

There is no need for an appointment, just turn up and you'll be met by a listening ear and benefit from companionship and engaging in therapeutic support.

Each Café
has space for
**25 people at
a time**

Contact us for more information:

Hestia's Recovery Café

966 Garratt Lane, Tooting, SW17 0ND

Phone: 07794 394 920

Email: Recoverycafe@hestia.org

5 mins from Tooting Broadway tube station and accessible by a range of bus routes

Sunshine Recovery Café

296a Kingston Road, SW20 8LX

Phone: 07908 436 617

Email: info@sunshinerecoverycafe.org

Opposite Wimbledon Chase Train station and accessible by a range of bus routes

South West London Recovery Cafés



Tooting



Wimbledon



About the Recovery Cafés

South West London and St George's Mental Health Trust have commissioned two Recovery Cafés for residents in South West London

They offer safe, inclusive and welcoming spaces for people who are struggling to cope with their mental health during the evening and weekends when other services maybe closed.

The aim is to support people to reduce their immediate crisis and anxiety, and to safety plan, drawing on strengths, resilience and coping mechanisms to reduce the need to use crisis services in the future.

Who are the Cafés for?

Adult residents (18 +) of **Kingston, Richmond, Wandsworth, Sutton** and **Merton** who are experiencing difficulties with their mental health and feel unable to cope.

This includes if people are anxious or worried but don't have support networks available to them.

There is **no fee** to use the Recovery Cafés

Support and activities will include:

- ◆ Group activities
- ◆ One-to-one support
- ◆ Chill out space
- ◆ Advice, information and signposting
- ◆ Hot meals and drinks for a small charge
- ◆ Drop in from local mental health teams.



Both cafés are open at the following times:

6:00pm to 11:00pm on a Monday - Friday

12 noon to 11:00pm on a Saturday, Sunday and every bank holiday.

About Hestia

Hestia is an organisation with over 45 years' experience of providing housing, care and support services to people in times of need.



About CDARS

CDARS aims to improve the lives of vulnerable people and those with complex needs.

