

Richmond Borough Mind
32 Hampton Road
Twickenham
TW2 5QB

Tel: 020 8948 7652
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Dec/Jan 2018/19

Charity No: 1146297 Company No: 7954134

Open Day

You're invited to our Open Day at UK House and 32 Hampton Road on Monday 3rd December.

Come along to meet the team and find out more about our work, services and Volunteering between 2pm – 6.30pm.

You can also register for workshops at:
www.rbmind.org/OpenDay.

We would also love you to join us for a Charity Pub Quiz at The Fox on Church Street, Twickenham@ 8pm.

Christmas Activities

Merry Christmas to the RB Mind family!

Please look inside for details of all the special Christmas activities our services are organising. There's lots of parties, lunches and festive trips to look forward to.

You'll also see what services are running over Christmas and the New Year on our calendar (pg 2).

Santa Run

Our big fundraiser this Christmas is our Santa fun run.

Join our CEO Val Farmer and others as they get their Ho Ho Ho and a Santa suit on to run 5km round Battersea Park for Richmond Borough Mind, photos to follow!

You can run with us or sponsor Val by visiting
www.rbmind.org/SantaRun

Spread the love with your Christmas Shopping

When you do your Christmas Shopping online you can also give a gift to Richmond Borough Mind. At no extra cost to you a percentage of what you spend will be donated to RB Mind. Charity giving sites like Easyfundraising.org.uk and Smile.amazon.co.uk will give 0.5% up to 3% of the value of your purchases. Please support us every time you shop -simply go to the charity giving site first and choose Richmond Borough Mind as your Charity.

Calendar

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

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Wellbeing Centre</p> <p>Open Days at UK House & 32 Hampton Road</p>	<p>4</p> <p>Wellbeing Centre Christmas Lunch</p> <p>Creative Minds</p> <p>Chatty Minds</p>	<p>5</p> <p>Positive Living Group</p> <p>Crafty Minds</p>	<p>6</p> <p>Wellbeing Centre</p> <p>Mind Readers</p> <p>Carers in Mind Trip to Southbank Christmas Market</p>	<p>7</p> <p>Mind n Mortlake</p> <p>Musical Minds</p> <p>Chatty Minds</p> <p>Pilates</p>
<p>10</p> <p>Wellbeing Centre</p>	<p>11</p> <p>Wellbeing Centre trip to Kingston Christmas Market</p> <p>Creative Minds</p> <p>Chatty Minds</p> <p>Carers in Mind Christmas Lunch</p>	<p>12</p> <p>Positive Living Group</p> <p>Crafty Minds</p> <p>RB Mind Volunteers Christmas Party</p>	<p>13</p> <p>Wellbeing Centre Volunteers Christmas Party</p> <p>Be Mindful</p> <p>Peer Walking Group</p> <p>Youth Peer Support Group</p>	<p>14</p> <p>Mind n Mortlake</p> <p>Musical Minds</p> <p>Chatty Minds</p> <p>Pilates</p> <p>Ready, Steady Bake & Cook</p>
<p>17</p> <p>Wellbeing Centre</p>	<p>18</p> <p>Wellbeing Centre</p> <p>Creative Minds</p> <p>Chatty Minds</p>	<p>19</p> <p>Positive Living Group</p> <p>Crafty Minds</p>	<p>20</p> <p>Wellbeing Centre</p>	<p>21</p> <p>Mind n Mortlake</p> <p>Carers in Mind Christmas Activity Day</p>
<p>24</p> <p>Wellbeing Centre Open until 2pm</p>	<p>25</p> <p>RB Mind Closed for Holidays</p> <p>Merry Christmas!</p>	<p>26</p> <p>RB Mind Closed for Holidays</p>	<p>27</p> <p>Wellbeing Centre</p>	<p>28</p> <p>No services running Please contact us on 020 8948 7652 for information</p>
<p>31</p> <p>RB Mind Closed for Holidays</p>				

Calendar

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

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Services Closed Happy New Year!	2 Positive Living Group Crafty Minds	3 Wellbeing Centre	4 Mind n Mortlake Musical Minds Chatty Minds Pilates
7 Wellbeing Centre	8 Wellbeing Centre Creative Minds Chatty Minds	9 Positive Living Group Crafty Minds	10 Wellbeing Centre Be Mindful Mind Readers Youth Peer Support Group	11 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake & Cook
14 Wellbeing Centre	15 Wellbeing Centre Creative Minds Chatty Minds	16 Positive Living Group Crafty Minds	17 Wellbeing Centre Peer Walking Group	18 Mind n Mortlake Musical Minds Chatty Minds Pilates
21 Wellbeing Centre	22 Wellbeing Centre Creative Minds Chatty Minds	23 Positive Living Group Crafty Minds	24 Wellbeing Centre Be Mindful	25 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady Bake & Cook Carers in Mind Lunch
28 Wellbeing Centre	29 Wellbeing Centre Creative Minds Chatty Minds	30 Positive Living Group Crafty Minds Carers in Mind trip to Kew Ceramics Café	31 Wellbeing Centre	

