



Richmond Borough Mind  
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TW2 5QB

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# What's On!

Oct/Nov 2018

Charity No: 1146297 Company No: 7954134

## RB Mind moves to new location

Richmond Borough Mind have moved to UK House - 1st floor, 82 Heath Road, Twickenham, TW1 4BW. This is the new home for our central office, our Carers in Mind service and our Psychotherapy and Counselling service. Our Wellbeing Centre is still located at 32 Hampton Road, Twickenham TW2 5QB.

We will be holding Open Days at UK House and 32 Hampton Road on Monday, 3 December. Please save the date and visit our website - [www.rbmind.org](http://www.rbmind.org) - for more details nearer the time. We look forward to seeing you there.

If you have any questions about our relocation please contact our central office on 020 8948 7652 or [info@rbmind.org](mailto:info@rbmind.org).

## World Mental Health Day

On 10 October it is World Mental Health Day. This special day is a chance for everyone concerned with mental health to talk about what needs to be done to improve

mental health care worldwide.

This year's theme is young people and mental health in a changing world. On the day our Youth Service Lead Georgie Williams will be speaking and leading a workshop at the Richmond Partnership Conference. The conference theme is bringing new thinking to services for young people.

On 9 October RB Mind will also be holding a stall at fresher fairs at the University of West London and St Mary's University.

You can find out about our youth wellbeing projects on our website here: <https://goo.gl/cfDE1q>.

## New volunteer training

Our next volunteer training session is on the subject of Self Care for Mind, Body and Soul. It will take place on 24 October, 2-4pm at 32 Hampton Road. This workshop is open to anyone currently volunteering in the borough of Richmond. To book a place email [yvonne.lentge@rbmind.org](mailto:yvonne.lentge@rbmind.org). This workshop is the latest in a series of two-hour monthly volunteer training sessions covering a range of different subjects, funded by the

# Calendar

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

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Wellbeing Centre	2 Wellbeing Centre Counselling Creative Minds Chatty Minds	3 Positive Living Group Counselling Crafty Minds	4 Wellbeing Centre Counselling Mind Readers	5 Mind n Mortlake Musical Minds Chatty Minds Pilates
8 Wellbeing Centre	9 Wellbeing Centre Counselling Creative Minds Chatty Minds	10 Positive Living Group Counselling Crafty Minds	11 Wellbeing Centre Counselling Be Mindful Peer Walking Group	12 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake & Cook
15 Wellbeing Centre	16 Wellbeing Centre Counselling Creative Minds Chatty Minds	17 Positive Living Group Counselling Crafty Minds	18 Wellbeing Centre Counselling	19 Mind n Mortlake Musical Minds Chatty Minds Pilates
22 Wellbeing Centre	23 Wellbeing Centre Counselling Creative Minds Chatty Minds	24 Positive Living Group Counselling Crafty Minds	25 Wellbeing Centre Counselling Be Mindful	26 Mind n Mortlake Ready, Steady Bake & Cook Carers lunch
29 Wellbeing Centre	30 Wellbeing Centre Counselling	31 Positive Living Group Counselling		

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## RB Mind Services

The Wellbeing Centre		
<p>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.</p>		
<p>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.</p>		
<p><b>Contact:</b> 020 8948 7652 or <a href="mailto:ewa.rudz@rbmind.org">ewa.rudz@rbmind.org</a></p>		
Day	Activity	Time
Monday	Art Relaxation and Reiki	2-3pm 3.15-4pm
Tuesday	Art Club (group run by service users) Food and Mood (starting in November) Yoga	11.30am-12.30pm : 2-3pm 3-4pm
Thursday	Citizens Advice Bureau—benefits advice (first and second Thursday of month) Creative Writing/Poetry Indoor Exercise (starting in November)	11.45am-12.45pm 1.30-2.30pm 3-4pm
Psychotherapy and Counselling Service		
<p>RB Mind's Psychotherapy and Counselling Service is a low cost service offering a range of individual therapies on a longer term basis.</p>		
<p>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.</p>		
<p>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.</p>		
<p>Sessions run during the daytime and evening on Tuesdays and Wednesdays, and daytime only on Thursdays.</p>		
<p><b>Contact:</b> Psychotherapy and Counselling team on 07592 416 638 or <a href="mailto:counselling.admin@rbmind.org">counselling.admin@rbmind.org</a></p>		

