unknown catchment area as no website**

Hillingdon African Caribbean Community Association (HACCA)

25 Hartland Drive HA4 0TQ

Tel: 020 8582 0664.

No website. Promotes equality of opportunity and offers a professional and culturally sensitive service for African-Caribbean with needs relating to health, housing, immigration, employment, social services and welfare benefits. It initiates projects to eliminate social exclusion and isolation and works with children and older people to help tackle the disadvantages they may face. **Unknown catchment area as no website**

Hillingdon Chinese Community Organisation www.hcco.org.uk

115 Dulverton Road Ruislip HA4 9AG

Provides Chinese cultural activities, social activities, training and development, health care, support for refugees and advocacy. **Unknown catchment area as website faulty**

Hillingdon Somali Women's Group

57 Violet Avenue, Hillingdon, Middlesex, UB8 3PR

Tel: 01895 437917

No website. Provides a range of advice and support services to the local Somali community, promoting healthier lifestyles, safeguarding, prevention and protection and promoting economic resilience to the disadvantage community of Somali women.

Unknown catchment area as no website

Hillingdon Sikh Welfare Association

99 Coldharbour Lane Hayes UB3 3EF

Tel: 020 8581 0965.

No website. Advice and information service for Sikhs living in London Borough of Hillingdon. Support Sikhs in maintaining their cultural and religious traditions. Information and advice on disability and health. **Hillingdon only**

Hayes Tamil Kalvi Koodam <http://www.hillingdonthamilkalvikoodam.com/>

Brookside Community Centre, 70 Brookside Road, Hayes, UB4 0PL

Tel: 07930 904 902

Offers services to the Tamil community and provide free support, advice and information services on welfare rights, health promotion services and social improvements. **Hillingdon**

Independent Age www.independentage.org

6 Avonmore Road, W14 8RL

Tel: 0800 3196789

This growing charity empowering thousands of older people across the UK and Ireland to live more fulfilling lives and provides advice and befriending. **UK wide**

Iranian Association <http://www.iranianassociation.org.uk>

222 King Street W6 0RA

Tel: 020 8741 2304 or 020 8748 6682

It provides advice, information, support and counselling for the Iranian community on a range of issues. Farsi spoken.

London wideIraqi Welfare Association <http://www.iraqiwelfare.com/>

85 York Street, W1H 4QA or 7 Rutherford Way, Wembley Park, HA9 0BP

Tel: 020 7723 3338

It supports the Iraqi community in the UK. **UK wide**

**Islamic Education and Cultural Society- see Hayes Muslim Centre
Italian Cultural Institute and Eugenio Montale Library**

http://www.icilondon.esteri.it/IIC_Londra

39 Belgrave Square SW1X 8NX

Tel: 020 7235 1461

Runs cultural and social events and has an extensive library of Italian books. **UK wide**

JACS Club (Jewish Association of Cultural Societies)

<http://www.shulinthewood.com/community/jacs>

St John's Wood Synagogue, 34-41 Grove End Road NW8 9NG

Tel: 020 7586 0454

A social club for older members of the Jewish community (over 70) which provides refreshments, speakers and quizzes, entertainment and outings. They also have communal lunches for the elderly. **London wide**

Jewish Care <http://www.jewishcare.org>

Amelie House Maurice and Vivienne Wohl Campus

221 Golders Green Road NW11 9DQ

Helpline 020 8922 2222 Office: 020-8922-2000

Runs a wide range of communal and adult activities, such as 'Memory Way Cafes' and 'Singing for the Brain' in some of their centres. The Brenner Jewish Community Centre in Raine House, 91- 93 Stamford Hill N16 5TP 020 8922 2222 runs trips for older members and support groups for those living with dementia. **UK wide**

Kongolese Centre for Information and Advice <http://www.kcia.org.uk/>

Unit 4, 51 Elgin Avenue, W9 3PP

Tel: 020 7998 1647

Exists to promote the welfare of all refugees, asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups. **London wide**

Kurdish and Middle Eastern Women's Organisation <http://www.kmewo.com/about-us/>

Caxton House 129 St. John's Way N19 3RQ

Tel: 020 7263 1027

Provides free, confidential and non-judgmental services in a safe and friendly environment for Kurdish and Middle Eastern women (speakers of Arabic and Kurdish- Sorani, Farsi, Dari, and Turkish) **UK wide**

Kurdish Cultural Centre <http://www.kcclondon.org.uk/>

14 Stannery Street SE11 4AA

Tel: 020 7735 0918

Provides advice, information and assistance to members of the Kurdish Community. **UK wide**

Kutch Madhapar Karyalaya www.madhaparonline.co.uk

P.O Box 791 Harrow Middlesex, HA3 9DA

Tel: 07748 766 434

A Hindu voluntary organisation for families whose roots are from Madhapar in Kutch. KMK organises events to provide a social environment for families and the Madhapar community. **London wide**

Latin American House <http://casalatina.org.uk>

10 Kingsgate Place NW6 4TA

Tel: 020 7372 8653

It offers information and advice to Latin American people in the UK. It also runs cultural activities. **UK wide**

Latin American Women's Rights Service <http://www.lawrs.org.uk>

Tindlemanor 52-54 Featherstone Street, EC1Y 8RT

Tel: 020 7336 0888

Supports the immediate and long term needs of Latin American women migrants in the UK. Services are available in Spanish and Portuguese. **UK wide**

The Liberal Jewish Synagogue www.ljs.org

28 St. John's Wood Road, NW8 7HA

Tel: 020 7286 5181

A religious, social and educational organisation which runs 'Singing for the brain' events. **UK wide**

London Tamil Centre <http://www.londontamilcentre.com/>

253 East Lane, Wembley, Middlesex, HA0 3NN

Tel: 020 8908 2646

Runs a Tamil elders drop-in centre which operates during weekdays and conducts different activities like yoga, keep fit, multi-faith events, spiritual activities, computer classes, health workshops, mentoring, counselling, and outings. **London wide**

Mind in Hillingdon – Asian Projects<http://hillingdonmind.org.uk/index.php/supportandservices/asianprojects>

Head office is at Aston House Redford Way Uxbridge, UB8 1SZ.

