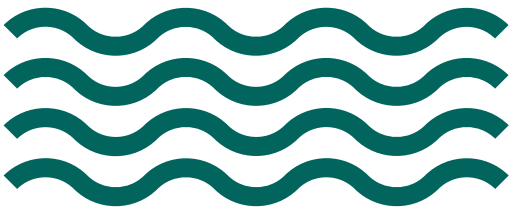




# Community Resource Pack

A limited directory of Wandsworth resources and services.



LIVE KARMA YOGA  
COMMUNITY | ACCESSIBILITY | EMPOWERMENT



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# COMMUNITY RESOURCE PACK

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## Behind the pack

Conversations at the workshops highlighted the community's need for better visibility of available resources and services in Wandsworth. Thus, this booklet was created to highlight some of the services available within the borough and local areas.



Please note, this directory is limited. For further resources, visit websites of shared organisations and the Wandsworth Family Information Service:

<https://fis.wandsworth.gov.uk/kb5/wandsworth/fsd/home.page>

# Healthy Place, Healthy weight project So far

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The discussions so far highlighted 5 key areas of intervention:

- Finances and socioeconomic status.
- Mental health and positive definitions of 'healthy weight'.
- Space (accessible and safe spaces)
- Community focussed opportunities to engage with healthy living.
- Health education and educational establishments.

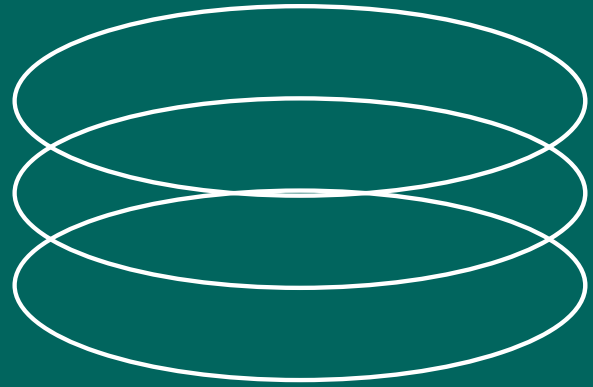
## Age UK Wandsworth

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Age UK Wandsworth is an independent local charity. We've been working in the local community to help older people for over 50 years.

Offering: Befriending services, Information and advice, yoga classes and coffee mornings and more.

<https://www.ageuk.org.uk/wandsworth/>



## Be Enriched

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Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

<https://www.be-enriched.org>



## Devas Club

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Devas Club offers a range of activities that improves the lives of children & young people so that we build their confidence, tackle mental health issues and improve their wellbeing.

Offering services in: Devas Juniors after school club, Youth club, music course and more.

<https://www.devasclub.org>



## Citizens Advice Wandsworth

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We're a local charity that offers free, independent, confidential and impartial advice. We give people the knowledge and confidence they need to find a way forward - whoever they are, and whatever their problem.

Offering support in: Housing, Family and relationships, Debt and more.

<https://cawandsworth.org>



## Elays Network

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Elays Network is a multifaceted community organisation, which aims to engage, educate, and empower communities. Running projects and activities for children, young people, adults, and elderly members of the community.

Offering services in: Health and Wellbeing, Advice and Advocacy, Education and training and youth work.

<https://elaysnetwork.com>



## Enable

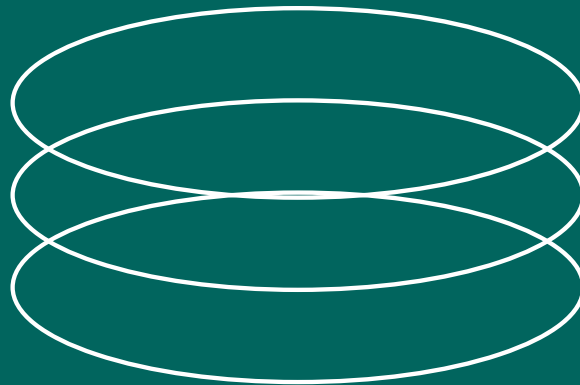
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Enable is a not-for-profit organisation, working in partnership with councils, charities and other organisations to deliver health, leisure and community services and events that enrich people's lives. We use our experience and specialist expertise to deliver these services to improve the wellbeing of individuals and the community as a whole.

