



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

Tel: 020 3513 3404
E-mail: info@rbmind.org
Web: www.rbmind.org

What's On!

June/July 2017

Charity No: 1146297 Company No: 7954134

Become a facilitator in our Peer Network

In July, RB Mind is offering Peer Volunteer training to enable you to become a group facilitator within our Peer Group Network. This is your chance to get involved in our network of activity groups run by and for people who experience mental health problems.

Peer Volunteers must have lived experience of mental health problems. We are also seeking people who are able to show empathy and understanding to others, are able to commit to a minimum of six months, and who are willing to talk from their own experience.

Training sessions will take place at Richmond Healthcare Hamlet. Applicants need to be available on Wednesdays and Fridays during the last three weeks of July. To request an application pack email aaron.quiver@rbmind.org or call 07827 491 325. The closing date for applications is Monday, 26 June. Interviews will take place during the week beginning 3 July.

Thanks to our runners

This spring we were very fortunate to have the support of four amazing runners who all took part in marathons to raise money for us. In February, Sarah Belcher ran the Seville Marathon for us, and in March, Neil Paget completed the Thames Meander Marathon.

The chosen charity for the London Marathon this year was Heads Together, a new campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry to raise awareness of mental health and end the stigma surrounding it. It was the first time a mental health charity has been chosen as the charity partner so we were thrilled to have two runners, Hannah and Andrew, taking part.

In total our amazing runners raised £9,095 for RB Mind, an incredible amount! Thank you so much to all of our runners and to everyone that helped with their fundraising and training. If you are interested in fundraising for us you can find information about it here: <https://goo.gl/jVqjCb>.

Calendar

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

June 2017

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

Calendar

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

July 2017

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

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.</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 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>Welcome to Richard: Our new Psychotherapy and Counselling Lead is Richard Newbury. We would like to extend a warm welcome to him and wish him every success in his new role.</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 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.
<p>Monthly lunches, Wellbeing Centre, Richmond Royal: 30 June and 28 July (12.30-3.30pm). Both lunches will include a workshop.</p> <p>Richmond to Ham Walk: 23 June: Meet at Richmond station at 11am. The walk takes in Richmond Hill and then Petersham and on to Ham House, crossing the Thames by ferry to Marble Hill House where we can stop for tea or coffee. It takes an hour and a half. Book by 20 June. £5.</p> <p>Light Tribe Yoga: a new friendly and affordable yoga class has started, 6.30-7.45pm on Tuesday evenings in Richmond. Open to all, discounts for our carers. Contact chaturanga-clare@gmail.com or 07870 684 513.</p> <p>Carers Conference 2017: we are delighted to be working in partnership with Richmond Carers Centre to deliver their carers conference. It will take place on 15 June at York House, Richmond Road, Twickenham.</p>
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.

Mindkit—the film: Richmond Borough Mind has put together a short film showcasing our Mindkit Youth Wellbeing project. In the film two of our Mindkit Youth Wellbeing Trainers, Tim and Cassie, introduce the project and illustrate what you can expect at a Mindkit session. With exams just around the corner this might be a good time to book on one of our wellbeing workshops. You can watch the film here: <https://goo.gl/ycKjmk>.

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!

Goodbye...and hello: we would like to say farewell to Marie McCormack, our Locum Peer Group Network Officer. We have enjoyed working with Marie very much and wish her good luck with everything in the future. We would also like to welcome Aaron Guiver as our new Peer Group Network Manager. We wish him every success in his new role.

NEW Pilates Group: our new Pilates group is starting on 9 June. It will take place on Friday, 10.30-11.30am, at Oddfellows Hall. Pilates is a low impact exercise suitable for all fitness levels which improves flexibility and mobility, reduces stress, relieves tension and boosts energy.

Contact: 07827 491 325 or aaron.guiver@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 2 June. No group on 14 July.
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 Starts 9 June. No group on 28 July.
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	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 14 June.
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 7 and 14 July.
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 20 and 27 June.
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
1of1 design in Teddington have produced the new Mind's Eye collection of unique necklaces, individually styled with distinctive chain or beading. On sale for £35, 1of1 will donate £5 to RB Mind, for each necklace sold. If you would like to purchase a necklace, pop into the store at 80 High Street ,Teddington, TW11 8JD or contact info@1of1design.co.uk or 020 8977 0080 stating whether you prefer vintage silver or brass colouring.
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
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 3513 3404 or youinmind@rbmind.org

RB Mind Volunteer Training Workshops

We have two volunteer workshops coming up: 'Relaxation' and 'Dealing with Anger'. On 16 June, we examine relaxation: participants will gain an introduction to some theoretical and practical techniques. On 26 July, we turn our attention to anger: how it affects us by identifying triggers and sharing ideas for managing situations. Both workshops are 4-6pm at our Wellbeing Centre in the Richmond Royal Hospital and are open to all our volunteers. Please book a place by emailing yvonne.lentge@rbmind.org