



Richmond Borough Mind
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What's On!

April/May 2018

Charity No: 1146297 Company No: 7954134

Mental Health Training for Work

RB Mind is offering training in mental health awareness to a growing number of organisations in the borough. For the upcoming Mental Health Awareness Week (14-20 May) we will be delivering training to staff teams at St Mary's University, Workplace Wellbeing sessions for local business and NHS teams, and a course on Supporting Volunteers with Mental Health Needs for Richmond Council for Voluntary Services.

If you are interested in introducing Mental Health Awareness training into your workplace please contact RB Mind's Mental Health Awareness trainer, Yvonne Lentge, on 020 8948 7652 or yvonne.lentge@rbmind.org to book a workshop.

You can find more information about what this training involves in the Mental Health Awareness Training section of this newsletter or by visiting: <http://goo.gl/ANfrm1>.

Carers in Mind Quiz

Our Carers in Mind team will once again be hosting their annual Quiz Night on Friday, 20 April to raise funds for this vital service for carers in Richmond. The quiz will take place at St Luke's Church, Kew, 7-10pm, (doors open at 6.30). Now is the perfect time to get your team together and book your table for the night.

Tickets are £15 per person which includes fish and chips (or veggie option) during the break. Alternatively you can buy a table (seating eight people) for £120, which includes a bottle of wine. There will also be a bar to buy drinks and a raffle will be drawn. You can buy raffle tickets in advance or on the night. The top prize is a week in Chamonix, and the runner-up prize is two weeks access to all the classes at bhuti, a top yoga/wellbeing studio in Richmond.

Please contact our Carers in Mind team on 020 8940 7384 or carers@rbmind.org to book tickets. We very much hope you can join us on the night.

Calendar

This calendar provides a brief overview of activities. For information on times and locations, please contact the relevant project.

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Bank Holiday</p>	<p>3 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>4 Mind n Mortlake Counselling Crafty Minds</p>	<p>5 Wellbeing Centre Counselling Mind Readers</p>	<p>6 Mind n Mortlake Musical Minds Pilates</p>
<p>9 Wellbeing Centre</p>	<p>10 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>11 Mind n Mortlake Counselling Crafty Minds</p>	<p>12 Wellbeing Centre Counselling Be Mindful Peer Walking Group</p>	<p>13 Mind n Mortlake Musical Minds Chatty Minds</p>
<p>16 Wellbeing Centre</p>	<p>17 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>18 Mind n Mortlake Counselling Crafty Minds</p>	<p>19 Wellbeing Centre Counselling</p>	<p>20 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook</p>
<p>23 Wellbeing Centre</p>	<p>24 Wellbeing Centre Counselling Chatty Minds</p>	<p>25 Mind n Mortlake Counselling</p>	<p>26 Wellbeing Centre Counselling Be Mindful</p>	<p>27 Mind n Mortlake Chatty Minds Pilates Carers lunch</p>
<p>30 Wellbeing Centre</p>				

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May 2018

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	1 Wellbeing Centre Counselling Creative Minds Chatty Minds	2 Mind n Mortlake Counselling Crafty Minds	3 Wellbeing Centre Counselling Mind Readers	4 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake & Cook
7 Bank Holiday	8 Wellbeing Centre Counselling Creative Minds Chatty Minds	9 Mind n Mortlake Counselling Crafty Minds	10 Wellbeing Centre Counselling Be Mindful Peer Walking Group	11 Mind n Mortlake Musical Minds Chatty Minds Pilates
14 Wellbeing Centre	15 Wellbeing Centre Counselling Creative Minds Chatty Minds	16 Mind n Mortlake Counselling Crafty Minds	17 Wellbeing Centre Counselling	18 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake & Cook
21 Wellbeing Centre	22 Wellbeing Centre Counselling Creative Minds Chatty Minds	23 Mind n Mortlake Counselling Crafty Minds	24 Wellbeing Centre Counselling Be Mindful	25 Mind n Mortlake Musical Minds Pilates Carers lunch
28 Bank Holiday	29 Wellbeing Centre Counselling Creative Minds Chatty Minds	30 Mind n Mortlake Counselling Crafty Minds	31 Wellbeing Centre Counselling	