Offering services in: Health and Wellbeing support, bereavement, leisure and sport

<https://enablelc.org>

**enable.**  
For happy, healthier communities.  
Not for profit.



## FAST-London

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FAST London is a community where young people grow up with a healthy sense of trust, resilience and hope for the future

Also offering: youth empowerment and more

<https://www.fastlondon.co.uk/about>



## Home Start Wandsworth

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We help families, living in Wandsworth, with children under the age of five, through their most challenging times. Everyone needs a little help sometimes. We support parents to grow in confidence, strengthen their relationship with their children, and widen their links with the local community.

<https://www.homestartwandsworth.org.uk>



## Healthwatch Wandsworth

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We are the independent champion for people in Wandsworth who use health and social care services. We're here to make sure that those running services put people at the heart of care. We're here to find out matters to you and to help make sure your views shape the support you need.

<https://www.healthwatchwandsworth.co.uk/our-role>

**healthwatch**  
Wandsworth

## Jags Foundation

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We use a multifaceted approach that holistically addresses violence and correlating issues in vulnerable communities harmed by violence.

We offer services and safe spaces for healing, education, restoration and building resilience.

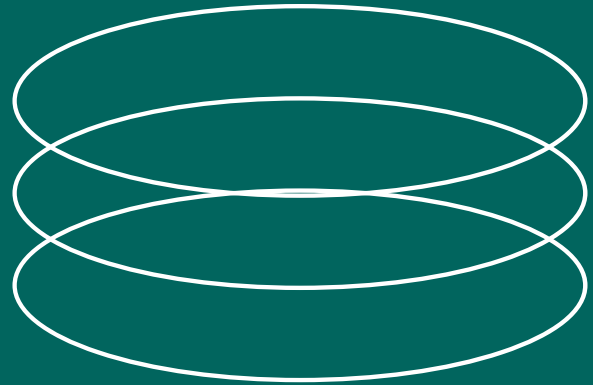
<https://www.jagsfoundation.org>



## Keeping Families Together

Providing support to families that are struggling with day to day issues and basics. We also provide a safe environment for young people to detach themselves from gang culture and to support them in staying in education. We offer support for parents including training, workshops and administration to alleviate loneliness and help families under Wandsworth social services.

<https://www.keepingfamilies.together.co.uk>



## Live Karma Yoga

Driven by Community and Connection  
We offer Yoga and Wellbeing practices with a commitment to being inclusive and accessible to all. Our Intention is to impact social change through uniting people from all walks of Life.

Offering free community classes, workshops and more. Welcoming diversity and collaborating with community spaces.

<https://livekarmayoga.com>



## MatchMothers

MATCHmothers is a charity that offers non-judgemental support and information to mothers apart from their children in a wide variety of circumstances. We believe that children have a basic human right to continue to be part of a loving, nurturing family network for life, no matter how many times that family re-makes itself, no matter where their mothers live.

<https://matchmothers.org>



## Mushkil Aasaan

Mushkil Aasaan is committed to upholding the rights and dignity of the individual and the family. This is within a holistic model of support, through a range of opportunities, choices and effective solutions.

Offering: Counselling, career development, support groups and more.