Richmond Wellbeing Service
<p>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.</p>
<p><b>Contact:</b> 020 8548 5550. There is no cost and you either refer yourself to the Richmond Wellbeing Service or ask your GP to refer you.</p>
Mental Health Awareness Training
<p>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.</p>
<p><b>Upcoming training workshops:</b> in November RB Mind is delivering a Mental Health Awareness training session to staff and volunteers at FiSH Neighbourhood Care as well as returning to Sutton Clinical Commissioning Group to support them with wellbeing at work.</p>
<p>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: <a href="http://www.rbmind.org/our-services/mental-health-awareness-training">www.rbmind.org/our-services/mental-health-awareness-training</a>.</p>
<p><b>Contact:</b> 020 8948 7652 or <a href="mailto:yvonne.lentge@rbmind.org">yvonne.lentge@rbmind.org</a></p>
Carers in Mind
<p>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.</p>
<p><b>Carers monthly lunches:</b> 26 October and 30 November (12.30-3.30pm) at 32 Hampton Road, off Twickenham Green. Followed by a workshop.  <b>Royal Hospital Chelsea Guided Tour:</b> Wednesday, 17 October. Join us for a tour of the legendary Royal Hospital led by a resident Chelsea Pensioner. You can marvel at Sir Christopher Wren's stunning buildings and learn about what life is like for today's veterans at the Royal Hospital.</p>
<p>Please contact the team for more information about carers' activities including where to meet, timings etc. All trips are £5 per person.</p>
<p><b>Contact:</b> Carers In Mind team on 020 8940 7384 or <a href="mailto:carers@rbmind.org">carers@rbmind.org</a></p>

Youth Wellbeing Projects			
<p>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.</p>			
<p>On 20 September, our new youth peer support group began at St Mary's University, Waldegrave Rd, Twickenham TW1 4SX. The group runs from 7-8:30pm and is open to anyone aged 18-25 looking for support with their mental health. The group takes place every other Thursday.</p>			
<p><b>Contact:</b> Georgie on 07827 491 325 or <a href="mailto:youth.service@rbmind.org">youth.service@rbmind.org</a></p>			
Positive Living Group			
<p>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.</p>			
<p><b>Contact:</b> Sophie on 020 8948 7652 or <a href="mailto:sophie.archer@rbmind.org">sophie.archer@rbmind.org</a></p>			
Mind 'n' Mortlake			
<p>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.</p>			
<p><b>Contact:</b> Anoush on 07507 903 730 or <a href="mailto:anoush.lagevardi@rbmind.org">anoush.lagevardi@rbmind.org</a></p>			
Peer Group Network			
<p>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!</p>			
<p><b>Contact:</b> 07889 705 695 or <a href="mailto:peer.network@rbmind.org">peer.network@rbmind.org</a></p>			
Group	Where	When	Peer Volunteer
Walking Group	Oct: meeting at Crane Park entrance, Mill Road Nov: meeting at York House, Twickenham	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 12 October. £2 per person
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30- 11.30am	Judith, Vivienne and Cian	No group on 26 October. £2 per person
Musical Minds (including 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 31 October.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Dan and Emily	No group on 26 October.
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30- 7.30pm	Gary, Andrea and Cian	No group on 30 October.
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 30 October.

## Volunteering

RB Mind greatly values the contribution 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 would like to thank everyone who has raised money for us. Every penny raised goes towards our projects and services which aim to help people in Richmond with mental health problems. There are many ways you can fundraise for us, from organising your own event to taking part in one of our challenge events. You can find more information about fundraising for Richmond Borough Mind here: <https://goo.gl/nRgHbu>.

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)

# Full Of Life Fair - 26 October

RB Mind will be holding a stall at the Full of Life Fair on 26 October, 10am-4pm. The Fair, which celebrates the contribution older residents make to the borough, will have over 80 stalls to browse and the chance to try out a number of activities, such as a Tea Dance, and a range of fitness, dance, and cultural performances and demonstrations. You can find out more information here: <https://goo.gl/jcdgJ7>.