

Newsletter

New Beginnings

Issue 7

8th January 2010

Hope everyone had a peaceful Christmas and a happy new year to all.

From January 11th the following is taking place at Centre 32

| Day of the week | What we will be doing | Where | Time | Other things to know |
|-----------------|--------------------------------------------------------|--------------------------|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday | Traditional drop in with EFT | Centre 32 | 10am – 1pm | Anyone can come along on . |
| | Yoga | United Reform Church | 10.30-12md | |
| Tuesday | Art Group | Centre 32 | 10am – 12 noon | We are replacing the drop-in on a Tuesday with a series of groups inside and outside of Centre 32. Please register with Christine to attend the Art Group & Women's group Please let Cecilia know if you will be attending the Tuesday group |
| | Women's Group | Centre 32 | 1pm – 2pm | |
| | Social Group and Head and Shoulder massage with Jackie | Elleray Hall, Teddington | 6pm – 9pm | |
| Wednesday | Peer Led group 'Convivia' | Centre 32 | 2pm – 6.30pm | Please speak to Ron, James, Kate Lawrence or David if you want to join this group |
| Thursday | Traditional drop in Karaoke/Games and EFT, | Centre 32 | 4pm – to 8pm | Anyone can attend this drop-in, the hours and what is on offer may be changing in February. Please look out for more information in February's What's On |
| Saturday | Traditional drop-in Sandwiches and one-to-one support | Centre 32 | 3-6pm | Anyone can attend the traditional drop-in service. |

Further information on all of the above activities will be published in 'whats on'

Elleray Hall, every Tuesday 6-to-9pm

Elleray Hall, Elleray Road Twickenham will be run by Cecilia, one of our new SPARKS workers. Cecilia will also be working at Centre 32 every Thursday evening during January.

Sunday lunches

Please see attached a list of churches that offer Lunch on a Sunday. Some are free, others offer subsidised prices.

If anyone would like to arrange a Sunday Lunch Group, please see Christine for more information.

Peer –led Groups

I am the Peer-led Volunteer Officer. I plan to train and support clients to become Peer-led Volunteers. In March training is taking place for all those of you who would like to become Peer-Led Volunteers. Please contact me on **079864715921** for more information and to book a training place. I am planning to pop in to all RB Mind centres before end of January. I will liaise with each of the Centres to arrange a suitable time. Again please see Whets On for more information. Claire Blackburn

Ham Friends

The traditional drop in service closes today. Clients and staff are going to the “Bloomsbury” for a meal.

From 15th January the following will be taking place in Ham

| Day | Where | Time | Activity | Staff |
|--------|---------------------|-------|------------------------------------------------------------------------------------------------------------------|-----------|
| Monday | Ham Children Clinic | 3-6pm | One-to-one Please book with Christine | Christine |
| Friday | | | Structured groups <ul style="list-style-type: none">• Newspaper• Games• Computer | |

