

## Health Improvement Contact List

	Health area	issue	Company	About	Name	Phone number	Email
Nutrition and Exercise	Oral health	Oral health and hygiene	London Northwest Healthcare NHS	Delivers oral health assemblies and workshops.	Adele Francois	0749 5236 207	<a href="mailto:Adele.francois@nhs.net">Adele.francois@nhs.net</a>
		Dining Room	Health Improvement team	The health improvement team can help schools improve the dining room environment including nutrition, noise levels, behaviour and how to introduce dining room helpers.	Nicole McGregor	07925344704	<a href="mailto:mcgregorn@ealing.gov.uk">mcgregorn@ealing.gov.uk</a>
		Other	One You Ealing	ALFIE. One You Ealing weight management programme	Nicole Stephens	0208 354 8032/ 0784 1840 0030	<a href="mailto:nicolestephens@nhs.net">nicolestephens@nhs.net</a>
			Felix Project	The Felix Project collects fresh, nutritious food that cannot be sold. They deliver this surplus food to schools so they can provide healthy meals. Contact Alice to sign up. There is currently a waiting list.	Alice Handelman - Pedroza	7471 111282	<a href="mailto:alice.handelman-pedroza@thefelixproject.org">alice.handelman-pedroza@thefelixproject.org</a>
			One You Ealing/ Healthy weight team	Delivers assemblies and parent packed lunch workshops to schools at no charge.	Safiya Riley	02081025888	<a href="mailto:safiya.riley@nhs.net">safiya.riley@nhs.net</a>
			School Travel Team	School Travel Adviser	Helen Collinson	0208 8255 270	<a href="mailto:CollinsonH@ealing.gov.uk">CollinsonH@ealing.gov.uk</a>
			Patrick Amara	PE Lead at Selborne Primary School	Patrick Amara	02089971947	<a href="mailto:pamara@selborne.ealing.sch.uk">pamara@selborne.ealing.sch.uk</a>

			Daily Mile	Daily Mile activities and campaigns	Layla Hall		<a href="mailto:Layla.Hall@londonmarathonevents.co.uk">Layla.Hall@londonmarathonevents.co.uk</a>
			Fit4Sport	Offer training, deliver fully inclusive PE and offer fun activities during play times.		020 8742 4990	<a href="mailto:enquiries@fitforsport.co.uk">enquiries@fitforsport.co.uk</a>
			Willowtree School Sports Partnership		Nikki Christensen		<a href="mailto:nchristensen@willow-tree.ealing.sch.uk">nchristensen@willow-tree.ealing.sch.uk</a>
			Featherstone School Sports Partnership		Juma abdullahi	0208 5718586	<a href="mailto:jabdulla@featherstonehigh.ealing.sch.uk">jabdulla@featherstonehigh.ealing.sch.uk</a>
	<b>Eco schools</b>	<b>Eco school award</b>	Keep Tidy Britain	Programme manager for the Eco Schools programme.	Adam Flint		<a href="mailto:Adam.Flint@keepbritaintidy.org">Adam.Flint@keepbritaintidy.org</a>
		<b>Green School Network and Eco Schools</b>	Ealing Health Improvement Team	The Green School network is free to Ealing Schools. Contact Nicole to register or for Eco Schools support.	Nicole McGregor	07925344704	<a href="mailto:mgregorn@ealing.gov.uk">mgregorn@ealing.gov.uk</a>
<b>Relationships and Sex Education</b>	<b>Relationships and Sex Education</b>	<b>RSHE for SEND pupils</b>	Sex Education Forum	Provides support to school staff and pupils in Special Schools regarding RSE.	Nicky Waring		<a href="mailto:Nicky@sexeducationforum.org.uk">Nicky@sexeducationforum.org.uk</a>
		<b>Healthy relationships</b>	Tender	Offer a range of toolkits, workshops and staff training: <ul style="list-style-type: none"> <li>• Healthy Relationship projects (free for primary and high)</li> <li>• Primary School Projects – 2 day project based on healthy relationships, FGM and forced marriage.</li> </ul>	Rose Cleary	0207 697 4275	<a href="mailto:rose@tender.org.uk">rose@tender.org.uk</a>

