

WHAT IS SOLACE?

We are Ealing's
Out-of-Hours
Mental Health
Resource Centre



New visitors welcome

Ask your Mental Health
Support Person or GP for a referral

OPEN:

Mondays - Friday
3 - 7 pm

Referrals:

enquiries.solace@equinoxcare.org.uk

"MEMBERS QUOTES"



*"It's a non-judgemental place,
staff help and inspire me to be
motivated in life"*



"Haven't been in hospital since

*coming here. It's been
a long time now"*

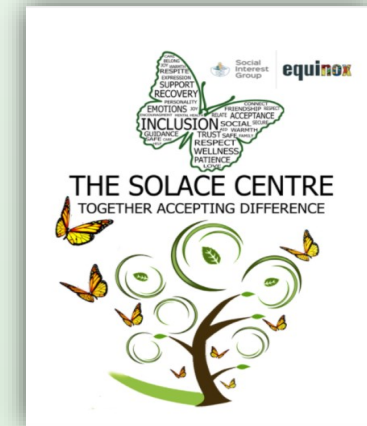


*"Inclusive and warm
atmosphere, I was
welcomed and felt at ease"*

*"Welcoming, made friends,
helped me grow in confidence"
– nowhere else like it"*



The Solace Centre



Out of Hours Mental Health Resource Centre

Combating loneliness + isolation
through social inclusion for people
with mental health diagnosis

Address: 58 Bowmans Close
West Ealing
London W13 9YT

Telephone (after 3pm):
0208-567-6189



HOW SOLACE HELPS

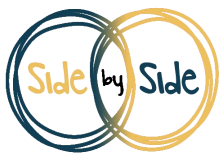
We are a **connecting hub** (it's our space, a second home) based in West Ealing

We are in it together.
Supporting people with mental health diagnosis to live independently, have a sense of belonging, purpose and wellbeing as part of the Ealing community.

Solace is a place of refuge, support and community - offering a unique sense of belonging.



MEMBERSHIP is £20 PER YEAR



Once you become a member you will have access every day, Monday to Friday (includes Christmas, Bank Holidays)

SOLACE FACTS & FIGURES

77 active Solace Centre members plus regular visitors.

Age range: **18+**

Solace Members slogan is:
"Together Accepting Difference"



"Opportunities to contribute, co-produce and meet new friends in a safe, accepting, informal environment"

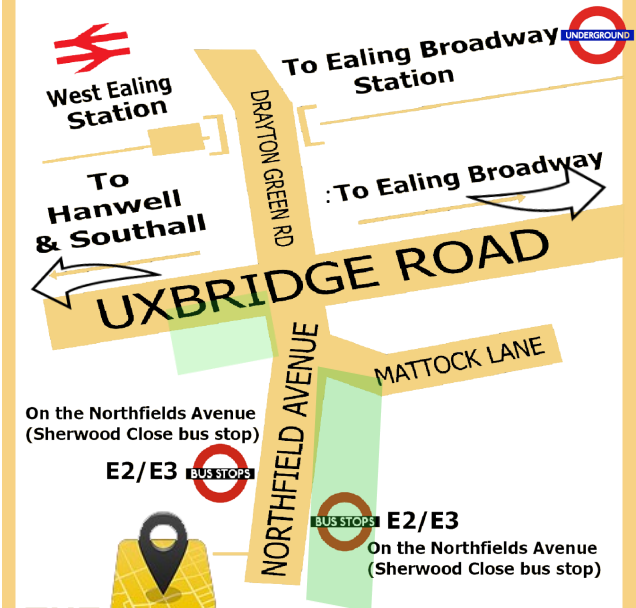
Mindfulness, Me and My Phone, Art Group, Gardening Group, Healthy Living, Men's Group, Diabetic Forum + Music Appreciation

WHERE IS SOLACE?



Visitors welcome after referral

We are located 5 mins from Uxbridge Road or Northfields Avenue



On the Northfields Avenue (Sherwood Close bus stop)

E2/E3 BUS STOPS

E2/E3 BUS STOPS

On the Northfields Avenue (Sherwood Close bus stop)

THE SOLACE CENTRE

58 BOWMANS CLOSE
West Ealing

W13 9YT

Buses E2, E3
Northfield Avenue
207, 427, 83
on Uxbridge Road

OPEN:
Mondays - Friday
3 - 7pm (by referral)