

Richmond Borough Mind  
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Apr/May 2019

Charity No: 1146297 Company No: 7954134

## Carers Quiz

The annual Carers Quiz is on the 12th of April at St. Luke's Church in Kew. To purchase quiz tickets or raffle tickets please contact the Carers Team at [carers@rbmind.org](mailto:carers@rbmind.org)  
Tickets are selling fast!

## Help Yourself!

There are many good online resources for us all to use at a time that suits us. We have a selection of these on our website, ranging from information sources to tools and techniques to help yourself. Please have a look at this link to our website:  
<https://www.rbmind.org/resources/mental-health-resources/>

National Mind's website also has some excellent information and support:  
<https://www.mind.org.uk/information-support/>

If you have tried and tested some online materials you have found really useful – let us know and we can share the information with others: [info@rbmind.org](mailto:info@rbmind.org)

## Making Life Better Together

South West London & St George's Mental Health Trust (SWL&StG MHT) has launched a large scale staff, service user and carer engagement programme, Making Life Better Together (MLBT), asking people to share their experiences about using their services so that they can listen and change for the better.

They want to hear about people's experience with them and have created a short online survey to gather feedback. If you are currently in their care or have recently been discharged from one of the SWL&StG MHT services then they want to hear from you. To complete the survey go to <http://bit.ly/mlbtusersurvey>  
All replies will be completely anonymous.

In addition, from 29th April SWL&StG MHT are holding face-to-face listening sessions with service users and carers. Look at the schedule and book onto the sessions at <http://bit.ly/mlbtyourshoesuser>.

# Calendar

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

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Wellbeing Centre</p>	<p><b>2</b> Wellbeing Centre  Creative Minds Chatty Minds</p>	<p><b>3</b> Positive Living Group  Crafty Minds Carers Trip to Leighton House</p>	<p><b>4</b> Wellbeing Centre  Mind Readers</p>	<p><b>5</b> Mind n Mortlake Musical Minds Chatty Minds Ready, Steady, Bake &amp; Cook</p>
<p><b>8</b> Wellbeing Centre</p>	<p><b>9</b> Wellbeing Centre  Creative Minds Chatty Minds</p>	<p><b>10</b> Positive Living Group  Crafty Minds</p>	<p><b>11</b> Wellbeing Centre  Be Mindful Youth Peer Support Group</p>	<p><b>12</b> Mind n Mortlake Musical Minds Chatty Minds</p>
<p><b>15</b> Wellbeing Centre</p>	<p><b>16</b> Wellbeing Centre  Creative Minds Chatty Minds</p>	<p><b>17</b> Positive Living Group  Crafty Minds</p>	<p><b>18</b> Wellbeing Centre  Peer Walking Group</p>	<p><b>19</b> Mind n Mortlake Musical Minds Chatty Minds Ready, Steady, Bake &amp; Cook</p>
<p><b>22</b> Wellbeing Centre</p>	<p><b>23</b> Wellbeing Centre  Creative Minds Chatty Minds</p>	<p><b>24</b> Positive Living Group  Crafty Minds</p>	<p><b>25</b> Wellbeing Centre  Be Mindful Youth Peer Support Group</p>	<p><b>26</b> Mind n Mortlake Chatty Minds Carers in Mind Lunch</p>
<p><b>29</b> Wellbeing Centre</p>	<p><b>30</b> Wellbeing Centre  Creative Minds Chatty Minds</p>			

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May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Positive Living Group Crafty Minds	2 Wellbeing Centre Mind Readers	3 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady, Bake & Cook
6 Wellbeing Centre	7 Wellbeing Centre Creative Minds Chatty Minds	8 Positive Living Group Crafty Minds	9 Wellbeing Centre Be Mindful Youth Peer Support Group	10 Mind n Mortlake Musical Minds Chatty Minds
13 Wellbeing Centre	14 Wellbeing Centre Creative Minds Chatty Minds	15 Positive Living Group Crafty Minds	16 Wellbeing Centre Peer Walking Group	17 Mind n Mortlake Musical Minds Chatty Minds Ready, Steady, Bake & Cook
20 Wellbeing Centre	21 Wellbeing Centre Creative Minds Chatty Minds Carers trip to Richmond Museum	22 Positive Living Group Crafty Minds	23 Wellbeing Centre Be Mindful Youth Peer Support Group	24 Mind n Mortlake Musical Minds Chatty Minds
27 Wellbeing Centre	28 Wellbeing Centre Creative Minds Chatty Minds	29 Positive Living Group Crafty Minds	30 Wellbeing Centre	31 Mind n Mortlake Chatty Minds Carers in Mind Lunch Ready, Steady, Bake & Cook

## 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.

**Contact:** [ewa.rudz@rbmind.org](mailto:ewa.rudz@rbmind.org) or visit the WBC on Monday between 11:00 and 12:30 for the information at 32 Hampton Road, TW2 5QR

Day	Activity	Time
Monday	Art - 5 weekly sessions (Cooperation between Turner's House and the WBC) Relaxation and Reiki	2-3pm 3.15-4pm
Tuesday	Basic IT skills Art Club (group run by service users) Recovery Group	11 - 12am 11.30am-12.30pm : 2-3.30pm
Thursday	Citizens Advice Bureau - benefits advice (first and second Thursday of month) Current Affairs Creative Writing/Poetry/Theatre Indoor Exercise	11.45am-12.45pm 12.00am-12.45pm 1.30-3.00pm 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 other carers. All our workshops are at 32 Hampton Road.

The following workshops are:

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

26th April Michelle Dashwood talking on Movement for Wellbeing

Carers social activities are: 3rd April - Leighton House visit and tour  
21st May - Richmond Museum followed by tea and cake

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. We also offer computerised cognitive behavioural therapy (CBT) in an online program, as a more flexible treatment option for certain difficulties.

**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.

**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 07849 082 966 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	Peer Volunteer	More info
Walking Group	April - East Sheen Common & Richmond Park. At Kings Ride Gate May - Ham Parks At Teddington Lock Footbridge Ham Bank	18th April 10:30am - 12.30pm  16th May 10.30am - 12.30pm	Ashley	07715 312 638
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
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	07715 312 638
Crafty Minds (craft group)	The Vineyard Community Centre, The Vineyard, Richmond TW10 6AQ	Wednesday 1-3pm	Chris, Andrea and Sisi	07889 705 695
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5pm	Dan, Emily and Andrea	07715 312 638
Chatty Minds (evening)	32 Hampton Road Twickenham TW2 5QB	Tuesday 6.30-7.30pm	Gary and Cian	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	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)

## 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)