

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.

Maximum of  
10 people at  
any one time  
in the Café at  
this time.

During this current period due to COVID 19 situation we have a screening process at the door and all clients temperature is taken through an infra red device before you can enter the Cafe. It is suggested also that where possible you wear mask when you come to the Café and whilst you are inside. Maximum normal stay is limited to 1.5 hours each person unless you need to stay longer due to a crisis situation.

**Contact us for more information:**

### Sunshine Recovery Café

296a Kingston Road, SW20 8LX

Phone: 07908 436 617

We also have currently a 24 helpline number—

**07944 506036.**

Email: [info@cdars.org.uk](mailto:info@cdars.org.uk)

# South West London Recovery Cafés



## Wimbledon



## About the Recovery Cafés

South West London and St George's Mental Health NHS 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 may be 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:

- ◆ Informal drop in service
- ◆ One-to-one support and Counselling
- ◆ Chill out space
- ◆ Advice, information and signposting
- ◆ Hot drinks provided free of charge
- ◆ Access and support into 'virtual' services



## The café is open at the following times:

**6:00pm to 11:00pm** from Monday - Friday

**12 noon to 11:00pm** on weekends and Bank Holiday.

**From Weds 9th Dec to Friday 8th Jan 21 -The Café will be open from 4pm daily on weekdays. We will also be running a Café open every Wednesday during this time from 11am-3pm**

## About CDARS

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