Project coordinator 01895 271559 / 07956 395073

Runs various support groups for the asian communities in different locations around Hillingdon. **Hillingdon only**

Mind in Hillingdon – East African Service<http://hillingdonmind.org.uk/index.php/supportandservices/eastafricanproject>

Head office is at Aston House Redford Way Uxbridge, UB8 1SZ.

Project coordinator 01895 271559 / 07538 267066

Runs various support groups for the East African communities in different locations around Hillingdon. **Hillingdon only**

Mother Teresa Albanian Union

Cardinal Hinsley College, Harlesden High Road, Harlesden, NW10

Tel: 020 8459 0859.

No website. Education, health and social care, wellbeing, culture and tradition for the Albanian community of Kosovo, Macedonia, Albania and Montenegro, of all age groups from children to elderly. **UK wide but mainly north west London.**

Nav Jeevan Asian Group

Uxbridge Community Centre, 32b The Greenway, Uxbridge UB8 2PJ

Tel: 07984 454308.

No website. Aim to reduce the isolation and depression of people of asian origin. **Unknown catchment area as no website**

Navratri Garb/Adyha Shakti Mataji Temple <http://www.matajitemple.com/>

55, High Street, Cowley, Uxbridge, Middlesex UB8 2DZ

Tel: 07882 253 540.

Runs several activities for the community such as healthy cooking, ladies group, yoga classes, musical evenings, etc. **Hillingdon**

Paiwan Afghan Association <http://www.paiwand.com/>

3rd Floor Middlesex House, 130 College Road, HA1 1BQ

Tel: 020 8905 8770

Provides advice and support in respect of health issues, social services, education, counselling, welfare support, advocacy and legal issues and the promotion of Afghan arts, culture and traditions, for people of all ages in their community, irrespective of their creed, spiritual and political beliefs or their social background. Services provided in Farsi, Dari and Pashtu. **UK wide**

Ruislip Asian Elders Group

20 Crossier Road Ickenham Uxbridge UB10 8RR

Send postal correspondence to address above. Group actually meets at Manor Farm Hall, Bury Street, Ruislip. No website. It's a social group for asian elders which provides a meeting place and social, cultural, religious and recreational activities. Group also provides information and advice in different asian languages (Gujarati, Hindi, Punjabi & Urdu).

Unknown catchment area as no website

Safe Start Foundation <http://www.safestart.org.uk>

1 Bridgehill Close, Wembley, Middlesex, HA0 1EP

Tel: 020 8900 0001

With sites in Wembley, Cricklewood and Hillingdon, it offers a wide range of activities to enhance individuals quality of life; physical and mental health, independent living and cultural awareness. Isolated Irish individuals of all ages have safe and secure environments to meet, share stories and experiences with individuals of similar backgrounds and circumstances. **Mainly Brent and Hillingdon.**

Sahan Society Centre <http://www.sahancentre.org.uk/>

18-20 East Avenue Hayes Middlesex, UB3 2HP

Tel: 020 8848 1380

Aims to support and assist the local Somali community and to enhance the health and well being of Somali and other BME vulnerable groups. **Hillingdon only**

Tageero <http://www.tageerocare.co.uk>

Unit 3 Sandow Commercial Estate, Sandow, Hayes, Middlesex, UB4 0AY

Tel: 020 8589 9550

Aims to improve health access to the Somali community. Services include employment support, advice and information, mental health support, youth services and community development projects. **Unable to check catchment area as website faulty**

Tamil Association of Brent www.tamilassociationofbrent.org

133 Aboyne Road, Neasden, NW10 0EY

Tel: 07956 386 706

Aims to meet the social and cultural needs of the Tamil Community. Its Senior Club enriches and enhances the lives of older people and provides a forum for people over the age of 50 to get together and share ideas and organise activities that are enjoyable and rewarding. **Harrow, Brent and Hillingdon**

The Tudor Club <http://tudorclub.co.uk/lt>

461, Field End Rd, Eastcote, Middlesex, HA4 9NZ

Tel: 020 8866 8603

This luncheon club for the over 60's organises activities including bingo, days out, occasional holidays, weekend activities and entertainment at the club on a regular monthly basis. **Hillingdon**

WandUK <http://www.wanduk.org/>

St Charles Centre for Health and Well-Being Exmoor Street W10 6DZ

Tel: 07813 485 607

Provides health and social care - including preventative medicine, public health, HIV/AIDS, mental health, children and substance misuse education training and cultural values arts and crafts for the West African diaspora in London. **London wide**

West London Somaliland Community <http://londonsomalilandcommunity.org.uk/>

80 East Avenue, Hayes, UB3 2HR

Tel: 020 8848 1180

It addresses key issues concerning Somaliland community including education, family matters, sports and youth activities, and meaningful integration in the mainstream society. Activities include: advice and guidance sessions, parents group, football club, folk dance club, workshops etc. Its aim is to empower Somalilanders in West London to enable them to participate meaningfully in the society as proud citizens.

4. Kensington & Chelsea

The Advocacy Project www.advocacyproject.org.uk

73 St Charles Square W10 6EJ

Tel: 020 8969 3000

The project has an advocacy for people with dementia project , to provide free, independent and confidential IMHA (Independent Mental Health Advocacy) and Mental Health Advocacy to people with dementia in hospital and in the community. **Only Westminster and Kensington & Chelsea**

African Cultural Association <http://africanculturalassociation.org/>

28 Church End NW4 4JX

Tel: 020 8203 4078

Is committed to helping people of African origin as well as and other ethnic minorities across London. It provides information and advice in matters such as health, housing, education, legal matters, etc. They run healthy living lifestyle activities for people over over-65. **London wide**

African Health Policy Network <http://www.ahpn.org.uk>

107-109 The Grove, Stratford E15 1HP

Tel: 020 8555 5778

Health charity that advances the health and wellbeing of the UK's African population. **UK wide**

African Refugees Project

1 Webb Close Dalgarno Way W10 5QB

Tel: 020 8969 6300.

