

Richmond Borough Mind  
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Charity No: 1146297 Company No: 7954134

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## RB Mind website - fresh new look

We have recently redeveloped our website and the new site is now live with a fresh new look. Please visit [www.rbmind.org](http://www.rbmind.org) to see the new site. We have created a new events calendar with detailed information on all our activities and venues and maps to get you there plus more accessible ways to refer yourself to our services.

We have also added our social media feeds including Facebook and Twitter to each page so you can keep up to date with everything that is going on within all our projects and services.

Over the coming months we will be adding more new features to our website including developing our fundraising pages so that if you would like to raise money for us through taking part in a sponsored run, cycle, sky dive or anything else that comes to mind you will be able to set up your own fundraising page on our site.

Please watch this space for further developments.

## Pilates Peer Group

Our Pilates Peer Group is taking a break over the summer but it will be back in September at its usual time and venue: Fridays, 10.30-11.30am at Oddfellows Hall, 15 Parkshot, Richmond, with our instructor Annmarie at the helm.

Annmarie's weekly class focuses on encouraging participants to move mindfully and strengthen the connection between mind and body using the breath through a series of exercises performed on a mat. She is passionate about sharing the benefits of practicing Pilates for life including using the breath to energise, focus, and release tension and stress; developing strength and flexibility; and improving participants' posture, joint mobility and balance.

So come along and trial a class! There is no need to book. Just turn up on the day and give it a go. The class costs £2 per person. Pilates is one of 10 peer groups RB Mind currently offers. For more details contact: 07889 705 695 or [peer.network@rbmind.org](mailto:peer.network@rbmind.org) or visit: [www.rbmind.org/our-services/peer-group-network](http://www.rbmind.org/our-services/peer-group-network).

# Calendar

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

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Positive Living Group Counselling Crafty Minds	2 Wellbeing Centre Counselling Mind Readers	3 Mind n Mortlake Musical Minds Chatty Minds
6 Wellbeing Centre	7 Wellbeing Centre Counselling Creative Minds Chatty Minds	8 Positive Living Group Counselling Crafty Minds	9 Wellbeing Centre Counselling Be Mindful Peer Walking Group	10 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook
13 Wellbeing Centre	14 Wellbeing Centre Counselling Creative Minds Chatty Minds	15 Positive Living Group Counselling Crafty Minds	16 Wellbeing Centre Counselling	17 Mind n Mortlake Musical Minds Chatty Minds
20 Wellbeing Centre	21 Wellbeing Centre Counselling Chatty Minds Volunteers Summer Party	22 Positive Living Group Counselling Crafty Minds	23 Wellbeing Centre Counselling Be Mindful	24 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady Bake & Cook
27 Bank Holiday	28 Wellbeing Centre Counselling Creative Minds	29 Positive Living Group Counselling	30 Wellbeing Centre Counselling	31 Mind n Mortlake Carers lunch

# Calendar

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

## September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Wellbeing Centre</p>	<p>4 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>5 Positive Living Group Counselling Crafty Minds</p>	<p>6 Wellbeing Centre Counselling Mind Readers</p>	<p>7 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake &amp; Cook</p>
<p>10 Wellbeing Centre</p>	<p>11 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>12 Positive Living Group Counselling Crafty Minds</p>	<p>13 Wellbeing Centre Counselling Be Mindful Peer Walking Group</p>	<p>14 Mind n Mortlake Musical Minds Chatty Minds Pilates</p>
<p>17 Wellbeing Centre</p>	<p>18 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>19 Positive Living Group Counselling Crafty Minds</p>	<p>20 Wellbeing Centre Counselling</p>	<p>21 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake &amp; Cook</p>
<p>24 Wellbeing Centre</p>	<p>25 Wellbeing Centre Counselling Creative Minds Chatty Minds</p>	<p>26 Positive Living Group Counselling Crafty Minds</p>	<p>27 Wellbeing Centre Counselling Be Mindful</p>	<p>28 Mind n Mortlake Chatty Minds Pilates Carers lunch</p>

# RB Mind Services

## The Wellbeing Centre

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.

Check-in is 11am-1pm on Mondays. Lunch is 1pm for a small charge. One-to-one support sessions and Recovery Star individual meetings are held every day we are open. Once a month the Wellbeing Centre takes a trip out. All other activities are listed below.

Contact: 020 8948 7652 or [ewa.rudz@rbmind.org](mailto:ewa.rudz@rbmind.org)

Day	Activity	Time
Monday	Art Relaxation and Reiki	2-3pm 3.15-4pm
Tuesday	Recovery Group Yoga	2-3pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursday of month) Creative Writing/Poetry Exercise Group	11.45am- 12.45pm 1.30-2.30pm 3-4pm

## Psychotherapy and Counselling Service

RB Mind's Psychotherapy and Counselling Service is a low cost service offering a range of individual therapies on a longer term basis.

The service provides therapies aiming to support people while they are in emotional need and a space to recover from psychological difficulties. We offer the following styles of therapy: psychodynamic, integrative, person-centred, existential and cognitive behavioural.

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.

Contact: Psychotherapy and Counselling team on 07592 416 638 or [counselling.admin@rbmind.org](mailto:counselling.admin@rbmind.org)

## 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 feedback:** After delivering four training sessions at Kingston Technology, we were very pleased to receive feedback from their HR Director, Karen Hockaday. Karen said: "The sessions were interesting, interactive and very much appreciated by our management community. Several managers commented that the insights would be as valuable in their private lives as in covering their managerial responsibilities."