RB Mind Services

The Wellbeing Centre

The Wellbeing Centre's aims are Wellbeing, Confidence, Peer Support, Assertiveness, Relapse Prevention and Independence. The service is referral only (from the Recovery Support Team) and we are 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.

4th December -Service Users Christmas lunch

11th December - Outing to the Christmas market in Kingston

13th December - Christmas party for the WBC volunteers

Contact: 020 8948 7652 or ewa.rudz@rbmind.org

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

RB Mind's Psychotherapy and Counselling Service offer a range of individual therapies on a longer term basis, with low cost options. The service provides therapies aiming to support people while they are in emotional need and a space to recover from psychological difficulties. We offer a range of therapies including 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

We have morning and evening sessions available Tuesday—Thursdays at our bases in Teddington, Twickenham and Richmond.

Contact: 0203 475 9705 or 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.

We will be delivering Mental Health Awareness Training at Change, Grow, Live in January.

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.

Contact: 020 8948 7652 or training@rbmind.org

Carers in Mind

Carers in Mind supports families and friends supporting someone over 18, 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: we have our annual carers Christmas lunch on the 11th December and our next monthly lunch will take place on January 25th at 32 Hampton Road. Workshops occur prior to each lunch.

Social activities :

6th December - to Southbank Christmas market

21st December - Christmas Activity day at 32 Hampton Road with food tasting and games.

January 30th - Kew Ceramics Café.

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

Contact: 020 8940 7384 or 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.

Youth Peer Support group (18 – 25 yr olds) Feeling stressed, anxious, lonely or just a little unsettled? Come and join us! Spend time with people you can relate to, share your experiences and receive support for your emotional wellbeing. St Mary's university 7.00pm – 8:30pm
Upcoming dates: 13th Dec, 10th Jan

Contact: Georgie on 07827 491 325 or 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

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

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

Group	Where	When	Peer Volunteer
Walking Group	Dec: meet on Little Green, opposite Richmond Library, TW9 1LX Jan: meet near the War Memorial, Kew Green, TW9 3BH	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	No group on 28 December. £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 21 & 28 December. £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 21 & 28 December.
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednes- day 1-3pm	Chris, Andrea and Sisi	No group on 26 December.
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Dan and Emily	No group on 21 & 28 December.
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30- 7.30pm	Gary, Andrea and Cian	No group on 25 December & 1 January.
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	No group on 27 December.
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	First Thurs- day of month 1.15- 2.15pm	Ashley, Kate and Martin	No group on 3 December (moving to 10 January).
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 25 December or 1 January.

Volunteering

Volunteers' Winter Party – A festive thank you to all of our amazing volunteers. Please come along if you volunteer with us or have recently volunteered with us!

When: Wednesday 12th December, 3-6pm

Where: Paws for Coffee, 364 Upper Richmond Road, Sheen, SW14 7JU

Volunteer Training

The next volunteer training workshop is on the subject of 'Dual Diagnosis' a course looking at mental health and substance use with guest trainer Claudia Iles from Change, Grow, Live. This will take place at 32 Hampton Rd on Wednesday 23rd January from 2-4pm.

To book your place please email your interest to training@rbmind.org stating which organisation you volunteer with.

Contact: 0208 8948 7652 or training@rbmind.org

Fundraising

Have you set your New Years Resolutions yet? If you'd like to get fit or set yourself a new goal, why not take part in one of our events or organise one of your own? You could cycle from London to Paris, Trek across the Sahara or jump out of a plane (with a parachute of course!). Look out for new events being posted on our website or contact Suzanne for a chat.

Contact: 07557 669 143 or suzanne.lynn@rbmind.org

Money Advice Project

RB Mind works 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

Your Involvement – You in Mind

Richmond Borough Mind is dedicated to meaningful engagement with service users and carers. If you are interested in getting involved as a representative of services you are a part of, or to be a representative for RB Mind as a whole please contact us.

Contact: 020 8948 7652 or info@rbmind.org