

Richmond Borough Mind  
32 Hampton Road  
Twickenham  
TW2 5QB

Tel: 020 8948 7652  
E-mail: [info@rbmind.org](mailto:info@rbmind.org)  
Web: [www.rbmind.org](http://www.rbmind.org)

Feb/Mar 2019

Charity No: 1146297 Company No: 7954134

## Time to Talk Day

It's time to make a change on 7th February. This national campaign is all about getting the nation talking, about Mental Health to help shift the stigma. Small steps make a big difference, and can start with meeting a friend for a cuppa to see how they're doing, or starting a conversation with a stranger on the bus! To organise an event or for more information visit [time-to-change.org.uk](http://time-to-change.org.uk) for ideas, inspiration and resources. Whatever you are doing share it with us on our social media.

## Beat the Freeze with a Richmond Council Fuel Grant

Residents who are on benefits or have a low income may be eligible for help from the Council with heating bills. Grants of up to £85 per household are now available to protect residents who are at risk from living in fuel poverty. Application forms can be collected from local Libraries, Twickenham Civic Centre or downloaded from [richmond.gov.uk](http://richmond.gov.uk). Closing date for applications is Friday 1st March.

## Walking Group

Our monthly Walking Group, run jointly by the Peer Group Network, Ruils and LBRUT sets out on a different walk in Richmond Borough on the 2nd Thursday of every month. The walks are suitable for all levels of fitness and everyone is welcome!

We would love you to join us!:

14th Feb 10.30am-12.30pm

Barnes Common (Meet at Barnes Station, Station Road entrance)

14th March - 10.30am - 12.30pm

A Thames to Thames walk through Teddington Parks

(Meet at Manor Road Recreation Ground, TW11 8BF – next to the river)

Check out;

[facebook.com/wellbeingwalks](https://www.facebook.com/wellbeingwalks)

or call 07715 312 638 for info.

There is no need to book – just turn up.

## Carers Quiz

Please save the date for our annual Carers Quiz on Friday 12th April at St. Luke's Church in Kew - it's a great opportunity to fundraise for Carers in Mind and have fun! Details to follow.

# Calendar

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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mind n Mortlake Musical Minds Chatty Minds Pilates
4 Wellbeing Centre	5 Wellbeing Centre Creative Minds Chatty Minds	6 Positive Living Group Crafty Minds	7 Wellbeing Centre Mind Readers	8 Mind n Mortlake Musical Minds Chatty Minds Pilates Ready, Steady, Bake & Cook
11 Wellbeing Centre	12 Wellbeing Centre Creative Minds Chatty Minds	13 Positive Living Group Crafty Minds	14 Wellbeing Centre Peer Walking Group Be Mindful Youth Peer Support Group	15 Mind n Mortlake Musical Minds Chatty Minds Pilates
18 Wellbeing Centre	19 Wellbeing Centre Chatty Minds	20 Positive Living Group Crafty Minds	21 Wellbeing Centre	22 Mind n Mortlake Ready, Steady, Bake & Cook Carers in Mind Lunch
25 Wellbeing Centre	26 Wellbeing Centre Creative Minds	27 Positive Living Group	28 Wellbeing Centre Be Mindful Youth Peer Support Group	

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## 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.

Thursday 7th February—Time to Talk event hosted by the Poetry Group

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	Art Club (group run by service users) Food and Mood 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	11.45am-12.45pm 1.30-2.30pm 3-4pm

## 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 workshops (and lunch): All our carers are welcome to join us for our monthly workshops to learn, share and enjoy a relaxed lunch with our other carers. All of our workshops are at 32 Hampton Road.

22nd Feb - Fitness and Wellbeing

29th March - SRB Solicitors on the 'Power of Attorney and Wills'

Social Activities:

15th February - Kew Gardens Orchid Festival

11th March - Afternoon Tea at Bill's in Richmond!

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](mailto:carers@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 also have available training sessions on Workplace Wellbeing and Stress Management for Managers - Contact us to discuss your needs.

We are currently offering a series of 2 hour mental health awareness training sessions for free to local voluntary sector organisations - We could come to your organisation to deliver this session for you!

