



Wellbeing Centre

Groups and Sessions

The Wellbeing Centre is a warm and welcoming space to move towards recovery.

Richmond Borough Mind Wellbeing Centre

The Wellbeing Centre runs a range of groups and sessions in a safe and supportive environment for people experiencing difficulties with their mental health. It is open on Monday, Tuesday and Thursday between 11am and 4pm.

Monday morning Check-ins

Monday, 11.00am-1.00pm

Every Monday the Wellbeing Centre has an open door check-in, which anyone who is referred to the centre can attend. Clients can catch up with a worker and/or each other, with tea and coffee served until 1pm. The atmosphere is relaxed and welcoming.

1 to 1 Support Sessions

Monday, Tuesday and Thursday

These can be booked by appointment or on the day if there is an urgent need to talk or for advice. Clients will be assigned a worker who they will be able to meet with regularly. But for urgent meetings clients can speak to any worker in the team who is available.

Recovery Star meeting

By appointment

Every client referred to the Wellbeing Centre will be offered the chance to work with an allocated worker 1:1 using a Recovery Star approach. This approach allows the client, with the help of a worker, to look at aspects of their life and think about what needs to happen in order to make life positive, healthy and fulfilling.

Lunch

Monday, Tuesday and Thursday 1.00pm

Every day the Wellbeing Centre is open, we have volunteers who help to prepare nutritious and delicious lunches for everyone that uses the centre. It is a very sociable part of the day with everyone sitting round the big table chatting and enjoying good food. Lunches cost £3.00.

Day Trips

Monthly

Once a month the Wellbeing Centre goes out for the day. Our trips have included Kew Gardens, Chinatown, Tate Modern, Brighton and many more. A picnic lunch is often included and we are open to suggestions of places that clients would like to visit. It gives clients a chance to get out to places they wouldn't be able to access on their own and helps them build up the skills and confidence to venture out in the future.

Monday

Art

Monday 2.00-3.00

Whether you are completely new to art and just fancy having a go or an art college graduate, our art class has something for you. A calm and nurturing environment encourages participants to explore their creative side with ideas, techniques and guidance given by our art teacher.

Relaxation and Reiki (1st and 2nd Monday of the month)

Monday 3.15-4.00

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. This is about relaxing, breathing and calming both body and mind. A short, guided meditation session will be followed by a group Reiki session.

Dance Movement Therapy (3rd, 4th and 5th Monday of the month)

Monday 3.00-4.00

Uses body movement as an instrument of communication and expression. Helping to integrate all the aspects of self through movement for greater health and wellbeing.

The Wellbeing Centre recovery goals are...

Tuesday

Food and Mood

Tuesday 2.00-3.00

Nutritional advice on what, when and how to eat, and discussing any obstacles to achieving this.

Recovering from Trauma

Tuesday 2.00-4.00

This is a 12-week psychoeducational group focusing on repairing trust in others, where people can express their feelings in a safe environment and learn how best to cope with distressing experiences.

Yoga

Tuesday 3.00-4.00

The aim of the Yoga group is to hold ourselves in a space of reconnection together. It includes full body relaxation and a gentle awareness of our breath moving through us, accompanied by simple and balanced movement in our bodies. We end feeling settled and safe.

Practical problem solving...hope and resilience
routine and structure...trusting relationships

Thursday

Advice

First two Thursdays of the month, 11.45-12.45

Advice from the Citizens Advice Bureau Outreach Team. If you have any questions, concerns or worries, these expert advisors can give you a confidential advice session and help you with a wide range of issues.

Creative Writing/Poetry

Thursday 1.30-2.30

It is a calm and friendly space for creative expression. Often starting with a poetry reading for inspiration, though all suggestions and formats are welcome. It's a safe and supportive environment where clients can put their feelings, ideas or stories into written words, whatever their knowledge or experience of creative writing. We believe everyone has something of value to contribute.

Walking Group

Thursday 3.15-4.00

Come rain or shine this group gives you a chance to get outside and get some fresh air, and afterwards we come back to the centre for tea and coffee.

Gym Group

Thursday 3.00-4.00

Starting soon – please ask a member of staff.

Groups and Sessions

Mondays

Check-in	11.00-1.00
1:1 Support Sessions & Recovery Star Sessions	Ongoing
Lunch	1.00-2.00
Art	2.00-3.00
Relaxation and Reiki (1 st and 2 nd Monday of the month)	3.15-4.00
Dance Movement Therapy (3 rd , 4 th and 5 th Monday of the month)	3.00-4.00

Tuesdays

1:1 Support Sessions & Recovery Star Sessions	Ongoing
Lunch	1.00-2.00
Food and Mood	2.00-3.00
Recovery from Trauma	2.00-4.00
Yoga	3.00-4.00

Thursdays

CAB Advice (1st, 2nd Thursday in the month)	11.45-12.45
1:1 Support Sessions & Recovery Star Sessions	Ongoing
Lunch	1.00-1.30
Creative Writing/Poetry	1.30-2.30
Walking Group	3.15-4.00
Gym Group	3.00-4.00



Wellbeing Centre
32 Hampton Road
Twickenham
TW2 5QB

Phone: 020 8948 7652
Web: www.rbmind.org
Opening Times: Mondays,
Tuesdays and Thursdays
from 11:00am to 4:00pm.

Richmond Borough Mind has been providing
mental health services within the Richmond
Borough since 1958. For more information
on our other services please contact us:

Phone: 020 8948 7652
Email: info@rbmind.org
Website: www.rbmind.org
Charity number: 1146297
Company number: 7954134