No website. It offers free, confidential advice and guidance **Unknown catchment area as no website**

African Women's Care Canalside House

383 Ladbrooke Grove W10 5AA

Tel: 020 8969 8389.

No website It offers advice, information, support and advocacy including outreach work enabling women to access services in the area of health, social care, housing and welfare benefits. **Unknown catchment area as no website**

Afiya Trust <http://www.afiya-trust.org/>

27-29 Vauxhall Grove SW8 1SY

Tel: 020 7582 0400

Works to reduce inequalities in health and social care provision for people from Black and

Minority Ethnic (BME) communities. **Unknown catchment area as website faulty**

Age UK Kensington & Chelsea Information and Advice Service

<http://www.ageuk.org.uk/kensingtonandchelsea>

1 Thorpe Close W10 5XL

Tel: 020 8969 9105

It offers a drop-in, appointment, telephone, outreach and a home visit information and advice service. Information can be given on various issues, such as: welfare benefits; care needs; health and disabilities; family; assistance with form filling; housing; debt and more. The service is available in a wide range of community languages including: Arabic, Amharic, Somali, Spanish, Tigrigna, Urdu, Punjabi and Hindi. **Kensington & Chelsea only**

Akademi - South Asian Dance UK <http://www.akademi.co.uk>

Hampstead Town Hall 213 Haverstock Hill NW3 4QP

Tel: 020 7691 3210

Uses South Asian dance to create imaginative, enjoyable and artistically inspiring projects for people of all ages, ethnic origins, backgrounds and abilities. Their Education and Community department offers work with young people, adults and older people, those with disability or health related issues through group-led projects and outreach work for segments such as our Adult Community Education Project Ageing Artfully. **UK wide**

Al Manaar, the Muslim Cultural Heritage Centre <http://www.almanaar.org.uk>

244 Acklam Road W10 5YG

Tel: 0208 964 1496

Its Elderly Wellbeing Project focuses on providing physical activities, health awareness and prevention talks on various health conditions including Dementia. This project supports health independence and well-being of older people to help them continue to be active citizens in their local communities and to live longer fulfilling and more enjoyable lives.

North Kensington and Surrounding areas only

Al-Hasaniya Moroccan Women's Centre <http://www.al-hasaniya.org.uk>

Bays 4 and 5 Trellick Tower Golborne Road W10 5PL

Tel: 020 8969 2292

It serves the needs of Moroccan and Arabic-speaking women and their families in London – primarily Kensington and Chelsea residents, but with some pan-London projects – providing support for health, welfare, education and cultural activities. **Mainly Kensington & Chelsea and some projects London-wide**

An-Najaat Project

21 Sandbourne Dartmouth Close W11 1DS

Tel: 020 7221 0051.

No website. Teach Arabic and Islamic culture every Saturday to make people more attached to their religion and the principles of Islam. Provide women with sewing classes. Also medical awareness sessions. **Unknown catchment area as no website**

Angel Smile Counselling and support Service

Suite`s 125-126, Empire House, Empire Way, HA9 0EW

Tel: 020 8970 2146.

No website. The Charity's object is the provision of counselling and support services to members of the minority Eethnic community in **Brent, Harrow and Kensington & Chelsea**.

Angolan Community in London Migrant and Refugee Centre

<http://www.angolancommunityinlondon.com/>

2 Thorpe Close W10 5XL

Tel: 07774 979 265 or 07779892425

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Information and advice for members of the Angolan community (Angolans and other Portuguese speaking communities) in the best way to meet their needs. It provides domiciliary care and food for older people. **London wide**.

Arachne Greek Cypriot Women's Group <http://www.arachne-group.org>

13/15 Hercules Street N7 6AT

Tel: 020 7263 6336

534a Holloway Road N7 6JP

Tel: 020 7263 6261 or 020 7263 6317

Aims to improve the quality of life and well being of Greek Cypriot and Greek women and their families. **UK wide**

The Asian Health Agency (TAHA) <http://www.taha.org.uk/>

Offices in Slough, Southall and Hammersmith

Tel: 020 8811 1501

Shanti Day Centre based in Hammersmith & Fulham offers culturally appropriate day care services to people living in Hammersmith & Fulham, **Kensington & Chelsea, Westminster** and surrounding boroughs of Ealing, **Brent** and Hounslow. It also provides respite care and support for asian carers looking after elders in **Hillingdon**.

Asian Muslim Women Association

22 Sunbeam Crescent Rootes Drive, W10 5DW
Tel: 020 8968 7673.

No website and no description **Unknown catchment area as no website**

Bangladesh Centre London <https://www.bangladeshcentre.org>

24 Pembridge Gardens W2 4DX
Tel: 020 7229 9404

Offers support and services to the Bangladeshi community. Weekly event for Bangladeshi elders. **London wide**

Bishop Hi Ming Wah Association and Community Centre www.bhmwa.com

The Lower Crypt, St. Martin-in-the-Fields Church Trafalgar Square WC2N 4JJ

Tel: 020 7766 1141

Aims to enhance and improve the quality of life of London residents, particularly the Chinese community, through support, influence, information and enrichment. It organises educational and cultural activities for the Chinese community. **London wide**

Black Women's Health & Family Support <http://www.bwhafs.com>

1st Floor, 82 Russia Lane E2 9LU

Tel: 020 8980 3503

Works in a broad range of women's health areas offering advice, advocacy, information and support. Services include a Somali Carers Access Project, Health Awareness workshops and an Older Somali Women's Programme. **London wide**

Bosnia and Herzegovina Community Advice Centre <http://www.bhcac.org.uk/>

Rear of 108 High Road Willesden, NW10 2PP
Tel: 020 8459 4201

It provides health advocacy, advice and support for people from the West Balkans, particularly older and disabled people. Information and advice on welfare benefits, housing, community care and health issues. **London wide**