RB Mind Services

The Wellbeing Centre		
<p>The Wellbeing Centre's aims are Wellbeing, Confidence, Peer Support, Assertiveness, Relapse Prevention and Independence. It is referral only from the Community Mental Health Team and is open Mondays, Tuesdays and Thursdays from 11am to 4pm.</p>		
<p>Check-in is 11am-1pm on Mondays. Lunch is 1pm for a small charge. One-to-one support sessions and Recovery Star individual meetings are held every day we are open. Once a month the Wellbeing Centre takes a trip out. All other activities are listed below.</p>		
<p>Contact: 020 8948 7652 or ewa.rudz@rbmind.org</p>		
Day	Activity	Time
Monday	Art Relaxation and Reiki (1st/2nd Monday of month) Dance Movement Therapy (3rd, 4th and 5th Monday of the month)	2-3pm 3.15-4pm 3-4pm
Tuesday	Food and Mood Group (12 weeks) Recovery from Trauma (12 weeks) Yoga	2-3pm 2-4pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursday of month) Creative Writing/Poetry Walking Group Gym Group—starting soon	11.45am-12.45pm 1.30-2.30pm 3.15-4pm 3-4pm
Psychotherapy and Counselling Service		
<p>RB Mind's Psychotherapy and Counselling Service is a low cost service offering a range of individual therapies on a longer term basis.</p>		
<p>The service provides therapies aiming to support people while they are in emotional need and a space to recover from psychological difficulties. We offer the following styles of therapy: psychodynamic, integrative, person-centred, body psychotherapy, existential and cognitive behavioural.</p>		
<p>We operate a sliding scale of fees dependent upon income. The standard rate is £40 per session. Contact the service directly to book an assessment. No referral is necessary. Sessions run during the daytime and evening on Tuesdays and Wednesdays, and daytime only on Thursdays.</p>		
<p>Contact: Psychotherapy and Counselling team on 07592 416 638 or counselling.admin@rbmind.org</p>		

Richmond Wellbeing Service
The Richmond Wellbeing Service provides education and support to people experiencing common mental health problems, empowering them to learn techniques to feel better and keep well in the future. Most work is done in groups but 1:1 support is available on a short-term basis.
Contact: 020 8548 5550. There is no cost and you either refer yourself to the Richmond Wellbeing Service or ask your GP to refer you.
Mental Health Awareness Training
Richmond Borough Mind offers Mental Health Awareness training on a one-day or half-day basis to suit your individual or organisational requirements. The training is suitable for anyone involved in public facing roles in either a paid or voluntary capacity, and for staff teams or groups wishing to boost levels of mental health awareness in their workplace.
Training can be delivered at your premises, or alternatively we may be able to help you identify a suitable venue if required. You can find more details about what this training involves here: http://goo.gl/ANfrm1 .
Contact: 020 8948 7652 or yvonne.lentge@rbmind.org
Carers in Mind
Carers in Mind supports families and friends supporting someone over 18, including people over 65, who are experiencing functional mental health problems. We provide support groups, social activities and one-to-one advice and guidance. We also provide information and training to assist carers to be more effective and feel more confident in their role.
Carers monthly lunches: 27 April and 25 May (12.30-3.30pm) at 32 Hampton Road, off Twickenham Green. Workshops to be confirmed. Annual Carers in Mind Quiz: 20 April at St Luke's Church, Kew, 7-10pm, (doors open at 6.30). Join us at our main fundraising event of the year. A bar will be open and fish and chips (or veggie alternative) will be on the menu. Tickets: £15. If you have not been before, we encourage you to gather a group together and book a table now (eight people per table). We also have a raffle on the night with some incredible prizes including a week in Chamonix, and two weeks access to all the classes at bhuti, a top yoga/wellbeing studio in Richmond. Contact us to book tickets.
If you would like more information about these socials or other carers' events or groups, or if you would like to receive our Carers in Mind newsletter and events programme please contact us (details below).
Contact: Carers In Mind team on 020 8940 7384 or carers@rbmind.org

