



Richmond Borough Mind
Richmond Healthcare Hamlet
Kew Foot Road, Richmond
Surrey, TW9 2TE

Tel: 020 3513 3404
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What's On!

Feb/Mar 2017

Charity No: 1146297 Company No: 7954134

RB Mind Volunteer Training sessions

RB Mind is launching a series of two-hour monthly volunteer training sessions covering a range of different subjects funded by the Community Learning Fund. The sessions will take place on a Wednesday or Friday from 4-6pm, and are open to all our volunteers.

On 17 February we will be holding Introduction to the Principles of Motivational Interviewing, exploring key tools that can be used to engage people, reduce their ambivalence and help them to achieve their goals. On 22 March there will be Introduction to Understanding What Stress Is, exploring a variety of techniques for managing stress and promoting health and wellbeing. Both workshops will be at our Wellbeing Centre at the Richmond Royal Hospital.

Please book your place by emailing yvonne.lentge@rbmind.org. You can find more volunteering opportunities at RB Mind here: <https://goo.gl/jdcpV0>.

New Peer Group — Procrastinators Anon

For anyone who sees themselves as a procrastinator we have just launched a new peer group called Procrastinators Anonymous Richmond (PAR). Is there something that you have been planning to do for a while but keep putting off like filling a form or fixing up your CV, or even reading a novel? PAR is here to assist you with self-motivation and getting tasks done in a friendly environment.

The group runs every Friday (apart from the last Friday of the month), 11am-3pm, at our Wellbeing Centre at the Richmond Royal Hospital, Kew Foot Road TW9 2TE. For more details please contact Claire on 07827 491 325 or claire.blackburn@rbmind.org.

On our website you can watch a short video in which two of the group facilitators, Cian and Alex, explore the reasons why we set up the group and give you a taste of what to expect from the sessions. You can watch it here: <https://goo.gl/udFrBR>.

Calendar

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

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mind n Mortlake Counselling	2 Wellbeing Centre Counselling Mind Readers	3 Mind n Mortlake Musical Minds Yoga Chatty Minds Procrastinators Anonymous Richmond
6 Wellbeing Centre	7 Wellbeing Centre Counselling Creative Mind	8 Mind n Mortlake Counselling Crafty Minds	9 Wellbeing Centre Counselling	10 Mind n Mortlake Musical Minds Yoga Ready, Steady Bake & Cook Chatty Minds Procrastinators Anonymous Richmond
13 Wellbeing Centre	14 Wellbeing Centre Counselling Creative Mind	15 Mind n Mortlake Counselling	16 Wellbeing Centre Counselling	17 Mind n Mortlake Musical Minds Chatty Minds Procrastinators Anonymous Richmond
20 Wellbeing Centre	21 Wellbeing Centre Counselling Creative Mind	22 Mind n Mortlake Counselling Crafty Minds	23 Wellbeing Centre Counselling	24 Mind n Mortlake Musical Minds Yoga Ready, Steady Bake & Cook Chatty Minds Carers Lunch
27 Wellbeing Centre	28 Wellbeing Centre Counselling Creative Mind			

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March 2017

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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 and 1:1 support. Lunch is provided between 1 and 1.30pm for a small charge. 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. Please contact us for more information about what we do.</p>		
<p>Contact: 020 3513 3404 or ewa.rudz@rbmind.org</p>		
Day	Activity	Time
Monday	Advocacy Service Art Relaxation/Reiki	11.30am-1pm 2-3pm 3.15-4pm
Tuesday	Exercise Recovery Group Exercise 2	12-1pm 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 2-2.45pm 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. We operate a sliding scale of fees dependent upon income. The standard rate is £40 per session. People can contact the service directly to book an assessment. No referral is necessary.</p>		
<p>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. In January we delivered training session to the staff teams at Solaris Health and St Stephen's Church in Richmond.
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 3513 3404 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, Wellbeing Centre, Richmond Royal: 24 February and 31 March (12.30 – 3.30pm). Both lunches will include a workshop. Kew Garden's Orchid Festival Tour: 7 February. Kew's beloved Orchids Festival returns. Inspired by the vibrant colours, culture and magnificent plant life of India, this year's festival will feature giant floral displays created using exotic orchids, decorative rickshaws, Indian soundscapes, films and much more, followed by tea and cake at the famous Maids Of Honour café. Meet at Victoria Gate at 12.30pm. Cost £5. Twickenham Fine Ales Brewery tour: Planned for March. Details for this trip will be in our Carers updates which you can subscribe to below.
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.

New Youth Peer support groups: We are very excited to be expanding our youth involvement by introducing peer support groups for young people aged 14-25 experiencing mental health difficulties. Weekly evening groups will take place in three youth centres in Richmond, Hampton, and Mortlake, and specifically for 18-25-year-olds in St Mary's University. This will be an opportunity for young people to gain support from their peers and volunteers in a safe and fun environment. For more information visit: <https://goo.gl/CsxUaH> or contact Esther (details below).

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 1.30-2.30pm.

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!

Time to Chat: as Time To Talk Day is on 2 February we would like to take this opportunity to say it's always time to talk at our Chatty Minds group which takes place every Friday at 3.30pm at the ASCA Centre on Lower Mortlake Road. As well as an opportunity to share experiences in a friendly environment this is also a mental health support group.

Procrastinators Anonymous Richmond video: check out our new video for our new procrastinators group here: <https://goo.gl/Ekrr4f>.

Contact: Claire on 07827 491 325 or claire.blackburn@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 Ashley	07742 992 741 Next group on 10 Feb.
Yoga—with qualified yoga instructor	Oddfellows Hall, 15 Parkshot, Richmond TW9 2RG	Friday 10.30-11.30am	Georgie and Amy Cost: £2	07704 755 431 No group on 17 Feb.
Musical Minds (including Karaoke and Sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 1.30-2.30pm	Chris and Amy	07724 518 172
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Every other Wednesday 1-3pm	Chris, Annie and Sisi	07742 992 730 Next group on 8 Feb.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-4.30pm	Michelle, Amy and Nick	07986 574 108
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
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

Volunteering

Richmond Borough Mind is very grateful for the willing support of around 100 volunteers at any one time. For current volunteering roles please visit our website: www.rbmind.org/volunteer-vacancies.asp. We also now advertise our volunteering roles on the Richmond Council for Voluntary Service website: www.richmondcvcs.org.uk.

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

Fundraising

Do you still have some vouchers left over from Christmas that you would like to spend? Well...here's your chance! Richmond Borough Mind's Amazon wishlist is full of wonderful things to help improve our services such as musical instruments for our Musical Minds group and sketch pads for our art groups. You can view the list here: <https://goo.gl/mrVyal>.

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 3513 3404 or moneyadvice@rbmind.org

Your Involvement – You in Mind

This month we are launching our Open Day Project, a series of monthly events to learn about our services. First up is our Carers project, including the Acute Carers Recovery project. This will take place on 20 February, 12:30pm-2pm, at Richmond Library Annex, Quadrant Road, TW9 1QL. Join John, Clare and Agnes to find out what our Carers project offers. Tea and coffee will be provided. This event is open to everyone!

Contact: 020 3513 3404 or youinmind@rbmind.org

Time To Talk Day, 2 February

On 2 February it is Time to Talk Day and this year's theme is focusing on how positive conversations about mental health change lives. RB Mind is holding a Tea and Chat afternoon at our centre at 32 Hampton Road, Twickenham, 2.30-4.30pm. This will be an opportunity to talk to staff and find out about our services. Email info@rbmind.org for more details.