The Burma Star Association <http://www.burmastar.org.uk/>

34 Grosvenor Gardens SW1W 0DH
Tel: 020 78234273

Its aim is to relieve need, hardship or distress among men and women who served in HM

and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-1945 war or are otherwise entitled to be holders of the Burma Star Pacific Star with Burma Clasp and for their widows, widowers or dependants. **UK wide**

Camden Somali Cultural Centre <http://www.somaliculturalcentre.org/>

107 Kingsgate Road NW6 2AH
Tel: 020 7372 6101

Runs a Somali elders group, a Somali carers project and a Somali dementia aware project. **London wide**

Central Gurdwara (Khalsa Jatha) London <http://www.centralgurdwara.org.uk/>

62 Queensdale Road W11 4SG
Tel: 020 7603 2789

Promotes religious and social activities among the Sikhs who had settled in the UK. **UK wide**

Centre for Armenian Information and Advice <http://www.caia.org.uk>

105a Mill Hill Road W3 8JF
Tel: 020 8992 4621

Supports and advises the Armenian community through the provision of welfare, educational, leisure and cultural services. **London wide**

Centro Social de Mayores Miguel de Cervantes <http://www.csmayores.org.uk/index.php>

52 Camden Square NW1 9XB
Tel: 020 7267 3562

Offers assistance and social and cultural events to Spanish pensioners living in the UK. **UK wide**

Chinese Community Centre <http://www.ccc.org.uk>

2 Leicester Court WC2H 7DW
Tel: 020 7439 3822

Aims to improve the quality of life and well-being of the Chinese community in London and the UK, particularly the disadvantaged, to empower members of the Chinese community and to work with them to meet their needs. **UK wide**

Chinese Information and Advice Centre <http://www.ciac.co.uk>

Lower Ground Floor, London Chinatown Market 71-73 Charing Cross Road WC2H 0NE

Tel: 08453 131 868

Offers free information, advice and support to disadvantaged Chinese people living in the UK. Services offered in English, Mandarin, Cantonese, Hakka, Shanghainese, Malay, and Fujian. **UK wide**

Chinese Mental Health Association <http://www.cmha.org.uk/>

2nd Floor, Zenith House, 155 Curtain Road EC2A 3QY

Tel: 020 7613 1008

It provides a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems and to support their carers. **UK wide**

Chinese National Healthy Living Centre <http://www.cnhlc.org.uk/>

29-30 Soho Square W1D 3QS

Tel: 020 7534 6546

Promotes healthy living and to facilitate access to health services for the Chinese community in the UK. **UK wide**

Culture Dementia UK <http://www.culturedementiauk.org/>

Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore HA7 1BT

Tel: 0800 014 8682

They visit sufferers in care homes and their own homes, befriend and support people living with dementia, give talks on dementia from the African/Caribbean perspective, try to educate the BME communities on dementia, act as advocates and provide respite care to carers of people living with dementia. **London wide**

Cutch Social & Cultural Society <http://www.cutchcultural.org/>

65 Paddock Road Neasden NW2 7DH

Tel: 020 8452 0483

Serves the hundreds of Gujarati-speaking people from across Kutch who are now settled in UK, holding many cultural and social events, encouraging friendship among members with entertainment and to ensure that their custom stays vibrant. They also have a dance workshop for people of all ages. **UK wide**

Dadihiye <http://dadihiye.co.uk/>

1 Thorpe Close, W10 5XL

Tel: 020 8960 4133

Provides daily drop-in and phone advice, information, advocacy and guidance on housing, welfare benefit, education, employment, health and training for the Somali community in London. **London wide**

Eritrean Muslim Community Association <http://www.emca.org.uk>

Vauxhall Negashi Centre 283-291 Wandsworth Road SW8 2ND

Tel: 020 7720 2508

Aims to meet the social, welfare and cultural needs of Eritrean refugees living in the United Kingdom. **UK wide**

Ethiopian Women's Empowerment Group www.eweg.org.uk

116 Bramley Road, Latymer Christian Centre W10 6SU

Tel: 020 8969 2608

Works with women, BME communities, migrants and refugees providing befriending/mentoring, benefits advice, emotional support or counselling, healthy eating and physical activities. **Westminster and Kensington and Chelsea only**

Farsophone Association <http://www.farsophone.org.uk>

Golders Green Library 156, Golders Green Road NW11 8HE

Tel: [0208 905 5522](tel:02089055522)

Provides culturally sensitive and linguistically appropriate counseling in Farsi. It has a library with a large collection of books in Farsi. It also runs events to celebrate special occasions and entertains Farsi-speaking families and individuals, by organising other activities such as daytime parties for older adults and their friends & families of people over 60. **London wide**

French African Welfare Association (FAWA) <http://www.fawauk.org/>

537 Norwood Road SE27 9DL

Tel: 07538 082886 or 02087665849.

Provides a range of services for the African particularly French speaking communities; Drop-in providing culturally sensitive advice and information; community events, cultural and social activities. **Westminster and Kensington and Chelsea only**

Healthier Life 4 You <http://enjoygetactive.blogspot.com/>

Tel: 020 7372 3355

Promotes emotional and physical wellbeing to local residents/communities including BME communities (African, Afro-Caribbean, Black British, Asian, Irish and others). **Kensington and Chelsea, Westminster and Brent only.**

The Hellenic Centre <http://www.helleniccentre.org/>

16-18 Paddington Street Marylebone W1U 5AS
Tel: 020 74875060

Runs cultural and social events and has an extensive library of Greek books. **UK wide**

Hodan Somali Community <http://www.hodan.org.uk/>

Canalside House, Office 4 383 Ladbroke Grove W10 5AA

Tel: 020 8960 5813.

