



Richmond Borough Mind
32 Hampton Road
Twickenham
TW2 5QB

Tel: 020 8948 7652
E-mail: info@rbmind.org
Web: www.rbmind.org

What's On!

Feb/March 2018

Charity No: 1146297 Company No: 7954134

Digital Mental Health Support Survey

Have you accessed digital support for your mental health? Maybe you received support via email or using a smartphone app. If so, National Mind is interested in hearing about your experiences.

An increasing number of mental health services are offering people digital support options. Mind would like to find out what experiences people have had of digital support, whether positive or negative. The information will be used anonymously and it should only take around 10 minutes to complete. You can complete the survey here: <https://goo.gl/49Fujd>.

Annual Public Meeting

Richmond Borough Mind's Annual Public Meeting is taking place on Thursday, 22 February, 7.15-9.00pm, at Duke Street Church, Duke Street, Richmond, TW9 1DH. Speakers to be confirmed. We hope you can join us! Please visit our website for more details at www.rbmind.org.

New Trans+ Helpline

MindLine Trans+ is a new emotional and mental health national helpline and signposting service for people who identify as Trans, Agender, Gender Fluid, Non-binary and their friends and families. It is a safe place open every Monday and Friday 8pm-midnight. Call 0300 330 5468 to talk about your feelings confidentially. MindLine Trans+ do not record calls nor ask for any personal details.

Chatty Minds evenings

In March our Peer Group Network is set to grow. Chatty Minds, our informal discussion group, will now be twice a week. In addition to our usual Friday meeting, there will be a new weekly session on Tuesday evenings starting on 13 March. This is a chance to share experiences and coping strategies within a friendly, non-judgmental environment. Our new walking group is also going from strength to strength with two new walks scheduled. You will find dates and venues for all our groups in the Peer Group Network section.

Calendar

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

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Wellbeing Centre Counselling Mind Readers	2 Mind n Mortlake Musical Minds Chatty Minds Pilates
5 Wellbeing Centre	6 Wellbeing Centre Counselling Creative Minds	7 Mind n Mortlake Counselling Crafty Minds	8 Wellbeing Centre Counselling Be Mindful	9 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Pilates
12 Wellbeing Centre	13 Wellbeing Centre Counselling Creative Minds	14 Mind n Mortlake Counselling Crafty Minds	15 Wellbeing Centre Counselling Peer Walking Group	16 Mind n Mortlake Musical Minds Chatty Minds
19 Wellbeing Centre	20 Wellbeing Centre Counselling Creative Minds	21 Mind n Mortlake Counselling Crafty Minds	22 Wellbeing Centre Counselling Be Mindful	23 Mind n Mortlake Ready, Steady Bake & Cook Pilates Carers lunch
26 Wellbeing Centre	27 Wellbeing Centre Counselling	28 Mind n Mortlake Counselling		

Calendar

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

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Wellbeing Centre Counselling Mind Readers	2 Mind n Mortlake Musical Minds Chatty Minds Pilates
5 Wellbeing Centre	6 Wellbeing Centre Counselling Creative Minds	7 Mind n Mortlake Counselling Crafty Minds	8 Wellbeing Centre Counselling Be Mindful Peer Walking Group	9 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Pilates
12 Wellbeing Centre	13 Wellbeing Centre Counselling Creative Minds Chatty Minds	14 Mind n Mortlake Counselling Crafty Minds	15 Wellbeing Centre Counselling	16 Mind n Mortlake Musical Minds Chatty Minds Pilates
19 Wellbeing Centre	20 Wellbeing Centre Counselling Creative Minds Chatty Minds	21 Mind n Mortlake Counselling Crafty Minds	22 Wellbeing Centre Counselling Be Mindful	23 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook Pilates
26 Wellbeing Centre	27 Wellbeing Centre Counselling Creative Minds Chatty Minds	28 Mind n Mortlake Counselling Crafty Minds	29 Wellbeing Centre Counselling	30 Mind n Mortlake Musical Minds Chatty Minds Pilates Carers lunch

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: 23 February and 30 March (12.30-3.30pm) at 32 Hampton Road, off Twickenham Green. Workshops to be confirmed. Orchid Festival at Kew Gardens: 16 February. Meet at the main entrance of Kew Gardens at 11am. Mary Singham will guide us around the Orchid Festival. The theme this year is India. Please book by 7 February. £5. Comedy night at Twickenham Fine Ales: 24 March, 7.30pm (comedy begins at 8pm). Please book by 15 March. £5 Annual Carers Quiz: 20 April at St Luke's Church. Gather a team together to support our main fundraising event of the year. A bar will be open and fish and chips (or veggie option) will be on the menu. Tickets: £15.
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>New Workshops: Congratulations to all our new youth wellbeing trainers for completing their training in December. We are now booking new workshops for the year ahead. 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.</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>Peer Walking Group—new dates: We have two new walks coming up. 15 February: 10.30am-12.30pm. Duke of Northumberland's River walk. Twickenham to Isleworth. Meet at Twickenham Pavilion. Linear Walk. 8 March: 10.30am-12pm. Thames Towpath walk, Richmond side. Meet at Richmond Bridge beside statue of Bernando O'Higgins. Circular Walk. You can just turn up on the day or contact us beforehand (details below).</p>				
<p>Contact: 07889 705 695 or peer.network@rbmind.org</p>				
Group	Where	When	Peer Volunteer	Contact No.
Walking Group	Various venues. For details see above.	Various. For details see above.	Ashley	07889 705 695

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 9 Feb.
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 No group on 16 Feb.
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 23 Feb.
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 28 Feb.
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 23 Feb.
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30-7.30pm	Gary	07889 705 695 Starting on 13 March.
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	07502 300 978
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
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 27 Feb.

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

Time to Talk Day - 1 February

RB Mind will be joining the national conversation on Time to Talk Day. We will be holding a stall at Richmond College with information about our services, and encouraging staff and students to put a few minutes aside to talk about mental health and wellbeing. We will also be holding a special session of our Mind Readers peer group to celebrate the day.