Youth Wellbeing Projects				
<p>We are currently delivering a range of youth wellbeing workshops in schools, colleges, youth centres and other settings within Richmond. Sessions are delivered by youth outreach volunteers who have experienced mental health difficulties and have undertaken training.</p>				
<p>New Summer Workshops: We are now taking bookings for new youth wellbeing workshops in the summer term. Some of our most popular workshops include stress and anxiety, resilience and wellbeing, eating disorders, and depression. Our youth wellbeing trainers can also deliver assemblies. To book a workshop please contact us (details below).</p>				
<p>Contact: Aaron on 07889 705 695 or youth.services@rbmind.org</p>				
Mind 'n' Mortlake				
<p>Mind 'n' Mortlake provides activities and services to support mental wellbeing and an opportunity for people to socialise on Wednesdays and Fridays 12.30-3pm, at Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ. On Friday there is an Art Group 12.30-1.30pm and the Peer Group Musical Minds runs 2-3pm.</p>				
<p>Contact: Anoush on 07507 903 730 or anoush.lagevardi@rbmind.org</p>				
Peer Group Network				
<p>The Peer Group Network is made up of a number of groups run by and for people experiencing mental health difficulties. 'Peer Volunteers' receive training and ongoing support to help them run groups, which aim to improve confidence and reduce isolation. Groups can be about having fun, making friends, moral support, sharing skills or learning new ones!</p>				
<p>Chatty Minds evenings: in addition to our Friday group, we now have a Tuesday evening slot (6.30-7.30pm) for our discussion group, Chatty Minds, at 32 Hampton Road, off Twickenham Green. This is a chance to share experiences and coping strategies in a friendly, non-judgmental environment. Just turn up on the day or contact us beforehand.</p>				
<p>Contact: 07889 705 695 or peer.network@rbmind.org</p>				
Group	Where	When	Peer Volunteer	More info
Walking Group	April: Barnes May: Teddington	Second Thursday of month 10.30am-12pm	Ashley	Meeting at: April: Barnes Station May: Broom Road Rec

Group	Where	When	Peer Volunteer	More info
Ready, Steady Bake & Cook	Holy Trinity Church Twickenham Green TW2 5TU	Every other Friday 12-3pm	Aruna, Justin and Nigel	Next group on 20 April. No group on 6 April.
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30-11.30am	Judith, Vivienne and Cian	No group on 13 and 20 April. Cost: £2.
Musical Minds (including songwriting and sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 2-3pm	Chris, Diane and Andrea	No group on 27 April.
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednesday 1-3pm	Chris, Annie, Carina and Sisi	No group on 25 April.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Annie, Dan and Emily	No group on 6 April, 25 May and 1 June.
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30-7.30pm	Gary and Cian	
Be Mindful (Mindfulness and self-care group)	Elleray Hall Elleray Road Teddington TW11 0HG	Second and fourth Thursday of month 2-3.30pm	Judith, Dan and Annie	
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	First Thursday of month 1.15-2.15pm	Ashley, Kate and Martin	
Creative Minds (art and craft group)	Teddington Baptist Church Church Road Teddington TW11 8PF	Tuesday 10.30am-12.30pm	Georgie, Chris and Martin	No group on 24 April.

Volunteering

RB Mind greatly values the contribution which our volunteers make to all areas of our work. We are very grateful for the willing support of around 100 volunteers at any one time. If you are interested in volunteering with us and would like to see which roles we are looking to fill at the moment please visit our website here: www.rbmind.org/volunteer-vacancies.asp.

Contact: 07545 933 156 or yvonne.lentge@rbmind.org

Fundraising

We would like to thank everyone who has raised money for us. Every penny raised goes towards our projects and services which aim to help people in Richmond with mental health problems. There are so many ways you can fundraise for us from organising your own event to taking part in one of our challenge events. You can find more information about fundraising for Richmond Borough Mind here: <http://goo.gl/jVqjCb>.

Contact: 020 8948 7652 or info@rbmind.org

Money Advice Project

RB Mind is working in partnership with Richmond AID to help people manage their money and debt issues. Money Advisors are available to advise people with physical disabilities and mental health problems, older people and people with long-term health conditions in the borough.

Contact: 020 8948 7652 or moneyadvice@rbmind.org

Your Involvement – You in Mind

Richmond Borough Mind is dedicated to meaningful engagement with service users and carers. You in Mind is our services users' forum. If you are interested in getting involved in the forum or would like to learn more about our services and activities please contact us.

Contact: 020 8948 7652 or youinmind@rbmind.org

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If you would like to receive a printed copy of *What's On*, please contact RB Mind on 020 8948 7652 or you can e-mail us at info@rbmind.org. Alternatively you can sign up to our full-colour quarterly e-newsletter which includes more news, events and information about our services. You can subscribe to our e-newsletter here: <https://goo.gl/B5YCuf>.