



Richmond Borough Mind
32 Hampton Road
Twickenham
TW2 5QB

Tel: 020 8948 7652
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What's On!

Aug/Sept 2017

Charity No: 1146297 Company No: 7954134

A fond farewell to Richmond Royal

RB Mind will be bidding a fond farewell to the Richmond Royal Hospital at the end of August. The hospital has been our home for the last three decades but we are now moving on to pastures new. We are currently refurbishing our premises at 32 Hampton Road and we will be working with all our service users to make this transition as smooth as possible.

All our services are continuing to run as per normal during the move with some slight adjustments to our usual venues. If you have a question regarding one of RB Mind's services please contact the individual service directly. You can find contact details for each services in this guide. You can also contact our central office on 020 8948 7652 or info@rbmind.org.

We will be holding a special Open Day later this year at 32 Hampton Road. For all the latest news on our relocation please visit our website at www.rbmind.org.

Mental Health Survey - have your say!

If you have personal experience of mental health problems - either currently or in the last 12 months - we would like to understand more about your experiences of mental health support through completing a new online questionnaire from National Mind.

The questionnaire is for anyone aged 16 years or older. You do not need to have used Mind services to take part in this survey. We would especially like to hear about your experiences of primary care for example with GPs or practice nurses and with voluntary organisations. You can also complete the survey if you have tried to access these services, but did not end up using them.

You can complete the survey here: <https://goo.gl/CGQ7kS>. Your answers will be treated anonymously. If you would rather complete a FREEPOST paper survey please contact us on 020 8948 7652 or info@rbmind.org.

Calendar

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

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wellbeing Centre Counselling Creative Mind	2 Mind n Mortlake Counselling	3 Wellbeing Centre Counselling Mind Readers	4 Mind n Mortlake Musical Minds Chatty Minds Procrastinators Anonymous Richmond
7 Wellbeing Centre	8 Wellbeing Centre Counselling Creative Mind	9 Mind n Mortlake Counselling Crafty Minds	10 Wellbeing Centre Counselling	11 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Procrastinators Anonymous Richmond
14 Wellbeing Centre	15 Wellbeing Centre Counselling Creative Mind	16 Mind n Mortlake Counselling	17 Wellbeing Centre Counselling	18 Mind n Mortlake Musical Minds Chatty Minds Procrastinators Anonymous Richmond
21 Wellbeing Centre	22 Wellbeing Centre Counselling Creative Mind	23 Mind n Mortlake Counselling Crafty Minds Volunteer Summer Party	24 Wellbeing Centre Counselling	25 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Carers Lunch
28 Wellbeing Centre	29 Wellbeing Centre Counselling Creative Mind	30 Mind n Mortlake Counselling	31 Wellbeing Centre Counselling	

Calendar

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

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mind n Mortlake Musical Minds Chatty Minds Procrastinators Anonymous Richmond
4 Wellbeing Centre	5 Wellbeing Centre Counselling Creative Mind	6 Mind n Mortlake Counselling Crafty Minds	7 Wellbeing Centre Counselling Mind Readers	8 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Procrastinators Anonymous Richmond
11 Wellbeing Centre	12 Wellbeing Centre Counselling	13 Mind n Mortlake Counselling	14 Wellbeing Centre Counselling	15 Mind n Mortlake Musical Minds Chatty Minds Procrastinators Anonymous Richmond
18 Wellbeing Centre	19 Wellbeing Centre Counselling	20 Mind n Mortlake Counselling Crafty Minds	21 Wellbeing Centre Counselling	22 Mind n Mortlake Musical Minds Ready, Steady Bake & Cook Procrastinators Anonymous Richmond Carers Lunch
25 Wellbeing Centre	26 Wellbeing Centre Counselling Creative Mind	27 Mind n Mortlake Counselling	28 Wellbeing Centre Counselling	29 Mind n Mortlake Musical Minds

