



Richmond Borough Mind
32 Hampton Road
Twickenham
TW2 5QB

Tel: 020 8948 7652
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What's On!

Oct/Nov 2017

Charity No: 1146297 Company No: 7954134

RB Mind moves to new premises

We have now left the Richmond Royal Hospital. Our new premises at 32 Hampton Road will be ready early in October and we are very excited to be working with all our service users to make it the new home for our Wellbeing Centre. Our Carers in Mind service and Psychotherapy and Counselling service are now located at the Maddison Centre, 140 Church Road, Teddington, TW11 8QL.

If you have any questions about our relocation please contact our new central office number on 020 8948 7652 or info@rbmind.org. We will be holding an Open Day at Hampton Road later this year.

New volunteer training

Our next volunteer training session is appropriately entitled 'Managing Change' and will take place on Wednesday, 4 October, 4-6pm, at our newly refurbished site at 32 Hampton Road. We will look at key aspects of managing

change such as self-care, exploring the effects that change can have on us as well as how to look after ourselves.

This workshop is the latest in a series of two-hour monthly volunteer training sessions covering a range of different subjects, funded by the Community Learning Fund. The sessions are open to all RB Mind volunteers and those who volunteer for another charity in Richmond and live in Richmond. Please book your place by emailing yvonne.lentge@rbmind.org.

World Mental Health Day

On 10 October we will be holding a stall at St Mary's University to celebrate World Mental Health Day. This special day is a chance for everyone concerned with mental health issues to talk about what more needs to be done to make mental health care a reality for people worldwide. This year's theme is mental health in the workplace. You can find out more about looking after your mental health at work on our website here: <https://goo.gl/akmCbd>.

Calendar

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

October 2017

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

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November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mind n Mortlake Counselling Crafty Minds	2 Wellbeing Centre Counselling Mind Readers	3 Mind n Mortlake Musical Minds Ready, Steady Bake & Cook Pilates Procrastinators Anonymous Richmond
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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>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. Monthly social inclusion activities take place the last Thursday of the month. All other activities are listed below.</p>		
<p>Contact: 020 8948 7652 or ewa.rudz@rbmind.org</p>		
Day	Activity	Time
Monday	Nutrition Group (first Monday of the month) Art Mindfulness/Reiki	12.30-1pm 2-3pm 3.15-4pm
Tuesday	Recovery Group Borderline personality disorder: recovery from trauma (12-week group starts in November) Exercise Group/Yoga	2-3pm 2-4pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursdays of the month) Creative Writing Walking/Exercise Group	11.45am-12.45pm 2-3pm 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 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.
Carers monthly lunches: 27 October and 24 November (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. Library and Museum of Freemasons Tour, Covent Garden: Wednesday, 25 October. Join us for this tour of one of the most outstanding Art Deco buildings in London. Discover Winston Churchill's apron or the throne made for the future King George IV. Please book by 16 October. Free. Apothecary Tour and Old Operating Theatre Museum visit: Wednesday, 22 November. Meet at the herb garden of St George the Martyr, Southwark, where the curator and herb archivist, Karen Howell, will lead a tour of the herbs that were once used by old St Thomas' and Guy's Hospitals to make medicines for the patients. Please book by 13 November. £10.
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.

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>Bounce into the new year: with a new school year now upon us we are looking to book some new Bounce wellbeing sessions for 2017/18. If you are interested in booking a workshop 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>NEW Mindfulness and self-care group: Would you benefit from some stress relief? Do you need to give yourself some time and attention? Be Mindful, our new Mindfulness group, will help you learn to be more present in the moment, be more aware of your thoughts and learn to care for your body and mind. The group will take place on the second and fourth Thursday of the month, 2-3.30pm, at Elleray Hall in Teddington.</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, Anthony and Martin	07742 992 731 No group on 7 and 14 November.

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 6 October.
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30-11.30am	Judith, Amy and Andrea Cost: £2	07704 755 431 No group on 27 October.
Musical Minds (including songwriting and sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 2-3pm	Chris, Amy and Diane	07742 992 741
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednesday 1-3pm	Chris, Annie, Carina and Sisi	07941 923 140
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-4.30pm	Amy, Annie, Dan and Emily	07986 574 108 No group on 3 November.
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
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)	32 Hampton Road Twickenham TW2 5QB	Friday 11am-3.15pm	Cian and Gary	07503 411 308 No group last Friday of month.

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. Special thanks goes to Padma Coram who recently took part in a skydive for us and Sian Cooley who swam the Serpentine for us. 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

Full of Life Fair - 6 October

Join us at the Full of Life Fair on Friday, 6 October, 10am-4pm. This free event showcases services across the borough for residents over the age of 55. There will be over 80 stalls to browse. It will take place at the Rose Suite, Twickenham Rugby Stadium, Whitton Road, TW2 7BA. For more information please visit <https://goo.gl/rU3W89> or call 020 8891 1411.