

Wandsworth Hub

Brent, Wandsworth and Westminster 

Based in Tooting High Street, we support people diagnosed with moderate to severe mental health needs access the right tools for recovery.

We offer a safe and supportive spaces where people can take part in activities or engage with services to improve their wellbeing, build confidence, resilience, skills, connections, and independence.

>100
Average contact hours
per person

758
Sessions delivered yearly

What we offer

- 1:1 support with an allocated worker to develop independence and manage health.
- Therapeutic and educational groups.
- Skills-based workshops.
- Creative groups and day trips.

Who's it for?

- Referrals are made via Community Mental Health Teams, GP, and associated practices.
- To self-refer, please download and complete this [form](#).
- Residents of Wandsworth.

All accepted referrals will receive in the form of groups, activities or some level of one-to-one support, and help with achieving goals and aspirations.

Prices vary for individual workshops, activities and services. This can be paid for through self-funding or personal allowances.