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 [info@rbmind.org](mailto:info@rbmind.org)

## Psychotherapy and Counselling Service

RB Mind's Psychotherapy and Counselling Service offers 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 (from £10 - £40 per session). Please 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](mailto:counselling.admin@rbmind.org)

## Youth Wellbeing Projects

Our youth service is available to deliver a range of wellbeing and resilience training sessions to youth groups / schools across the borough for anyone aged 8-25 years old. Our workshops are delivered by individuals with their own lived experience of mental ill health and focus on sharing our stories, as well as delivering a range of interactive activities focusing on the 5 Ways to Wellbeing and Mindfulness. If you would like to arrange us to deliver a workshop where you are contact our Youth Lead on the details below.

Feeling stressed, anxious, lonely, or just a little unsettled? Come and join our Peer Support Group (for 18-25 yr olds) at St Mary's University every 2nd and 4th Thursday (7pm-8.30pm). Spend time with people you can relate to, have fun, and share your experiences on emotional wellbeing and mental health. We're here so you can be there for each other. 14th Feb, 28th Feb, 14th March, 28th March

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: See 'More info' for new contact numbers or [info@rbmind.org](mailto:info@rbmind.org)

Group	Where	When	Volunteer	More Info
Walking Group	Feb - Meet at Barnes Station, Station Road Entrance March - Meet at Manor Road Recreation Ground, TW11 8BF (next to the river)	Second Thursday of month 10.30am-12.30pm	Ashley	07715 312 638

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	£2 per person  07889 705 695
Pilates - (relaxation and exercise group)	Oddfellows Hall 15 Parkshot Richmond TW9 2RG	Friday 10.30 -11.30am	Vivienne and Cian	£2 per person This service will be taking a break. Last session 15th Feb 07715 312 638
Musical Minds (including sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday 2-3pm Bar last Fri of the month	Chris, Diane and Andrea	No group on 1st March.  07715 312 638
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednesday 1-3pm	Chris, Andrea and Sisi	No group on 27th Feb.  07889 705 695
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Dan, Emily and Andrea	No group on 22nd Feb.  07715 312 638
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30- 7.30pm	Gary and Cian	No group on 26th Feb.  07889 705 695
Be Mindful (Mindfulness and self-care group)	Elleray Hall Elleray Road Teddington TW11 0HG	Second and fourth Thursday of month 2-3.30pm	Judith, Claudia and Nigel	  07715 312 638
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	First Thursday of month 1.15- 2.15pm	Ashley, Kate and Martin	  07715 312 638
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 19th Feb.  07889 705 695

## Volunteering

Last year alone we had over 150 individuals volunteer their time to support our services - and we really couldn't do what we do if it wasn't for their fantastic support! At RB Mind we are always on the lookout for individuals keen to support our services as volunteers. Maybe you have a passion that you would like to share, a skill that you would like to develop, you would like to learn more about mental health, or you are interested in sharing your personal experiences through one of our peer support opportunities? If so, we would love to hear from you! For more information and to register your interest, please contact our Volunteer Coordinator.

Contact: 0208 8948 7652 or [volunteering@rbmind.org](mailto:volunteering@rbmind.org)

## Fundraising

Do you plan to get fit this year? Why not take part in an event and fundraise for Richmond Borough Mind? There are many fun events organised throughout the year or you could organise one of your own? If you would like to cycle from London to Paris, Trek across the Sahara or jump out of a plane (with a parachute of course!) get in touch. Now we can create your very own fundraising page for you on our website, meaning more of the money you raise will come to RB Mind and we'll promote you on social media to help you to reach your target!

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

## Money Advice Project

RB Mind works in partnership with Richmond AID to advise individuals on debt problems and offer support with money management. Sometimes debt and money problems can be overwhelming, but there are always options to work through these and to make sure that you and your family have enough money to live on. Contact our team on the details below if you would like information or support.

Contact: 020 8831 6070 or [advice@richmondaid.org.uk](mailto:advice@richmondaid.org.uk)

## 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](mailto:info@rbmind.org)