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>11am-1pm is check-in. Lunch is provided between 1 and 2pm for a small charge. 1 to 1 support sessions and Recovery Star individual meetings are held every day the centre is open and social inclusion activities are held once a month. All other activities are listed below.</p>		
<p>Contact: 020 8948 7652 or ewa.rudz@rbmind.org</p>		
Day	Activity	Time
Monday	Art Relaxation/Reiki	2-3pm 3.15-4pm
Tuesday	Exercise Recovery Group Yoga	12-12.30pm 2-2.45pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursdays of the month) Creative Writing/Poetry Walking Group	11.45am-1pm 2-3pm 3.15-4pm
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 which aim to support people while they are in emotional need and a space to recover from psychological difficulties. We currently offer the following styles of therapy: psychodynamic, integrative, person-centred, 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.
Monthly lunches and workshops: 25 August and 22 September (12.30-3.30pm). In August we will be at the Wellbeing Centre at the Richmond Royal where a member of the pharmacy team at Springfield will answer questions on medication. September venue/workshop to be confirmed. Four Weddings And A Funeral Open Air Screening: 19 August. Join us at Hampton Court Palace for a starlit viewing of this classic English comedy. Bring a picnic and a blanket (and a raincoat!) Meet at the main front gates of the palace at 7.15pm. Film starts at 8.30pm. Contact us to book. Comedy at Twickenham Fine Ales: 16 September. Following the great success of the tour in March of Twickenham Fine Ales, we return for their comedy night. Meet at the venue at 6.30pm. Book by 4 September. Socials cost £5. Payable either in cash on the night or in advance online.
Contact: 020 8940 7384 or carers@rbmind.org if you would like information about these or other carers' events or groups, or to receive the Carers in Mind quarterly newsletter and events programme.

RB Mind Services

Youth Wellbeing Projects

We currently run two young people's projects. Mindkit delivers wellbeing sessions to young people aged 14-25 and Bounce to 10-14 year-olds in schools, colleges, youth centres and other settings in Richmond. Sessions are delivered by youth outreach volunteers who have experienced mental health difficulties and have undertaken accredited training.

Youth Wellbeing Conference: in July we co-delivered a youth wellbeing conference with our Mindkit partners Bromley and Lewisham, City and Hackney and Harrow Mind. It was a fantastic event with amazing guest speakers and workshops. As always our team of volunteers helped the day run smoothly and we would like to thank them all most sincerely.

Contact: Esther on 07889 705 695 or esther.rich@rbmind.org

Mind 'n' Mortlake

Mind 'n' Mortlake provides activities and services to support mental wellbeing and an opportunity for people to socialise on Wednesdays and Fridays 12.30-2.30pm, 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.

Contact: Anoush on 07507 903 730 or anoush.lagevardi@rbmind.org

Peer Group Network

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!

It's business as usual: the Peer Group Network will operate as normal while RB Mind moves out of the Richmond Royal Hospital at the end of August (see front page). Our groups based in community venues will not be affected. Procrastinators Anonymous Richmond which is currently based in our Wellbeing Centre at the Richmond Royal will continue to use that venue in August. Their venue for September is to be confirmed.

New Peer Volunteers: congratulations to all our new Peer Volunteers who finished their training in July. We would like to welcome them into the Peer Network and wish them every success in their new roles. If you are a member of one of our groups you might see them sometime soon.

Contact: 07827 491 325 or aaron.quiver@rbmind.org

Group	Where	When	Peer Volunteer	Contact No.
Ready, Steady Bake & Cook	Holy Trinity Church, Twickenham Green TW2 5TU	Every other Friday 12-3pm	Aruna, Joan, and Lauren	07742 992 741 Next group on 11 August.
Pilates - (relaxation and exercise group)	Oddfellows Hall, 15 Parkshot, Richmond TW9 2RG	Friday 10.30-11.30am	Georgie and Amy Cost: £2	07704 755 431 Group on hold. Due to continue in September.
Musical Minds (including songwriting and sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 2-3pm	Chris and Amy	07742 992 741
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Every other Wednesday 1-3pm	Chris, Annie and Sisi	07941 923 140 Next group on 9 August.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-4.30pm	Michelle, Amy and Nick	07986 574 108 No group on 22 and 29 September.
Creative Mind (art and craft group)	Teddington Baptist Church, Church Rd, Teddington, TW11 8PF	Tuesday 10.30am-12.30pm	Georgie, Chris and Martin	07742 992 731 No group on 12 and 19 September.
Mind Readers	Old Town Hall Library, Whitaker Avenue, Richmond TW9 1TP	First Thursday of the month 1-2pm	Ashley, Kate and Martin	07742 992 734
Procrastinators Anonymous Richmond (PAR)	Wellbeing Centre, Richmond Royal Hospital, Kew Foot Road TW9 2TE	Friday 11am-3.15pm (no group last Friday of month)	Cian, Alex and Gary	07503 411 308 Please call us for venue details in September.

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 and helped out with our fundraising events. Special thanks to our volunteers who helped out with our stall at St Margarets Summer Fair in July. 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 us here: <http://goo.gl/VqjCb>. Every penny we raise helps people in Richmond with mental health problems.

Contact: 07557 669 143 or emma.reeves@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 new 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

Volunteer Summer Party - 23 August

We are holding our Volunteer Summer Tea Party on Wednesday, 23 August. The party includes lunch at 2pm at our Wellbeing Centre at the Richmond Royal Hospital and then a free guided tour of the beautiful Kew Gardens. All RB Mind volunteers are welcome. If you would like to join the party please email: yvonne.lentge@rbmind.org.