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 here: [www.rbmind.org/our-services/mental-health-awareness-training](http://www.rbmind.org/our-services/mental-health-awareness-training).

**Contact:** 020 8948 7652 or [yvonne.lentge@rbmind.org](mailto: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:** 31 August and 28 September (12.30-3.30pm) at 32 Hampton Road, off Twickenham Green. Followed by a workshop.  
**Mayfield Lavender Farm tour:** 9 August. A chance to visit this beautiful 25-acre lavender farm and café and shop in Banstead, Surrey.  
**Guided London walk:** 17 September. Potential options include themes around Sherlock Holmes, Rock & Roll London and Charles Dickens.

Please contact the team for more information about carers' activities including where to meet, timings etc. All trips are £5 per person.

**Contact:** Carers In Mind team on 020 8940 7384 or [carers@rbmind.org](mailto:carers@rbmind.org)

## Youth Wellbeing Projects

We are currently delivering a range of youth wellbeing workshops in schools, colleges, youth centres and other settings within Richmond. Sessions are delivered by youth outreach volunteers who have experienced mental health difficulties and have undertaken training.

**Now booking for September:** we have completed our last school wellbeing workshops for this academic year and we are now taking bookings for September. Our workshops include stress and anxiety, resilience and wellbeing, eating disorders, and depression. To book please contact us.

**Contact:** Georgie on 07827 491 325 or [youth.service@rbmind.org](mailto:youth.service@rbmind.org)

## Positive Living Group

The Positive Living Group supports the wellbeing of members through therapeutic cooking activities on Wednesdays, 12.30-2.30pm, at Barnes Children's Centre, Hanson Close SW14 7HJ. As a group we learn how food impacts on health, and how to source and prepare meals. We help members take steps towards achieving goals and go on occasional trips.

**Contact:** Sophie on 020 8948 7652 or [sophie.archer@rbmind.org](mailto:sophie.archer@rbmind.org)

## Mind 'n' Mortlake

Mind 'n' Mortlake provides activities to support mental wellbeing and an opportunity for people to socialise on Fridays, 2-4.30pm, at Barnes Children's Centre, Hanson Close, SW14 7HJ. The Peer Group Musical Minds runs 2-3pm and there is a drop-in with tea and coffee, 3-4pm. On the last Friday of every month there is an outing.

**Contact:** Anoush on 07507 903 730 or [anoush.lagevardi@rbmind.org](mailto:anoush.lagevardi@rbmind.org)

## Peer Group Network

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!

**Contact:** 07889 705 695 or [peer.network@rbmind.org](mailto:peer.network@rbmind.org)

Group	Where	When	Peer Volunteer
Walking Group	Aug: meeting at Bushy Park Gate, Hampton Hill Sept: meeting at Sheen Common Bowling Green	Second Thursday of month 10.30am-12.30pm	Ashley

Group	Where	When	Peer Volunteer	More info
Ready, Steady Bake & Cook	Holy Trinity Church Twickenham Green TW2 5TU	Every other Friday 12-3pm	Aruna, Ashley and Nigel	Next group on 10 August. £2 per person
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30- 11.30am	Judith, Vivienne and Cian	Group starts back on 7 September. £2 per person
Musical Minds (including songwriting and sing- along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 2-3pm	Chris, Diane and Andrea	No group on last Friday of month.
Crafty Minds (craft group)	The Vineyard Com- munity Centre, The Vineyard, Rich- mond TW10 6AQ	Wednes- day 1-3pm	Chris, Andrea and Sisi	No group on 29 August.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Dan and Emily	No group on 31 August.
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30- 7.30pm	Gary, Andrea and Cian	No group on 28 August.
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 Claudia	Come and learn new mindfulness techniques.
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	First Thurs- day of month 1.15- 2.15pm	Ashley, Kate and Martin	New book each month.
Creative Minds (art and craft group)	Teddington Baptist Church Church Road Teddington TW11 8PF	Tuesday 10.30am- 12.30pm	Chris and Martin	No group on 21 August.

## Volunteering

RB Mind greatly values the contribution which our volunteers make to all areas of our work and we are very grateful for their willing support and commitment. 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/our-services/volunteering](http://www.rbmind.org/our-services/volunteering).

Contact: 07545 933 156 or [yvonne.lentge@rbmind.org](mailto:yvonne.lentge@rbmind.org)

## Fundraising

We have now set up an account on Smile Amazon which means every time you shop on Amazon's website a percentage of what you spend could be donated to us. To take advantage of this opportunity please visit <https://smile.amazon.co.uk> to register for an account and then select Richmond Borough Mind as your chosen charity. To support us please ensure you start your Amazon shopping at Smile Amazon.

Contact: 07557 669 143 or [suzanne.lynn@rbmind.org](mailto:suzanne.lynn@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](mailto: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 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](mailto:youinmind@rbmind.org)

# Volunteers Summer Party - 21 August

This year our volunteers' summer party will be a picnic at Kew Gardens on Tuesday, 21 August at 11.30am. We will be meeting at Victoria Gate for a guided tour of the gardens ending up at the White Peaks cafe for a picnic at about 1pm where sandwiches and cold drinks will be provided. If you would like to join the tour and picnic please contact Yvonne on [yvonne.lentge@rbmind.org](mailto:yvonne.lentge@rbmind.org). We hope to see you there!