



For better
mental health

- around 300 people out of 1,000 will experience mental health problems every year in Britain
- 230 of these will visit a GP
- 102 of these will be diagnosed as having a mental health problem
- 24 of these will be referred to a specialist psychiatric service
- 6 will become inpatients in psychiatric hospitals.

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Guide to Richmond Borough Mind

Richmond Borough Mind provides support to people experiencing mental distress and their carers in the London Borough of Richmond upon Thames. We aim to minimise the impact of mental distress and to support people experiencing mental health problems to lead full lives.

We provide a wide variety of services to support people on their journey towards recovery.

N.B. If you would like to refer yourself or anyone else to one of our services, you can find information on how to do so on our website www.rbmind.org



The Wellbeing Centre

The Wellbeing Centre is a referral only day centre for adults under the care of the local NHS trust. The centre provides a welcoming and friendly environment and a wide range of therapeutic and creative activities such as art classes, creative writing, Reiki, massage, assertiveness classes and healthy-eating activities. We also offer private and confidential one-to-one emotional support. Our aim is to support service users to improve their mental and physical health, grow in confidence, realise their strengths and achieve their goals on their journey towards recovery.



One to One Wellbeing and Recovery Service

Through the One to One Wellbeing and Recovery Service, we work on an individual basis with adults experiencing mental distress using the ethos and principles of the recovery approach. Over the sessions, we help people to identify and work towards their personal goals and provide emotional and practical guidance to support them on their journey towards recovery.

Mind 'n' Mortlake

We also run a day centre in Mortlake, where we offer a range of activities to support wellbeing and recovery



People's Network

The People's Network is made up of a number of groups run by and for people with experience of mental distress. This means that those running and attending the groups are in a unique position to be able to support each other. The People's Network also empowers people to take a leading role in their own wellbeing and recovery. 'Peer Volunteers' receive training and ongoing support to help them run the groups. Current groups include art, crafts, reading, games, football and karaoke. Groups can be about having fun, making friends, moral support, sharing skills or learning new ones!



'Cultivating Minds' Ecotherapy Project

Through 'Cultivating Minds', we offer a variety of horticultural and environmental activities aimed at improving mental health. Studies have shown that Ecotherapy provides substantial benefits for mental health and wellbeing; taking part in this can help lift mood, develop motivation, raise self-esteem and reduce stress. The company of others during these activities can reduce isolation and provide a much-needed support network.

We have a beautiful tranquil allotment in Twickenham where many of our activities take place.



"Ecotherapy has helped exercise my mind, body and soul. Before I joined the group, I would have spent the day in bed. I work with good people in a nice peaceful atmosphere"



Equalities in Mental Health Project

This programme seeks to work more closely with the different communities that exist within Richmond and create a holistic programme of public health activities to support their mental health. RB Mind will train Community Ambassadors from Black and Minority Ethnic (BME), Lesbian, Gay, Bisexual and Trans (LGBT), disability, faith and other equality areas to act as champions of mental health. The Community Ambassadors and other facilitators will assist in creating awareness of mental health through a series of workshops, events and support groups.



The Time Bank & Volunteering

The Time Bank promotes the sharing of time and skills among service users and the wider community. Time Bank members gain 'time credits' by giving practical help and support to others and are able to use these credits for a service from any other Time Bank member. This encourages everyone to be more active in the community, to meet new people and to make the most of their skills and talents – all of which are all extremely positive for good mental health!

Time Bank members can also gain time credits by volunteering for RB Mind.



Counselling/Psychotherapy

Many people experiencing mental distress can be helped by talking therapies. RB Mind offers individual counselling and psychotherapy to people living in the borough. Talking therapy provides a regular time and space for people to talk about their troubles and explore difficult feelings in an environment that is safe, free from intrusion and confidential. The service is subsidised for those on low incomes. Fifteen volunteer counsellors / therapists, led by two experienced therapists help us to provide this service. We also offer 'Coping with Life' courses, in which small facilitated groups cover topics such as anxiety, stress and depression.

Carers in Mind

Families and friends supporting someone with a mental health problem can become very isolated and the strain and responsibilities of this can affect their own physical and mental health. We use a holistic approach to support the mental wellbeing of people supporting someone with a mental health problem. The services we provide include peer support groups, social activities, complementary therapies 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.



Richmond Borough Mind Support Us



For better mental health

Our ability to help people depends on the generosity and support of concerned individuals like you. We would be very grateful for any contribution you feel able to make.

Make a one-off donation

I would like to make a one-off donation of £.....
You can also donate online at www.rbmind.org

Donate by Standing Order

Instructions to your bank or building society to pay by Standing Order

Bank/Building Society
Address
Postcode
Sort Code
Account Number

Your Name
Address
Postcode

Please pay CAF Bank Ltd, West Malling, Sort Code 40-52-40 for the credit of Richmond Borough Mind, Account Number 00007060, the sum of £..... commencing the / / and thereafter monthly / quarterly / annually (delete as appropriate) until further notice.

Signed
Date.....

Gift Aid

If you are a UK taxpayer RB Mind can claim Gift Aid on your donations. Please note that you must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that RB Mind will reclaim on your gifts for that tax year.

I am a UK taxpayer and want RB Mind to claim back the tax on all donations I have made in the last 6 years and all future donations.

Your Name
Address
Postcode

Signed
Date.....

Please fill in your details and return to: Richmond Borough Mind, Richmond Healthcare Hamlet, Kew Foot Road, Richmond, Surrey, TW9 2TE