

## Personal Development Directory

The Healthwatch Newham guide to local personal development services.

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This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  [www.healthwatchnewham.co.uk/onlinedirectory/](http://www.healthwatchnewham.co.uk/onlinedirectory/) or call  020 3866 2969.

## Counselling Directory

Counselling

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### Profile:

Counselling Directory is a confidential service that encourages those in distress to seek help. The directory contains information on many different types of distress, as well as articles, news, and events.

## Counselling Issues Direct

Counselling

Durning Hall Community Centre  
Earlham Grove  
London  
E7 9AB

020 8989 5139  
[cid.newham@yahoo.co.uk](mailto:cid.newham@yahoo.co.uk)

### Profile:

We are a voluntary organization who specializes in counselling, we deal with many issues such as stress, anxiety, low self esteem and emotional support. We are currently concentrating on well being as people can experience different emotions when dealing with issues. We receive referrals from other agencies, self referrals, telephone referrals, to work towards the same goal, the well being of clients.

## Drop in Bereavement Centre

Counselling

[dropinbereavement@btinternet.com](mailto:dropinbereavement@btinternet.com)  
<http://www.dropinbereavementcentre.btck.co.uk/>

### Profile:

The Drop in Centre is a not for profit voluntary self help Organisation set up by a group of widows committed to helping families/individuals who have suffered bereavement providing them with support in coming to terms with the emotional difficulties often facing individuals, reaching out and making a real and sustained difference in the community.

## Newham Bereavement Service

Counselling

020 8525 6000  
[info@stjh.org.uk](mailto:info@stjh.org.uk)  
[www.stjh.org.uk](http://www.stjh.org.uk)

### Profile:

Newham Bereavement Service is a team of trained volunteers who together with other staff are here to offer practical, social and emotional bereavement support.

### **Sarah Agnes Foundation**

Regus Business Centre  
Fortis House  
160 London Road  
IG11 8BB

**Counselling**

07932253818  
agnes.rees@sarahagnesfoundation.org.uk  
www.sarahagnesfoundation.org.uk

**Profile:**

SAF provides individuals and couple from 'Conception to Elder' in need of emotional support, with the opportunity to access counselling and psychotherapy within their local communities.

### **Your Space E16: Counselling Service**

St Luke's School  
Ruscoe Road  
London  
E16 1JB

**Counselling**

info@yourspacelondon.org  
www.yourspacelondon.org

**Profile:**

The organisation tackles the social and emotional barriers that keep people isolated and alone.

### **Ellingham Employment Services**

5-11 Ellingham Road  
London  
E15 2AU

**Personal Development**

020 8519 5234  
www.ellingham.org.uk

**Profile:**

Ellingham are working to ensure a Paralympic employment legacy in East London by helping businesses to benefit from employing job ready local people with disabilities.

### **Liveability**

**Personal Development**

020 7452 2000  
www.livability.org.uk

**Profile:**

Livability gives disabled and disadvantaged people real choice about how they live their lives.

As the UK's largest Christian disability charity, we run a wide range of services for disabled adults and children.

## Sue Grant Forest Therapeutic Counselling

Personal Development

The Shrubberies  
3 George Lane  
London  
E18 1BD

### Profile:

We can offer a choice of fully qualified professional counselling therapists, choice of gender, with various ethnicity and sexual orientation, should the client have a preference.

## The Volunteer Network Centre

Personal Development

Romford Road  
London  
E7 8BD

020 8536 1937

## Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.  
Either way, we will do our best to help you get that result.

 020 3866 2969

 [info@healthwatchnewham.co.uk](mailto:info@healthwatchnewham.co.uk)

### Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.  
In order to assist us, please report any errors.



