



Where Insight Meets Action

FREE

SUPPORT

SUPPORT • EMPOWER • THRIVE



Welfare Benefits

Checking your entitlement and helping you to clarify next steps.



Confidential Debt and Money

Support managing debt and improving financial stability.



Mindfulness

Community events to boost mental and physical wellbeing.

Scan to get support

Quick. Free.
Confidential.



We're here to help.
Confidential and Non-judgmental
Local.



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Proudly supporting our Ealing Community