



HARROW COVE

WHAT'S ON

Tea & Chat

Drop-in for a relaxing evening chat with a cup of tea (or coffee)!

Tuesdays, 16:30 - 17:30

Food Collection

Collect food kindly donated by Wenzel's. Subject to availability

Thursdays, 18:00 - 20:00

Arts & Crafts

Let your creativity flow. All abilities welcome.

Saturdays, 16:00 - 17:00

Support Group

A safe space to meet other people with similar experiences and receive support and encouragement from each other.

Sundays, 15:30 - 16:30

Open everyday, 14:00 - 22:00

 **Carramea Centre, 27 Northolt Road, HA2 0LH**

 **07407 305206**

 **BH.Cove@hestia.org**

Hestia.org



How to access the service

You can attend our service as open access (individuals can just turn up), or request a referral from a professional.

Support and activities will include:

- Advice, information and signposting.
- One-to-one support - virtual and/or face-to-face
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.
- Group activities: Arts & Crafts, Support Group, Tea & Chat, and Lunch Club.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

Nearest tube station is South Harrow (Piccadilly line) and H9/H10/140/114/258/395 bus routes.



Hestia.org