		<b>Preventing abuse</b>	NSPCC	Offers free workshops for children based on recognising abuse and reporting it also offers the Speak out, Stay Safe free workshop.	Gabriella Russo	0163 456 7510	<a href="mailto:Gabriella.Russo@NSPCC.org.uk">Gabriella.Russo@NSPCC.org.uk</a>
		<b>Domestic Violence</b>	Women's Aid	Domestic Violence and VAWG.	Amna Abdullatif	07530 726572	<a href="mailto:A.Abdullatif@womensaid.org.uk">A.Abdullatif@womensaid.org.uk</a>
			Hestia in Ealing	Crisis intervention and advocacy for woman and men experiencing domestic abuse.		0208 280 2741	<a href="mailto:EalingDVA@hestia.org">EalingDVA@hestia.org</a>
			Refuge	Domestic violence 24 hour hotline.		0808 2000 247	
			Domestic Violence Intervention Project (DVIP)	An organisation working with perpetrators and survivors of domestic violence across London.	Gary Hobbs	0208 825 8036	<a href="mailto:HobbsG@ealing.gov.uk">HobbsG@ealing.gov.uk</a>
		<b>RSHE in schools</b>	Brook	Leading sexual health charity. Currently offer free sexual health assemblies to Ealing high schools.	Amber Newman-Clark	0207 7875020	amber.newman-clark@brook.org.uk
<b>Mental health and emotional wellbeing</b>	<b>Emotional wellbeing</b>	<b>Mental health</b>	Ealing Mind	Workshops for pupils ages 10-18 delivered individually or as part of a full programme, during PSHE lessons, student events, drop down days, assemblies, and teacher training events.		020 7471 0580	<a href="mailto:wellbeingteam@hfehmind.org.uk">wellbeingteam@hfehmind.org.uk</a>
		<b>Mental health Mental health Parental mental health</b>	Young Minds	Training for professionals on children and young people's mental health including self-harm, trauma, anxiety, resilience. Also resources on website			<a href="https://www.youngminds.org.uk/professional/find-a-course/">https://www.youngminds.org.uk/professional/find-a-course/</a>

		Loss and Bereavement Mindfulness Schools Counselling Partners	Anna Freud Centre	Training and resources for school staff on many aspects of children and young people's mental health			<a href="https://www.annafreud.org/schools-and-colleges/">https://www.annafreud.org/schools-and-colleges/</a>
			Our Time	Workshops for children and parents where a parent has a mental illness (Kids Time). Also offer training for school staff.			<a href="https://ourtime.org.uk/">https://ourtime.org.uk/</a>
			Rainbows	Four training programmes are available for staff to deliver bereavement support to pupils – foundation and lower KS1, year 2 and KS2, KS3-5, children and adults with additional needs.			<a href="http://www.rainbowsgb.org">About Us. - Rainbows Bereavement Support GB (rainbowsgb.org)</a>
			Bereavement Care and Support	Training for professionals working with children who have been bereaved			<a href="http://www.bereavementcareandsupport.co.uk">www.bereavementcareandsupport.co.uk</a>
			Mindfulness in Schools Project	A 3-day local course, or a 4-day digital course for teachers to learn how to run mindfulness sessions in schools.			<a href="mailto:enquiries@mindfulnessinschools.org">enquiries@mindfulnessinschools.org</a> <a href="http://www.mindfulnessinschools.org">Mindfulness in Schools Project (MiSP) - Bringing Mindfulness to Schools</a>
			CliPS (Clinical Psychology in Schools)	-1:1 therapeutic work for children and families -Behavior management advice and support for parents -Groups for pupils/whole class e.g. social skills -Family interventions -Multi-family groups for parents and pupils	<a href="#">Clinical professionals in schools 2024/25   Ealing Grid for Learning (egfl.org.uk)</a>	020 8575 6067	<a href="mailto:jhicks@ealingprimarycentre.co.uk">jhicks@ealingprimarycentre.co.uk</a> or <a href="mailto:nicolameechan@westlondon.nhs.uk">nicolameechan@westlondon.nhs.uk</a>

			-Parenting programme -Staff training				
			ConnectEd	Therapeutic support for children and young people aged 4-18, and advice/consultations for parents and staff.		0208 969 5305	<a href="http://ccsconnected.org.uk/contact/">http://ccsconnected.org.uk/contact/</a>
			Ealing Schools Counselling Partnership	Counselling sessions for pupils, parents and staff, lunchtime drop-ins for pupils, training for staff.	Toni Medcalf		<a href="mailto:tmedcalf.307@lgflmail.org">tmedcalf.307@lgflmail.org</a>
			Place2be	Counselling sessions for pupils and parents, group work for pupils, and guidance, training and safeguarding advice for staff.		0207 923 5500	<a href="mailto:enquiries@place2be.org.uk">enquiries@place2be.org.uk</a>
			Ealing Mental Health Support Team	Schools based service where practitioners work in primary and secondary schools with anxiety, low mood and behavioral problems	Roya Afsharzagdegan, Principal clinical psychologist & mental health support team (MHST) manager		Ealing.mhst@nhs.net
			SAFE Evolve	SAFE Evolve is provided by Anna Freud, and commissioned by Ealing Council, providing multi-disciplinary mental health assessment and treatment for children, young people (aged 0-18) and their families living in the borough. Schools can refer in via ECIRS			SAFE_Evolve@ealing.gov.uk

