



## Resource List – March 2026

<b>HESTA Redbridge Recovery Service – Leaflet, Poster and Referral Form</b>					
<p>Provided by NELFT, a free mental health support service for individuals aged 18 and above. Drop in service at the Ilford Engagement Hub, Jubilee Gardens, Ilford Lane, IG1 2HX, Monday – Friday 17:00 – 21:00. Virtual support at weekends between 14:00 – 18:00                  Email: <a href="mailto:Redbridge.RecoveryHub@hestia.org">Redbridge.RecoveryHub@hestia.org</a> Tel: 0203 031 6501</p>					
					
HESTA Redbridge Recovery Hub - A4 Pc	HESTA Redbridge Recovery Hub - A5 Le	HESTA Redbridge Recovery Hub - Referi			
<b>Homelessness and Palliative Care Community of Practice Programme - Update</b>					
<p>Phase 3 of the <a href="#">NIHR funded IMPROVE homelessness and palliative care Communities of Practice programme evaluation</a> has been launched, which will commence in 10 sites across England in March 2026, including the North East London (NEL) ICB area. Find out more <a href="#">here</a>. The IMPROVE <a href="#">Community of Practice</a> programme brings professionals together online or face to face for 8 meetings of 1.5-2 hours over about 8 months. IMPROVE has been designed to be used by groups of professionals from mixed backgrounds, who all work in the same town, city or location to work together to overcome the challenges that we know can be there.</p> <p>As part of the NIHR funded IMPROVE project, we are also really pleased to launch an update to <a href="http://www.homelesspalliativecare.com">www.homelesspalliativecare.com</a> website. The website is a home for the following:</p> <ul style="list-style-type: none"> <li>• A refreshed palliative care and homelessness toolkit</li> <li>• Recordings from the monthly online Palliative Care and Homelessness Network meetings</li> <li>• The resources for the Intervention to Improve Palliative Care for People Experiencing Homelessness (IMPROVE)</li> </ul> <p>Find out more at <a href="http://www.homelesspalliativecare.com">www.homelesspalliativecare.com</a>. The national HPCN Network is ongoing and you can join via link: <a href="#">Home - Homeless Palliative Care Network</a>. Homeless Palliative Care Toolkit: <a href="#">Toolkit - Homeless Palliative Care Network</a></p> <p><b><a href="#">Homelessness and Palliative care network – Fill in form</a></b></p> <p>Queries can be raised with <a href="mailto:samantha.dorney-smith@ucl.ac.uk">samantha.dorney-smith@ucl.ac.uk</a></p>					
<b>London Ambulance Service (LAS) – Translated Health Information Leaflets</b>					
<b>Maternity Information</b>					
					
Maternity ARABIC.pdf	Maternity BENGALI.pdf	Maternity ENGLISH.pdf	Maternity GUJARATI.pdf	Maternity POLISH.pdf	Maternity PORTUGUESE.pdf
					
Maternity PUNJABI.pdf	Maternity ROMANIAN.pdf	Maternity TAMIL.pdf	Maternity URDU.pdf		
<b>Navigating Urgent and Emergency Care</b>					



Urgent & Emergency  
Care English.pdf



Urgent & Emergency  
Care Arabic.pdf



Urgent & Emergency  
Care Bengali.pdf



Urgent & Emergency  
Care Gujarati.pdf



Urgent & Emergency  
Care Polish.pdf



Urgent & Emergency  
Care Portuguese.pdf



Urgent & Emergency  
Care Punjabi.pdf



Urgent & Emergency  
Care Romanian.pdf



Urgent & Emergency  
Care Tamil.pdf



Urgent & Emergency  
Care Urdu.pdf

### Minerva Wraparound Service – Presentation and Link to Further Information

Provided by [Advance](#), in partnership with MOPAC, an enhanced support programme for women and girls, aged 15 above, with multiple and complex needs who have committed crime and are at risk of re-offending.



Advance Minerva  
London Service 2026.

Website: [Minerva Wraparound Service - Advance Charity](#)

### Violence Against Women and Girls (VAWG) – Handout, Presentation and Links

GPs – How Can General Practice Respond (handout)



VAGW - How Can  
General Practice Resp

Jewish Women’s Aid

Specialist organisation dedicated to supporting Jewish women and children affected by domestic abuse and sexual violence.

Website: [Jewish Women's Aid - Supporting Jewish women and children affected by domestic abuse and sexual violence.](#)

E-mail: [info@jwa.org.uk](mailto:info@jwa.org.uk)

Jewish Women’s Aid Presentation for VAWG Forum (January 2026)



Jewish Women's Aid  
Presentation for VAW

### Zero Suicide Alliance (ZSA) – Elearning & Other Resources

**Autism and Suicide Awareness eLearning Module**

One hour duration. Spotting the signs that someone with autism is struggling and how to offer support. [Autism and Suicide Awareness Training](#)

[www.reasonstostay.co.uk](http://www.reasonstostay.co.uk) and related BBC article [Reasons to Stay: Letters from strangers hope to reduce suicides - BBC News](#)