<https://mushkilaasaan.com>



## Oasis (Wandsworth)

While Wandsworth Oasis aims to support and de-stigmatise those who are HIV-positive, and inform people as to how they can protect themselves from the disease, we do not directly provide health or prevention services. Instead, we direct our efforts and resources towards three main areas: Charity shops, Fundraising and Grants

<https://www.wandsworthoasis.org.uk>

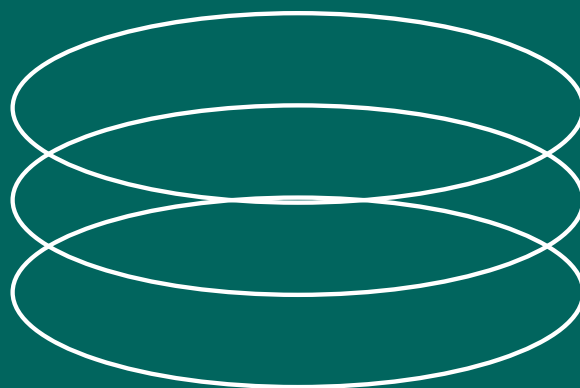


## Providence House

At Providence one of our key goals is to provide a sense of community and identity for each of the young people; offering an alternative to anti-social behaviour and social isolation. We encourage everyone to have fun, make new friends and be involved in the range of activities.

Offering: youth club, afterschool club and football training.

<https://providence-house.org>



## Share Community

A training centre providing learning and wellbeing resources to help adults with learning disabilities, autism, and other support. Providing a holistic service, offering accredited training to help our students move towards employment, and personal development courses to boost independence and help them feel more confident.

<https://www.sharecommunity.org.uk/what-we-do>



## Waste Not Want Not

We love food and respect the whole process that goes into growing it and getting it from the source to our plates. We are dedicated to ensuring that perfectly edible and nutritious food does not become waste and instead is channeled for the benefit of local community.

Offering: Food sharing, ad-hoc distributions, zero-waste catering and more.

<https://www.wastenotwantnot-battersea.org>



## WCEN

Wandsworth Community Empowerment Network is a community led platform for change and improvement. on a mission to reduce structural inequalities and systemic racism.

Offering services in: Physical Health, Mental Health, Advice & Advocacy and Children & Young People.

<https://wcen.co.uk>



## Yvonne Carr Childrens Centre

A Children's Centre providing a welcoming space where you and your child can have fun and learn. A space to make friends and be creative amongst many more benefits.

During the Cost of Living Crisis, serving as a place where families and their children (0-5) can come for free. The buildings offer a warm, safe, welcoming place, with hot drinks, food and a range of activities to support families



Search: Yvonne Carr Children's Centre



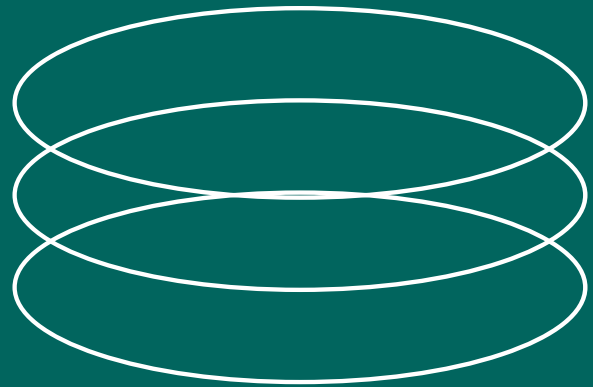
## Al-Nagashi Mosque and Centre (EMCA)

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Since establishing the Mosque/ Centre of excellence - Al-Nagashi was able to provide essential services to the Muslim community in London such as Prayer facility, lectures, Nikah services, after school classes. Hosting Ramadan, Eid celebrations and many more.

Also offering: Scout group, youth club and more.

<https://emca.org.uk>



## St Georges Hospital

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Provide a full range of community services to support and empower.

Currently setting up a Healthy Weight Clinic.

<https://www.stgeorges.nhs.uk/service/community-services/>



## Home Start Wandsworth

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Catch22 designs and delivers public services that build resilience and aspiration in people and communities.

Providing substance misuse and mental health services.

<https://www.catch-22.org.uk>









Limited Wandsworth Borough Community  
Resource pack 2023



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