Aims to increase the self reliance, sufficiency, independence and promotion of integration and cohesion for the Somali and other BME communities. They run an elders support project. **Kensington and Chelsea only**

Independent Age www.independentage.org

6 Avonmore Road, W14 8RL

Tel: 0800 3196789

This growing charity empowering thousands of older people across the UK and Ireland to live more fulfilling lives and provides advice and befriending. **UK wide**

India Welfare Society www.indiawelfaresociety.org

177 Kensal Road W10 5BJ

Tel: 020 8960 2637 or

11 Middle Row, North Kensington, W10 5AT

Tel: **020 8969 9493**

It provides advice and information for people from the Indian sub-continent on benefits, employment, money, debt, health, legal, medical and general welfare. **Unknown catchment area as website faulty**

Iranian Association <http://www.iranianassociation.org.uk>

222 King Street W6 0RA

Tel: 020 8741 2304 or 020 8748 6682

Provides advice, information, support and counselling for the Iranian community on a range of issues. Farsi spoken. **London wide**

Iraqi Welfare Association <http://www.iraqiwelfare.com/>

85 York Street, W1H 4QA or 7 Rutherford Way, Wembley Park, HA9 0BP

Tel: 020 7723 3338

Supports the Iraqi community in the UK. **UK wide**

Italian Cultural Institute and Eugenio Montale Library

http://www.icilondon.esteri.it/IIC_Londra

39 Belgrave Square SW1X 8NX

Tel: 020 7235 1461

Runs cultural and social events and has an extensive library of Italian books. **UK wide**

JACS Club (Jewish Association of Cultural Societies)

<http://www.shulinthewood.com/community/jacs>

St John's Wood Synagogue 34-41 Grove End Road NW8 9NG

Tel: 0207 586 0454

A social club for older members of the Jewish community (over 70) which provides refreshments, speakers and quizzes, entertainment and outings. They also have communal lunches for the elderly. **London wide**

Jewish Care <http://www.jewishcare.org>

Amelie House Maurice and Vivienne Wohl Campus

221 Golders Green Road NW11 9DQ

Helpline 020 8922 2222 Office: 020 8922 2000

It runs a wide range of communal and adult activities, such as 'Memory Way Cafes' and 'Singing for the Brain' in some of their centres. The Brenner Jewish Community Centre in Raine House, 91- 93 Stamford Hill N16 5TP 020 8922 2222 runs trips for older members and support groups for those living with dementia. **UK wide**

Kongolese Centre for Information and Advice

Unit 4, 51 Elgin Avenue, W9 3PP

Tel: 020 7998 1647

Exists to promote the welfare of all refugees, asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups. **London wide**

Kurdish and Middle Eastern Women's Organisation <http://www.kmewo.com/about-us/>

Caxton House 129 St. John's Way N19 3RQ

Tel: 020 7263 1027

Provides free, confidential and non-judgmental services in a safe and friendly environment for Kurdish and Middle Eastern women (speakers of Arabic and Kurdish- Sorani, Farsi, Dari, and Turkish) **UK wide**

Kurdish Cultural Centre <http://www.kcclondon.org.uk/>

14 Stannery Street SE11 4AA

Tel: 020 7735 0918

Provides advice, information and assistance to members of the Kurdish Community. **UK wide**

Kutch Madhapar Karyalaya www.madhaparonline.co.uk

P.O Box 791 Harrow Middlesex HA3 9DA

Tel: 07748 766 434

A Hindu voluntary organisation for families whose roots are from Madhapar in Kutch. KMK organises events to provide a social environment for families and the Madhapar community. **London wide**

Latin American House <http://casalatina.org.uk>

10 Kingsgate Place NW6 4TA

Tel: 020 7372 8653

Offers information and advice to Latin American people in the UK. It also runs cultural activities. **UK wide**

Latin American Women's Rights Service <http://www.lawrs.org.uk>

Tindlemanor 52-54 Featherstone Street EC1Y 8RT

Tel: 020 7336 0888

Supports the immediate and long term needs of Latin American women migrants in the UK. Services are available in Spanish and Portuguese. **UK wide**

The Liberal Jewish Synagogue www.ljs.org

28 St. John's Wood Road NW8 7HA

Tel: 020 7286 5181

A religious, social and educational organisation which runs 'Singing for the brain' events. **UK wide**

London Tamil Centre <http://www.londontamilcentre.com/>

253 East Lane, Wembley, Middlesex, HA0 3NN

Tel: 020 8908 2646

Runs a Tamil elders drop-in centre which operates during weekdays and conducts different activities like yoga, keep fit, multi-faith events, spiritual activities, computer classes, health workshops, mentoring, counselling, and outings. **London wide**

Midaye Somali Development Network <http://midaye.org.uk/>

Unit 6, 7 Thorpe Close W10 5XL

Tel: 020 969 7456

Offers a wide range of services to support the Somali local community. **Kensington and Chelsea mainly**

Moroccan Community Forum <http://mcforum.org.uk>

29 Lonsdale Road W11 2BY

Tel: 07545 618 166

Provides a safe environment for Moroccan people in the London Borough of Kensington and Chelsea and others to meet for mutual support. **Kensington and Chelsea mainly**

Mother Teresa Albanian Union

Cardinal Hinsley College, Harlesden High Road, Harlesden, NW10

020 8459 0859.

No website. Education, health and social care, wellbeing, culture and tradition for the Albanian community of Kosovo, Macedonia, Albania and Montenegro, of all age groups from children to elderly. **UK wide but mainly North West London.**

Nubian Life www.nubianlife.org.uk

50 Ellerslie Road, W12 7BW

Tel: 020 8749 8017

Care provider for African and Caribbean older people living with complex health conditions such as Dementia, Alzheimer's disease, Diabetes, sensory impairment and physical disabilities. **Unknown catchment area as website faulty**

Open Age <http://www.openage.org.uk/>

6 sites but head office is at St Charles Centre for Health & Wellbeing Exmoor Street W10 6DX

Tel: 020 8962 4141

Works to enable anyone aged 50 or older to sustain their physical and mental fitness, maintain an active lifestyle and develop new and stimulating interests. It provides a wide range of physical, creative and mentally stimulating activities to enable older people to develop new skills, fulfill their potential and make new friends. **Kensington and Chelsea and Westminster only.**

Paiwan Afghan Association <http://www.paiwand.com/>

3rd Floor Middlesex House 130 College Road HA1 1BQ

Tel: 020 8905 8770

Provides advice and support in respect of health issues, social services, education, counselling, welfare support, advocacy and legal issues and the promotion of Afghan arts, culture and traditions, for people of all ages in their community, irrespective of their creed, spiritual and political beliefs or their social background. Services provided in Farsi, Dari and Pashtu. **UK wide**

Pepper Pot Day Centre

1a Thorpe Close Ladbrooke Grove W10 5XL

Tel: 020 8968 6940.

