

Richmond Borough Mind



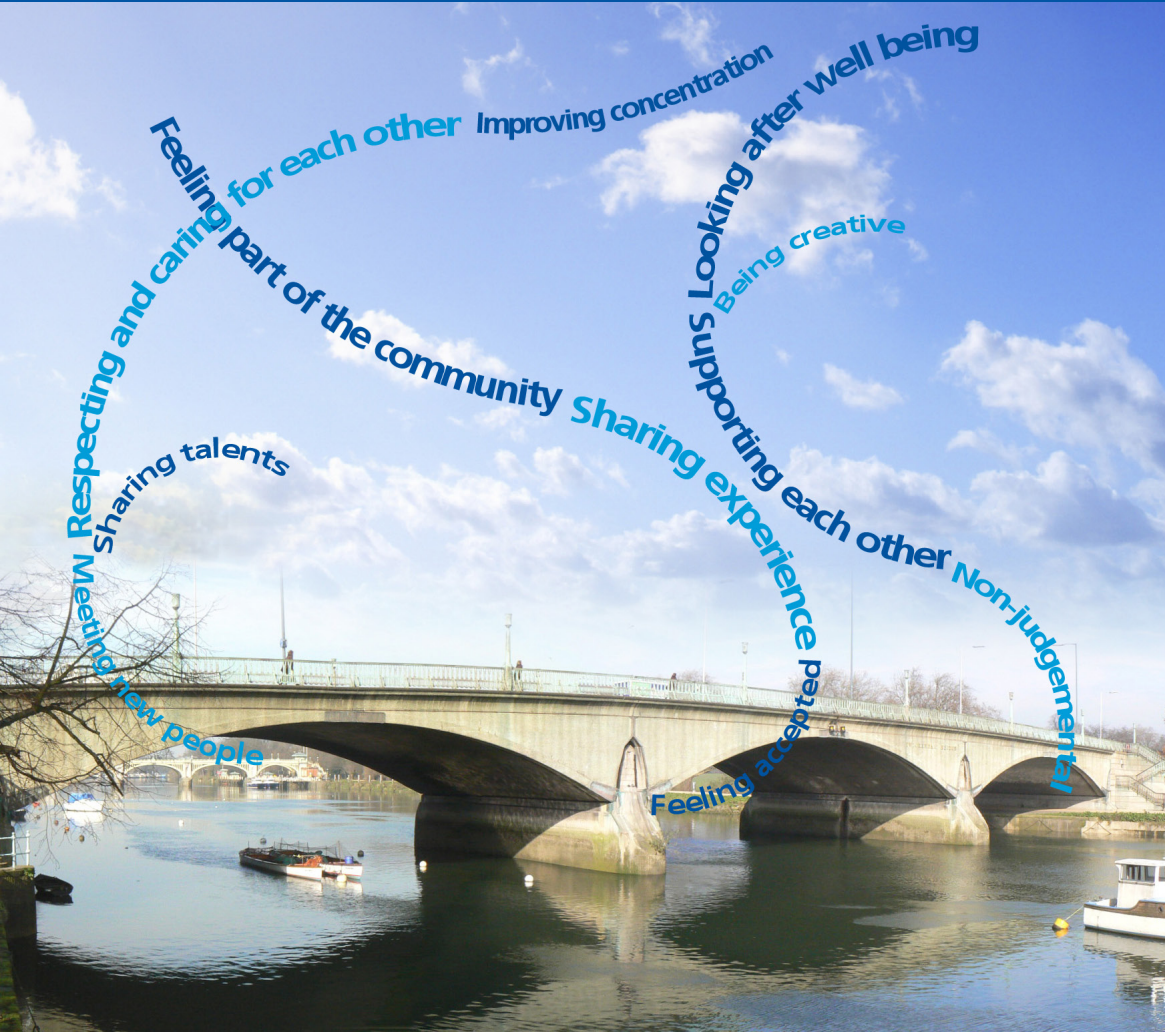
For better  
mental health

Would you like to join a wellbeing group?  
Would you like to run a wellbeing group?



# People's Network OPEN DAY

WEDNESDAY 21 SEPTEMBER 2011



Feeling for each other  
Improving concentration  
Respecting and caring  
part of the community  
Looking after well being  
Sharing talents  
Being creative  
Meeting new people  
Supporting each other  
Non-judgemental  
Feeling accepted



# People's Network OPEN DAY

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For better  
mental health

## What is the project?

The People's Network aims to enable, empower and involve individuals regardless of their mental health to participate in or run peer led groups, to be active and flourish in their communities.

## What do we do?

The People's Network trains people who have experienced or are experiencing mental distress to run their own activity groups to support their own mental health and that of their peers.

## What are we organising?

Come along and meet our Peer Volunteers and discover first-hand how Peer Volunteering has contributed to their wellbeing and the wellbeing of their peers. We at RB Mind have trained ten volunteers who now run up to eight groups in the community. Our next training is taking place at the end of September 2011.

## Want more Information?

For more information please come along to our open day or contact Claire Blackburn, Peer Volunteer Officer on 07827 491 325 or email [claire.blackburn@rbmind.org](mailto:claire.blackburn@rbmind.org)

**DATE:** Wednesday 21st September 2011

**TIME:** 11am to 3pm

**PLACE:** Richmond Borough Mind Centre Twickenham, 32 Hampton Road, TW2 5QB

Bus Stop Number: 290, R70, 281, 267

Nearest Station: Twickenham, St. Margarets

This project is part of Richmond Borough Mind, the local branch of National Mind. For more information about RB Mind and our range of services please visit [www.rbmind.org](http://www.rbmind.org)