



My Care, My Way Wider Grenfell Community



Our vision: 'helping individuals and families navigate health & social services'

Our values: Holistic, Integrity, Community

About our service

Grenfell My Care My Way is an NHS service for 18-64s. We strive to improve the health of the community and reducing health inequalities. We work closely with both health and non-health professionals - including GPs, physiotherapists, occupational therapists, social workers, and local authorities to provide a wide range of healthcare support.

What will happen after you have been referred?

You can either be referred to us through your GP surgery or self referral. Upon a referral, one of our team members will contact you to arrange a My Care My Way assessment at:

- St Charles Integrated Care Centre, Exmoor Street, W10 6DZ
- GP Surgery
- Your home (if housebound or unable to access locations)

The focus of Grenfell My Care, My Way is YOU.

By having a holistic approach our service places you in partnership with other health and social care professionals so you can actively plan your care in a way that is specific to your needs.



Consultation

Your first consultation will be carried out by a case manager and a care plan will be agreed. This care plan will include reviews of physical, social and mental health. In order to improve your health our team will refer or signpost you to services such as:

- Better Gym & Everyone Active referrals
- Community Living Well
- Continence Service
- Drug & Alcohol Support
- Employment Assistance
- Grenfell Health & Wellbeing Service
- Healthy Lifestyles
- Massage Therapy
- Physiotherapy
- Stop Smoking



Plus many more.

Contact us

Please contact a member of the team. You can do so by emailing clcht.grenfellcasemanagers@nhs.net. Or contact your GP practice to be referred.





About CLCH

My Care, My Way case management is provided by Central London Community Healthcare NHS Trust (CLCH). We provide a range of NHS care in London and Hertfordshire. For more information visit www.clch.nhs.uk

Complaints and compliments

If you would like to comment on the services we provide, you can contact the Trust's Patient Advice and Liaison Service (PALS) on 0800 368 0412 or clchpals@nhs.net

Alternative formats and communications support

If you need this information in alternative formats, or need other communications support during appointments, please let your clinician know and we can arrange this for you.

This information was checked in September 2023.