No website. Day Centre offering services to the older members of the African/Caribbean community. Exercises for the elderly classes. **Kensington and Chelsea only**

Persian Care Centre <http://www.persiancarecentre.com/>

245 Walmer Road W11 4EY

Tel: 020 72215763

Provides help, support and advice to older Persian people. It also provides a welcoming meeting place where the over 50s and other ages of Farsi speaking people of the Royal Borough of Kensington and Chelsea and surrounding areas can socialise, meet new friends and get involved in activities, cultural events and exciting outings. **Kensington and Chelsea mainly.**

Sixty Plus (part of Age Concern Kensington and Chelsea) <http://www.sixtyplus.org.uk>

1 Thorpe Close W10 5XL

Tel: 020 8969 9105

Supports older people in Kensington and Chelsea to maintain their independence through volunteer-involving schemes, health promotion activities and intergenerational work.

Kensington and Chelsea only

Somali community Information Centre 453a Harrow Road

WandUK <http://www.wanduk.org/>

St Charles Centre for Health and Well-Being Exmoor Street W10 6DZ

Tel: 07813 485 607

Provides health and social care - including preventative medicine, public health, HIV/AIDS, mental health, children and substance misuse education training and cultural values arts and crafts for the West African diaspora in London. **London wide**

West and North West London Vietnamese Association

58b Bulwer Street, W12 8AP

Tel: 020 8742 9745.

No website. Advice and advocacy for the Vietnamese community. **Unknown catchment area as no website**

West London Moroccan Widadia

Grenfell Community Rooms Grenfell Tower W11 1TG 07761288788.

No website. Provides information and advice to Moroccans living in the Royal Borough of Kensington and Chelsea. Organises social gatherings and outings for children, elderly and vulnerable members of the Moroccan Community; and also visits to vulnerable community members in hospitals, prisons and the elderly in their own homes. **Kensington and Chelsea only.**

5. Westminster

The Advocacy Project www.advocacyproject.org.uk

73 St Charles Square W10 6EJ

Tel: 020 8969 3000

An advocacy for people with dementia project , to provide free, independent and confidential (Independent Mental Health Advocacy) and Mental Health Advocacy to people with dementia in hospital and in the community. **Only Westminster and Kensington and Chelsea**

African Cultural Association <http://africanculturalassociation.org/>

28 Church End NW4 4JX

Tel: 020 8203 4078

Committed to helping people of African origin as well as and other ethnic minorities across London. It provides information and advice in matters such as health, housing, education,

legal matters, etc. They run healthy living lifestyle activities for people over 65. **London wide**

African Health Policy Network <http://www.ahpn.org.uk>

107-109 The Grove, Stratford E15 1HP

Tel: 020 8555 5778

Health charity that advances the health and wellbeing of the UK's African population. **UK wide**

Afiya Trust <http://www.afiya-trust.org>

27-29 Vauxhall Grove SW8 1SY

Tel: 020 7582 0400

It works to reduce inequalities in health and social care provision for people from BME) communities. **Unknown catchment area as website faulty**

Akademi - South Asian Dance UK <http://www.akademi.co.uk>

Hampstead Town Hall 213 Haverstock Hill NW3 4QP

Tel: 020 7691 3210

It uses South Asian dance to create imaginative, enjoyable and artistically inspiring projects for people of all ages, ethnic origins, backgrounds and abilities. Their education and community department offers work with young people, adults and older people, those with disability or health related issues through group-led projects and outreach work for segments such as our Adult Community Education Project Ageing Artfully. **UK wide**

Al-Hasaniya Moroccan Women's Centre <http://www.al-hasaniya.org.uk>

Bays 4 and 5 Trellick Tower Golborne Road W10 5PL

Tel: 020 8969 2292

Serves the needs of Moroccan and Arabic-speaking women and their families in London – primarily Kensington and Chelsea residents, but with some pan-London projects – providing support for health, welfare, education and cultural activities. **Mainly Kensington and Chelsea and some projects London-wide**

Anglo-Egyptian Society

The Stowe Centre 258 Harrow Road W2 5ES

Tel: 07753241013

No website. Hospital visits, education, advice, support, health and social welfare, and help in completing forms. **Unknown catchment area as no website**

Angolan Community in London Migrant and Refugee Centre

<http://www.angolancommunityinlondon.com/>

2 Thorpe Close W10 5XL
Tel: 07774 979 265 or 07779892425

Information and advice for members of the Angolan community (Angolans and other Portuguese speaking communities) in the best way to meet their needs. It provides domiciliary care and food for older people. **London wide.**

Arachne Greek Cypriot Women's Group <http://www.arachne-group.org>

13/15 Hercules Street N7 6AT
Tel: 020 7263 6336

534a Holloway Road, N7 6JP
Tel: 020 7263 6261 or 020 7263 6317

Aims to improve the quality of life and wellbeing of Greek Cypriot and Greek women and their families. **UK wide**

The Asian Health Agency (TAHA) <http://www.taha.org.uk/>

Offices in Slough, Southall and Hammersmith

Tel: 020 8811 1501

Shanti Day Centre based in Hammersmith & Fulham offers culturally appropriate day care services to people living in Hammersmith & Fulham, **Kensington and Chelsea, Westminster** and surrounding boroughs of Ealing, **Brent** and Hounslow. It also provides respite care and support for asian carers looking after elders in **Hillingdon.**

Bangladesh Centre London <https://www.bangladeshcentre.org>

24 Pembridge Gardens W2 4DX
Tel: 020 7229 9404

Offers support and services to the Bangladeshi community. Weekly event for Bangladeshi elders. **London wide**

