



NHS

North West London

Affected by the Grenfell Tower Fire?

The NHS is here for you

Update on all the health services
you can access in North Kensington



Summer 2023 – Information for adults

Hello everyone,

We fully understand that the community has ongoing concerns – **the NHS is here to help you.**

We can provide you with help and support through our NHS services and our community partners, so please do take up our services.

This simple guide provides you with information on what is available and how to access it.

We also would like to take the opportunity to confirm the NHS commitment to meeting the needs of survivors, bereaved and the wider community now and in the future.

Dr Meena Nathan
North Kensington GP

Dedicated service for survivors and bereaved

This service is for bereaved and survivors of the fire and Grenfell Walk residents. It supports and coordinates access to a range of health and wellbeing services.

Find out more via www.grenfell.nhs.uk/dedicatedservice, or call the helpline on **020 8637 6279**. You can also visit the St. Charles' Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ (open Monday to Friday 9.00am – 5.00pm).

North Kensington GP care

You can arrange a time with your local doctor to discuss any health concern you may have. Ask your local GP surgery for help, say you have been affected by the Grenfell Tower fire.

Would you like a health check?

If you live or work in the North Kensington area and are affected by the Grenfell Tower fire, then you are eligible for a free Enhanced Health Check.

These checks are great if you have any concerns about your health and can support you and your family to lead a healthier life.

Our website provides more details on the full range of services available: www.grenfell.nhs.uk/healthchecks

Enhanced Health Checks are quick and easy to book via your local GP surgery or you can access one in a community setting by calling **07768 271733** (between 9am-5pm) or emailing nhsnw1.grenfell.enhancedhealth@nhs.net.

“Really enjoy how well the activities work for different age ranges. There is something for everyone and it's made the whole family very happy.”

North Kensington resident



Feeling low or anxious?

If you are feeling low or anxious and want to talk to someone about it, the NHS can help by offering practical support to help you feel better using information and self-care. It includes talking and creative therapies for individuals and families, groups for children and young people, older people and Arabic-speaking women.

We work with the local community and organisations to provide support and strengthen the community's ability to face the past, present and future and help the community heal.

Support for people with a chronic disease or long-term health condition

If you're aged 18-64, have a chronic illness or long term health condition and live in North Kensington, we can support you to recover your health and look after yourself.

How? We will work closely with you, adult social care, social prescribing link workers, as well as the hospitals, GPs and other healthcare teams, to build a personal care plan.

You can be seen in the Integrated Care Centre at St Charles Centre for Health & Wellbeing, at a GP surgery, or in your own home if you are unable to attend a clinic.

If you are feeling really low or depressed, the service will provide a rapid response. We also run community-based workshops and events led by the community, or hosted in partnership with it.

The easiest way to get seen by the Grenfell Health and Wellbeing Service is to complete the self-referral form on the website www.grenfellwellbeing.com. You can also ask your GP or another professional to refer you, phone **020 8637 6279** (everyday 8am to 8pm) or email grenfell.wellbeing@nhs.net.

You will continue being supported if you turn 65 while being case managed by the Grenfell Community Team, or if you're an individual who is supported by the team and have family members who are over 65. If you're a new patient aged 65+ you will instead be referred by your GP to the MyCare MyWay service: www.mycaremyway.co.uk

The service is provided through the Grenfell Community Case Management Service (GCCMS), provided by Central London Community Healthcare NHS Trust (CLCH) and you can ask your GP to be referred. You can also self-refer by emailing dcht.grenfellcasemanagers@nhs.net

“Your yoga classes are like a therapy with an immediate positive effect for me. They are a gathering where I meet people from my community that I would never meet otherwise.”

North Kensington resident



Take care of you and your family with self-care support

If you live or work in North Kensington and have been affected by the Grenfell Tower fire, you are eligible for free access to Healthier Futures self-care activities.

These services can help you to become healthy, live well and take care of the people most important to you.

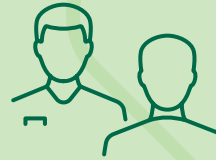
So what is self care? Self-care simply describes taking care of yourself. Self-care activities can be as easy as brushing your teeth, choosing to eat healthily, or making time to exercise.

The self-care activities available for you and your family include exercise & wellbeing classes (boxing, women’s only boxing and yoga are popular choices), as well as cookery classes, health workshops and the Men’s Shed. Activities available for families include gardening and family coaching.

Residents can access the full range of Healthier Futures self-care activities by visiting www.grenfell.nhs.uk/healthierfutures, or speaking to their GP practice (who will signpost them to their service of choice).

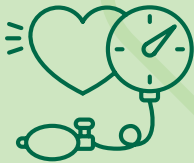
“The sessions help me to ease my anxiety
and I feel empowered and less stressed.”

North Kensington resident



Children and young people up to age 18

There are a range of services and support available through the NHS, and voluntary and community organisations. You can find out more by visiting www.grenfell.nhs.uk/children



Get in touch

If you have any questions on any of the services mentioned in this leaflet, please don't hesitate to get in touch with us by emailing: nhsnw1.nkrt@nhs.net

For further details on the services available, please visit www.grenfell.nhs.uk or scan this QR code

