



Hillingdon Cove

An open-access mental health service for residents of Hillingdon, aged 16+.



Service provided by Hestia:

Opening Hours and Contact:

**Monday- Sunday 14:00 – 22:00
(including Bank Holidays)**

Hillingdon

**Haya House Community Centre
90A East Ave**

Hayes

UB3 2HR

 **Hillingdon.Cove@hestia.org**

 **07827535271**

Hayes & Harlington Train Station (TFL Rail) is an 11 minute walk away. Nearest bus stops include Fairdale Gardens (Stop Y and Stop SX) which includes bus routes 90, 140, 696, E6

How to access the service

We are open access for residents of Hillingdon aged 16+ (individuals can just turn up), or on an appointment basis following a referral made by CNWL crisis response teams.

About the service

Hillingdon Cove is provided by Hestia on behalf of Central North West London NHS Foundation Trust to offer a safe space for individuals to reduce their initial distress following referral by clinical teams. We offer the opportunity to be listened to and provided with information and support to manage your immediate mental health challenges.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support people to reduce their immediate anxiety, formulate individual plans to support their mental health and reduce the likelihood of requiring further assistance from other crisis services.

Support and activities will include:

- Advice, information and signposting
- One-to-one support
- Peer support
- Chill out space
- Hot drink and snack

About Hestia

At Hestia we support adults and children in times of crisis or need. We deliver services across London and the surrounding regions, as well as campaign and advocate nationally on the issues that affect the people we work with.





Shakil's story

Hestia has been running a similar service in south west London for over 3 years.

I was referred to Hestia's Recovery Café in south west London when I was 67. I have had schizophrenia since I was 14. My condition left me feeling very isolated and some days I would go all day without speaking to anybody.

I was referred to the Recovery Café by my local mental health service. It had newly opened and I remember my first visit. I was in a terrible way and I was welcomed by a member of staff who gave me a cup of tea, took my information and helped me put together a support plan. I was then shown through to the communal room and given space to be alone until I was ready to talk further.

I began to attend regularly and after a while I could feel my loneliness seeping away and my emotions begin to calm. Over this past year I have found purpose and regained stability in my life.