



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 rooms



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 and second floor rooms



We also have a number of first- and second-floor rooms available. Each space includes a comfortable seating area, a calming environment, and essential furnishings such as a clock and a lamp. The building offers access to toilets on both the ground and upper levels, as well as use of the kitchen facilities if needed.

CAPE Rooms	Size M / SQM	£ per hour based on number of hours booked per month
G1 G2 G3	5.5 x 4.5 / 24.75 4.6 x 3.6 / 16.65 3.5 x 3.5 / 12.25	<u>G1</u> £25.25 per hour <u>G2 & G3</u> £15.25 per hour 1 – 15 hours £13.25 per hour 16+ hours
F1 F2 F3 F4	4.5 x 4 / 18 4.5 x 2 / 8 4.5 x 6 / 27 3.2 x 4 / 12.8	<u>All rooms</u> £15.25 per hour 1 – 15 hours £13.25 per hour 16+ hours
T1 T2	4 x 4.8 / 19.2 6 x 3.2 / 19.2	<u>All rooms</u> £15.25 per hour 1 – 15 hours £13.25 per hour 16+ hours



For more information, please
contact Dan Shah

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

**Thank
You.**