Bishop Hi Ming Wah Association and Community Centre www.bhmwa.com

The Lower Crypt, St. Martin-in-the-Fields Church Trafalgar Square WC2N 4JJ

Tel: 020 7766 1141

Aims to enhance and improve the quality of life of London residents, particularly the Chinese community, through support, influence, information and enrichment. It organises educational and cultural activities for the Chinese community. **London wide**

Black Women's Health & Family Support <http://www.bwhafs.com>

1st Floor, 82 Russia Lane E2 9LU

Tel: 020 8980 3503

It works in a broad range of women's health areas offering advice, advocacy, information and support. Services include a Somali Carers Access Project, Health Awareness workshops and an Older Somali Women's Programme. **London wide**

Bosnia and Herzegovina Community Advice Centre <http://www.bhcac.org.uk/>

Rear of 108 High Road Willesden, NW10 2PP

Tel: 020 8459 4201

It provides health advocacy, advice and support for people from the West Balkans, particularly older and disabled people. Information and advice on welfare benefits, housing, community care and health issues. **London wide**

The Burma Star Association <http://www.burmastar.org.uk/>

34 Grosvenor Gardens SW1W 0DH

Tel: 0207 8234273

Aim's to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-1945 war or are otherwise entitled to be holders of the Burma Star Pacific Star with Burma Clasp and for their widows, widowers or dependants. **UK wide**

Camden Somali Cultural Centre <http://www.somaliculturalcentre.org/>

107 Kingsgate Road NW6 2AH

Tel: 020 7372 6101

Runs a Somali elders group, a Somali carers project and a Somali dementia aware project. **London wide**

Central Gurdwara (Khalsa Jatha) London <http://www.centralgurdwara.org.uk/>

62 Queensdale Road W11 4SG

Tel: 020 7603 2789

Promotes religious and social activities among the Sikhs who had settled in the UK. **UK wide**

Centre for Armenian Information and Advice <http://www.caia.org.uk>

105a Mill Hill Road W3 8JF

Tel: 020 8992 4621

Supports and advises the Armenian community through the provision of welfare, educational, leisure and cultural services. **London wide**

Centro Social de Mayores Miguel de Cervantes <http://www.csmayores.org.uk/index.php>

52 Camden Square NW1 9XB
Tel: 020 7267 3562

Offers assistance and social and cultural events to Spanish pensioners living in the UK. **UK wide**

Chinese Community Centre <http://www.ccc.org.uk>

2 Leicester Court WC2H 7DW
Tel: 020 7439 3822

Aims to improve the quality of life and well-being of the Chinese community in London and the UK, particularly the disadvantaged, to empower members of the Chinese community and to work with them to meet their needs. **UK wide**

Chinese Information and Advice Centre <http://www.ciac.co.uk>

Lower Ground Floor, London Chinatown Market 71-73 Charing Cross Road WC2H 0NE

Tel: 08453 131 868

Offers free information, advice and support to disadvantaged Chinese people living in the UK. Services offered in English, Mandarin, Cantonese, Hakka, Shanghainese, Malay, and Fujian. **UK wide**

Chinese Mental Health Association <http://www.cmha.org.uk/>

2nd Floor, Zenith House, 155 Curtain Road EC2A 3QY

Tel: 020 7613 1008

Provides a diverse range of services with the aim of serving Chinese people who suffer from mental health related issues and problems and to support their carers. **UK wide**

Chinese National Healthy Living Centre <http://www.cnhlc.org.uk/>

29-30 Soho Square W1D 3QS

Tel: 020 7534 6546

Promotes healthy living and to facilitate access to health services for the Chinese community in the UK. **UK wide**

Culture Dementia UK <http://www.culturedementiauk.org/>

Stanmore Business and Innovation Centre, Stanmore Place, Howard Road, Stanmore HA7 1BT

Tel: 0800 014 8682

They visit sufferers in care homes and their own homes, befriend and support people living with dementia, give talks on dementia from the African/Caribbean perspective, try to educate the BME communities on dementia, act as advocates and provide respite care to carers of people living with dementia. **London wide**

Cutch Social & Cultural Society <http://www.cutchcultural.org/>

65 Paddock Road Neasden NW2 7DH

Tel: 020 8452 0483

It serves the hundreds of Gujarati-speaking people from across Kutch who are now settled in UK, holding many cultural and social events, encouraging friendship among members with entertainment and to ensure that their customs stay vibrant. They also have a dance workshop for people of all ages. **UK wide**

Dadihiye <http://dadihiye.co.uk/>

1 Thorpe Close, W10 5XL

Tel: 020 8960 4133

Provides daily drop-in and phone advice, information, advocacy and guidance on housing, welfare benefit, education, employment, health and training for the Somali community in London. **London wide**

Dutch Pot Lunch and Social Club

Ada Court 10-16 Maida Vale W9 1TD

Tel: 020 7286 1222.

No website. It offers lunch and social activities for senior citizens and can signpost help and advice services available locally. **Unknown catchment area as no website**

Eritrean Muslim Community Association <http://www.emca.org.uk>

Vauxhall Negashi Centre 283-291 Wandsworth Road SW8 2ND

Tel: 020 7720 2508

Aims to meet the social, welfare and cultural needs of Eritrean refugees living in the United Kingdom. **UK wide**

Ethiopian Women's Empowerment Group www.eweg.org.uk

116 Bramley Road, Latymer Christian Centre W10 6SU
Tel: 0208 969 2608

Works with women, BME communities, migrants and refugees providing befriending/mentoring, benefits advice, emotional support or counselling, healthy eating and physical activities. **Only Westminster and Kensington and Chelsea**

Farsophone Association <http://www.farsophone.org.uk>

Golders Green Library 156, Golders Green Road NW11 8HE

Tel: [0208 905 5522](tel:02089055522)

Provides culturally sensitive and linguistically appropriate counseling in Farsi. It has a library with a large collection of books in Farsi. It also runs events to celebrate special occasions and entertains Farsi-speaking families and individuals, by organising other activities such as daytime parties for older adults and their friends & families for people over 60. **London wide**

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16-18 Paddington Street Marylebone W1U 5AS
Tel: 020 74875060

Runs cultural and social events and has an extensive library of Greek books. **UK wide**