		<b>Wellbeing</b>	Teach Happy	Staff training on how to weave wellbeing into the curriculum, and how to reduce stress and improve job satisfaction for staff.	Adrian Bethune	<a href="http://www.teachappy.co.uk">www.teachappy.co.uk</a>	<a href="mailto:adrian@teachappy.co.uk">adrian@teachappy.co.uk</a>
		<b>Wellbeing</b>	Anna Freud Centre	5 steps to wellbeing – how to create a whole school approach to wellbeing. Resources and training for school staff			<a href="https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/">https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/</a>

Safeguarding Prevention	Preventing extremism	Preventing extremism	Ealing Prevent Team, Ealing Council	<ul style="list-style-type: none"> <li>• General enquiries</li> <li>• Strategic Prevent Manager: Managing risk and safeguarding issues</li> <li>• Preventing Extremism in Schools Adviser: Curriculum guidance and training</li> <li>• Prevent Safeguarding Manager: Risk assessment support</li> </ul>	<p>Nazia Matin</p> <p>Anisa Syed</p> <p>Paul Smith</p>	<ul style="list-style-type: none"> <li>• 020 8825 7106</li> <li>• 020 8825 8895</li> <li>• 020 8825 7106</li> <li>• 020 8825 7590</li> </ul>	<a href="mailto:preventschoolsinfo@ealing.gov.uk">preventschoolsinfo@ealing.gov.uk</a> <a href="mailto:matinn@ealing.gov.uk">matinn@ealing.gov.uk</a> <a href="mailto:SyedAn@ealing.gov.uk">SyedAn@ealing.gov.uk</a> <a href="mailto:SmithPA@ealing.gov.uk">SmithPA@ealing.gov.uk</a>
			Ealing School CyberMentor Programme	<ul style="list-style-type: none"> <li>• Greenford High School</li> <li>• Stanhope Primary</li> </ul>	<p>Allison John</p> <p>Sahreen Siddiqui</p>	<ul style="list-style-type: none"> <li>• 020 8578 9152 Ext:3003</li> <li>• 020 8575 9989</li> </ul>	<a href="mailto:ajohn@greenford.ealing.sch.uk">ajohn@greenford.ealing.sch.uk</a> <a href="mailto:ssiddiqui4.307@lgflmail.org">ssiddiqui4.307@lgflmail.org</a>
		General	ECIRS Referral	Ealing's Children's Integrated Response Service – first port of call if you think a child is at risk of abuse	ECIRS	0208 825 8000 option 2	
		Ealing LADO	To call for advice and guidance or to report an allegation against a member of staff or volunteer	Kogi Purnel	0208 825 8930	<a href="mailto:asv@ealing.gov.uk">asv@ealing.gov.uk</a>	
		Ealing CP Advice	To call to discuss concerns about the safety of a child or young person	John Churchill (Manager)	0208 825 8364	<a href="mailto:ChurchillJ@ealing.gov.uk">ChurchillJ@ealing.gov.uk</a>	
			To discuss any allegations against staff or volunteers	Duty Desk Kogie Perumall (LADO)	0208 825 8930 0208 825 8155	<a href="mailto:PerumallK@ealing.gov.uk">PerumallK@ealing.gov.uk</a>	

PSHE			Lasting Support Services	Supporting services who work with young people who have been in care  Can also support on FGM, online safety and general safeguarding concerns	Warda Mohamed		info@lastingsupportservices.com
			FGM	FGM Police Officer	Met police FGM Officer.	Rachel Tobias	
		FORWARD		FGM campaign and support organisation.		0208 960 4000	<a href="mailto:forward@forwarduk.org.uk">forward@forwarduk.org.uk</a>
		NSPCC FGM Helpline		Call the FGM helpline if you're worried a child is at risk of, or has had, FGM.		0800 028 3550	<a href="mailto:fgmhelp@nspcc.org.uk">fgmhelp@nspcc.org.uk</a>
		Hoda Ali- FGM/C Prevention Lead		Leading a borough wide project focused on raising awareness of FGM with parents, staff, community and pupils.	Hoda Ali	020 8845 4661	<a href="mailto:hwarsame4.307@lgflmail.org">hwarsame4.307@lgflmail.org</a>
		Vavengers		Training and support on FGM/C and VAWG  Community support for Parents			info@thevavengers.co.uk
		CSE	Ealing Safeguarding Team	Contextual safeguarding: A new approach to understanding and responding to young people's experiences of significant harm beyond their family.	Christina Evers	0208 825 5951	<a href="mailto:EversC@ealing.gov.uk">EversC@ealing.gov.uk</a>
Catherine Imobeka	0208 825 8313				<a href="mailto:ImobekaC@ealing.gov.uk">ImobekaC@ealing.gov.uk</a>		
		Alcohol and drugs	EASY project	The CGL EASY Project is a support service for young people using drugs and/or alcohol.	Hannah Gray	0208 799 2290	<a href="mailto:Hannah.Gray@cgl.org.uk">Hannah.Gray@cgl.org.uk</a>



