



THE SOLACE CENTRE
Together accepting difference



**Social
Interest
Group**

Equinox

Out-of-Hours Mental Health Resource Centre

Supporting people with mental health diagnoses by reducing loneliness and isolation through connection, inclusion, and community.



Ealing



West London
NHS Trust



What is Solace?

Solace is Ealing's **Out-of-Hours Mental Health Resource Centre**, located in West Ealing. We provide a **safe, non-judgemental space** for adults with mental health diagnoses.

Solace supports individuals to:

- Reduce social isolation
- Increase confidence and stability
- Develop social connections
- Peer support
- Maintain community engagement





Groups and Activities

Monday

14:00-15:00: Meditation Group

Tuesday

14:00-15:00: Men's Group

17:00-18:00: Art Group

Wednesday

14:00-15:00: Wellbeing Group

Thursday

15:00-19:00: Solace Feast

(members' meal)

Friday

14:00-15:00: Women's Group

17:00-18:00: Music Appreciation

Members' Feedback



"A non-judgmental environment where staff are supportive and encouraging."

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

"Haven't been in hospital since coming here. It's been a long time."

"A home away from home."

Members' slogan:

"Together, Accepting Difference"



Access and Referrals

Attendance is **by referral**.

Please ask your **Mental Health Professional or GP** to refer you.



Over 80 active members



Contact Us

0208 567 6189

enquiries.solace@socialinterestgroup.org.uk

Opening Times

Monday – Friday
3:00pm – 7:00pm

Membership:

£20 per year
Includes unlimited access
Monday–Friday