



Who We Are

Cape is a mental health charity based in Ealing, dedicated to empowering individuals with complex mental health needs. For over 26 years, we have provided a safe and supportive environment to help people regain confidence, independence, and well-being.

Visit us at: www.mycape.org.uk

📍 **Location:** 3 Montpelier Avenue
Ealing, London W5 2XP



Ground floor



We offer exceptional therapy and training rooms available for rent in a modern, well-equipped Victorian property close to central Ealing. Our ground floor rooms (G1, G2, and G3) are wheelchair accessible, providing a comfortable and professional space for your needs. G1 is a larger room which can hold up to 20 people.

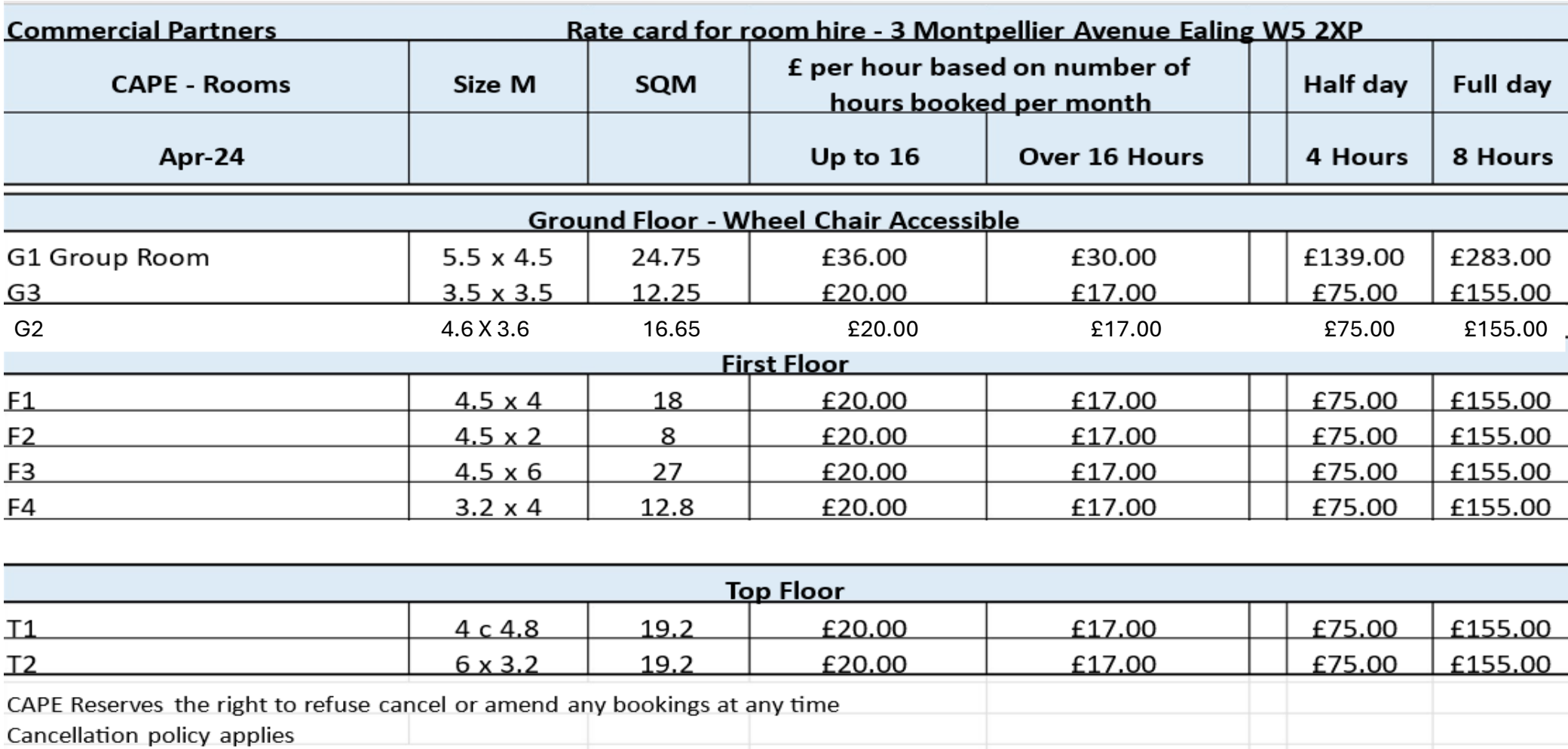


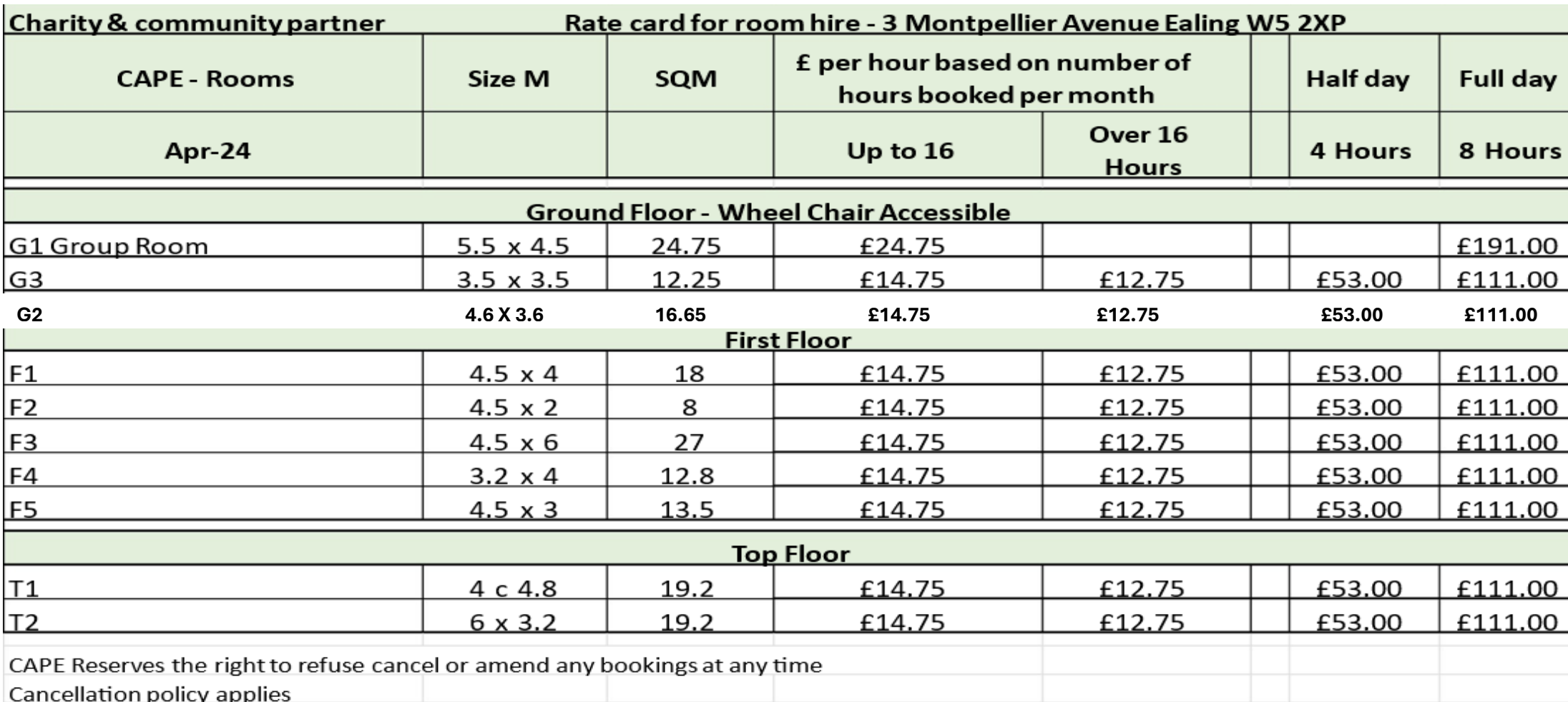
First floor



Second floor









For more information, please contact Elizabeth Taiwo at:



Email: elizabeth.taiwo@capeproject.org.uk



Phone: 020 8896 2552

Thank you for your interest!

All bookings are made and accepted subject to CAPE's terms and conditions a copy is available upon request