	<b>Alcohol and Drugs Education</b>	Daniel Spargo Mabbs Foundation	Drugs, Alcohol and smoking workshops for schools			<a href="http://dsmfoundation.org.uk">Daniel Spargo-Mabbs Foundation (dsmfoundation.org.uk)</a>
	<b>Smoking and Vaping</b>	Ealing Smoke Free Service	Assemblies, workshops and information	Katerina Manganas		<a href="mailto:Katerina.Manginas@westlondon.nhs.uk">Katerina.Manginas@westlondon.nhs.uk</a>
	<b>First Aid</b>	St John's Ambulance	Deliver first aid courses.	Dr Gunjan Koscher		<a href="mailto:Gunjan.Kocher@sja.org.uk">Gunjan.Kocher@sja.org.uk</a>
	<b>Online Safety</b>	UK Safer Internet Centre	Provides advice for professionals working with children. <a href="http://www.saferinternet.org.uk/">http://www.saferinternet.org.uk/</a>	Helpline	0844 381 4772	<a href="mailto:enquiries@saferinternet.org.uk">enquiries@saferinternet.org.uk</a>
		LGFL- Parentsafe Website	Advice for staff and parents on a range of E-Safety Issues			<a href="http://lgfl.net">Home (lgfl.net)</a>
		Greenford High	Lead – Whole school E-safety programme.	Allison John	0208 578 9152. Ext 3003	<a href="mailto:ajohn@greenford.ealing.sch.uk">ajohn@greenford.ealing.sch.uk</a>
	<b>Bullying</b>	Anti- bullying alliance SEN/disability	Training & support for SEN anti-bullying champions.			<a href="mailto:aba@ncb.org.uk">aba@ncb.org.uk</a>
	<b>Teenage Cancer</b>	Teenage Cancer Trust	Offers free workshops and assemblies to High School pupils based on teenage cancer.	Ellen Ferris	0749 590 1183	<a href="mailto:ellen.ferris@teenagecancertrust.org.uk">ellen.ferris@teenagecancertrust.org.uk</a>
	<b>LGBT awareness</b>	Diversity Role Models	Run workshops in Primary and High schools to raise awareness of LGBT.	Jac Bastian	0203 795 9201	<a href="mailto:jac@diversityrolemodels.org">jac@diversityrolemodels.org</a>
	<b>Modern Day Slavery</b>	Just Enough UK	Can deliver workshops on modern day slavery to year 5 and 6 pupils	Jemma Busson	0300 999 1807	<a href="mailto:office.justenough@gmail.com">office.justenough@gmail.com</a>

		<b>Social action</b>	WE charity	Support schools to deliver social action projects	David Blackmore	0770 131 0467	<a href="mailto:david.blackmore@we.org">david.blackmore@we.org</a>
<b>HIT</b>		<b>Health improvement team</b>	Ealing Council	Senior health improvement officer: Nutrition & exercise	Nicole McGregor	0208 825 5484	<a href="mailto:McGregorN@ealing.gov.uk">McGregorN@ealing.gov.uk</a>
			Ealing Council	Health Improvement manager: Safeguarding	Karen Gibson	0208 825 7707	<a href="mailto:karen.gibson@ealing.gov.uk">karen.gibson@ealing.gov.uk</a>
			Ealing Council	Health improvement officer: RSE and PSHE.	Faye Jones		<a href="mailto:jonesf@ealing.gov.uk">jonesf@ealing.gov.uk</a>
			Ealing Council	Health Improvement officer: Mental health	Liz Ainsworth	07811 494 004	<a href="mailto:ainsworthl@ealing.gov.uk">ainsworthl@ealing.gov.uk</a>
			Ealing Council	Mentors In Violence Prevention (MVP) Coordinator	Emily Callard		<a href="mailto:callarde@ealing.gov.uk">callarde@ealing.gov.uk</a>
<b>Other</b>		<b>Healthy Schools London</b>	Healthy Schools London	Healthy Schools Lead	Adi Soni		<a href="mailto:asoni@ncb.org.uk">asoni@ncb.org.uk</a>
		<b>School Nursing Service</b>	School Nurse Team	Team email address and duty phone number		0739 141 4806	<a href="mailto:clcht.ealingschoolnursesetam@nhs.net">clcht.ealingschoolnursesetam@nhs.net</a>