Henna Asian Women's Group <http://www.hennaorg.co.uk>

Abbey Community Centre 222c Belsize Road NW6 4DJ
Tel: 020 7372 9860

Provides women only services (advice, befriending, over 50's club) to both residents and

new immigrants to the country in Camden, Brent and surrounding Boroughs. They offer services in Bengali, Gujarati, Hindi, Punjabi and Urdu. **Westminster and Brent**

In-Deep community Task Force <http://www.in-deep.org.uk>

Grosvenor Hall Vincent Street SW1P 4HB
Tel: 020 7834 5204

Works mainly with elderly people in the South of Westminster and Lambeth and Battersea - offering friendship and support by way of a range of activities and services to people living in the area. **Mainly South Westminster**

Independent Age www.independentage.org

6 Avonmore Road, W14 8RL

Tel: 0800 3196789

This growing charity empowering thousands of older people across the UK and Ireland to live more fulfilling lives and provides advice and befriending. **UK wide**

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222 King Street W6 0RA
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Helpline 020 8922 2222 Office: 020 8922-2000

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Kongolese Centre for Information and Advice <http://www.kcia.org.uk/>

Unit 4, 51 Elgin Avenue, W9 3PP

Tel: 020 7998 1647

It exists to promote the welfare of all refugees, asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups. **London wide**

Korean Anglican Community Centre

Munster Square NW1 3PL

Tel: 0870 350147.

No website and no description

Kurdish and Middle Eastern Women's Organisation <http://www.kmewo.com/about-us/>

Caxton House 129 St. John's Way N19 3RQ

Tel: 020 7263 1027

It provides free, confidential and non-judgmental services in a safe and friendly environment for Kurdish and Middle Eastern women (speakers of Arabic and Kurdish- Sorani, Farsi, Dari, and Turkish) **UK wide**

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253 East Lane, Wembley, Middlesex, HA0 3NN

Tel: 020 8908 2646

Runs a Tamil elders drop-in centre which operates during weekdays and conducts different activities like yoga, keep fit, multi-faith events, spiritual activities, computer classes, health workshops, mentoring, counselling, and outings. **London wide**

Marylebone Bangladesh Society

19 Samford Street NW8 8ER

Tel: 020 7724 7427

Aims to promote and improve the economic wellbeing of the Bangladeshi community in the Church Street, Marylebone and St John's Wood areas. **Westminster only**

Mother Teresa Albanian Union

Cardinal Hinsley College, Harlesden High Road, Harlesden, London, NW10

Tel: 020 8459 0859

No website. Education, health and social care, wellbeing, culture and tradition for the Albanian community of Kosovo, Macedonia, Albania and Montenegro, of all age groups from children to elderly. **UK wide but mainly North West London.**

Open Age <http://www.openage.org.uk/>

Six sites but head office is at St Charles Centre for Health & Wellbeing Exmoor Street W10 6DX

Tel: 020 8962 4141

This organisation works to enable anyone aged 50 or older to sustain their physical and mental fitness, maintain an active lifestyle and develop new and stimulating interests. It provides a wide range of physical, creative and mentally stimulating activities to enable older people to develop new skills, fulfill their potential and make new friends. **Kensington and Chelsea and Westminster only.**

Paiwan Afghan Association <http://www.paiwand.com/>

3rd Floor Middlesex House 130 College Road HA1 1BQ

Tel: 020 8905 8770

Provides advice and support in respect of health issues, social services, education, counselling, welfare support, advocacy and legal issues and the promotion of Afghan arts, culture and traditions, for people of all ages in their community, irrespective of their creed, spiritual and political beliefs or their social background. Services provided in Farsi, Dari and Pashtu. **UK wide**

Penfold Community Hub <http://www.nottinghillhousing.org.uk/penfold-community-hub>

60 Penfold Street NW8 8PJ

Tel: 020 8762 3082

Offers stimulating and accessible activities, as well as advice and information, to Westminster residents aged over 50. **Westminster only**

The Pullen Centre

Garden Terrace 7- 9 Moreton Street SW1V 2WP

Tel: 020 8969 3000

The Advocacy Project provides there a free, independent and confidential advocacy service for Older Adults over 65 and people with dementia. The Pullen Centre is a local day care centre offering support to physically frail older people and older people with dementia and it is run by Housing & Care 21. **Westminster only**

South Westminster Community Organisers, SW1CO <http://www.sw1co.org.uk/>

Old Admin Office, Block A, Peabody Estate, Vauxhall Bridge Road, SW1V 1TA

Tel: 020 3633 3496 or 07739 195 044

Works with women, older people and those with disabilities, the Arabic community and BME communities. Services include: befriending/ mentoring, giving information/ signposting, healthy eating, IT, legal advice, physical activities, social events, supporting other organisations and training. **South Westminster only.**

Sudan People Support Association

15a Churton Street SW1V 2LY

Tel: 020 78211922

No website. It offers a range of counselling and other support services to people in need of help and advice. **Unknown catchment area as no website**

WandUK <http://www.wanduk.org/>

St Charles Centre for Health and Well-Being Exmoor Street W10 6DZ

Tel: 07813 485 607

Provides health and social care - including preventative medicine, public health, HIV/AIDS, mental health, children and substance misuse education training and cultural values arts and crafts for the West African diaspora in London. **London wide**

Westminster Bangladeshi Association <http://wbasw1.org.uk/>

30 Winchester Street, SW1V 4NE

Tel: 020 7828 6500

Aims to meet the diverse needs of the local community by providing excellent services that promote social inclusion, citizenship and help empower individuals; and to provide or assist in the provision of a wide range of services and facilities for recreational, social and economic well-being for the local community. **Westminster only**

Westminster Bangladeshi Welfare Trust <http://www.wbwt.org.uk/>

Dryburgh Hall Abbots Manor SW1V 4ET

Tel: 020 7828 1528

Aims to improve the lives of the South Westminster by organising and providing excellent services that promote social inclusion, educational, cultural awareness, citizenship rights

and help empower individuals. **South Westminster only**