



Richmond Borough Mind
32 Hampton Road
Twickenham
TW2 5QB

Tel: 020 8948 7652
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What's On!

Dec/Jan 2017/18

Charity No: 1146297 Company No: 7954134

RB Mind settles into new home

We have now settled into our new premises at 32 Hampton Road in Twickenham. Our revamped Well-being Centre is up and running at the refurbished site and it is also the new venue for our carers' lunches and our Procrastinators Anonymous Richmond group. We look forward to the many exciting activities happening in our new home in the months ahead.

Our Carers in Mind service and Psychotherapy and Counselling service are also now established in their new home at the Maddison Centre in Teddington.

All our services are running as per normal. You can find details for all our services under the relevant listing in this newsletter.

If you have any questions about the recent move please contact our central office number on 020 8948 7652 or info@rbmind.org.

Annual Public Meeting

RB Mind will be holding its Annual Public Meeting in January. The date is yet to be confirmed. For more information please visit our website at www.rbmind.org.

New Walking Peer Group

In January we will also be launching our new walking group. This is the latest addition to our Peer Group Network, a network of activity groups run by and for people who experience mental health problems. There will be walks throughout the borough in various parks and green spaces including Richmond Park, Bushy Park and Kew Gardens. If you are interested in joining the group please contact Aaron on 07889 705 695 or peer.network@rbmind.org.



Calendar

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

December 2017

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

Calendar

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

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day	2 Wellbeing Centre Counselling	3 Mind n Mortlake Counselling	4 Wellbeing Centre Counselling Mind Readers	5 Mind n Mortlake Pilates
8 Wellbeing Centre	9 Wellbeing Centre Counselling Creative Minds	10 Mind n Mortlake Counselling Crafty Minds	11 Wellbeing Centre Counselling Be Mindful	12 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Pilates Procrastinators Anonymous Richmond
15 Wellbeing Centre	16 Wellbeing Centre Counselling Creative Minds	17 Mind n Mortlake Counselling Crafty Minds	18 Wellbeing Centre Counselling	19 Mind n Mortlake Musical Minds Chatty Minds Pilates Procrastinators Anonymous Richmond
22 Wellbeing Centre	23 Wellbeing Centre Counselling Creative Minds	24 Mind n Mortlake Counselling Crafty Minds	25 Wellbeing Centre Counselling Be Mindful	26 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Pilates Carers Lunch
29 Wellbeing Centre	30 Wellbeing Centre Counselling Creative Minds	31 Mind n Mortlake Counselling Crafty 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>Check-in is 11am-1pm on Mondays. Lunch is 1-2pm 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	2-3pm 3.15-4pm
Tuesday	Recovery Group Yoga	2-3pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursdays of the month) Creative Writing/Poetry Walking Group Gym Group	11.45am-12.45pm 2-3pm 3.15-4pm 3.30-4.30pm
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: 22 December and 26 January (12.30-3.30pm). Our lunches are now at our Mind premises at 32 Hampton Road, off Twickenham Green. After-lunch workshops to be confirmed. Tour of Goldsmith's Company Halls in Central London: 15 January. The Worshipful Company of Goldsmiths, more commonly known as the Goldsmiths' Company, is one of the Twelve Great Livery Companies of the City of London and received its first royal charter in 1327. Come and join us for an exclusive insight into the fascinating history and present operations of this prestigious company. If you are interested in the tour please contact our Carers In Mind team before 8 January. £5.
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 running Bounce, a wellbeing project for 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.</p>				
<p>Youth Wellbeing Volunteer training: our latest round of training for new youth wellbeing volunteers has just begun. So with more volunteers on board for 2018 we will be planning new Bounce wellbeing sessions. If you would like to book a workshop please contact Aaron (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 12.30-2.30pm, 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.</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>Contact: 07889 705 695 or peer.network@rbmind.org</p>				
Group	Where	When	Peer Volunteer	Contact No.
Creative Minds (art and craft group)	Teddington Baptist Church Church Road Teddington TW11 8PF	Tuesday 10.30am- 12.30pm	Georgie, Chris and Martin	07742 992 731 No group on 26 Dec and 2 Jan.
Procrastinators Anonymous Richmond (PAR)	32 Hampton Road Twickenham TW2 5QB	Friday 1.30- 3.30pm	Cian and Gary	07503 411 308 No group last Friday of month and 22 Dec and 5 Jan.

Group	Where	When	Peer Volunteer	Contact No.
Ready, Steady Bake & Cook	Holy Trinity Church Twickenham Green TW2 5TU	Every other Friday 12-3pm	Aruna, Justin and Nigel	07742 992 741 Next group on 1 Dec. No group on 29 Dec.
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30-11.30am	Judith, Vivienne and Cian Cost: £2	07704 755 431
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	07742 992 741 No group on 22 and 29 Dec or 5 Jan.
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednesday 1-3pm	Chris, Annie, Carina and Sisi	07941 923 140 No group on 20 and 27 Dec or 3 Jan.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Annie, Dan and Emily	07986 574 108 No group on 22 and 29 Dec or 5 Jan.
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 Kate	07502 300 978 No group on 28 Dec.
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	First Thursday of the month 1.15-2.15pm	Ashley, Kate and Martin	07742 992 734
Walking Group	Various venues. For details please contact Aaron on 07889 705 695.	Various dates. Starts in January.	Ashley, Carina and Dan	07889 705 695

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: 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

Christmas easyfundraising

If you are doing your Christmas shopping online this year you could be raising money for Richmond Borough Mind at the same time. Over 2,700 well known retailers including Amazon, John Lewis, eBay and Tesco will donate a small percentage of what you spend to us to say thank you for shopping with them. Find out more here: <https://goo.gl/9ViWDq>.