

Richmond Borough Mind
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June/July 2019

Charity No: 1146297 Company No: 7954134

Carers Quiz - Thank You

On behalf of our Carers in Mind service, we would like to thank everyone who took part in or supported our recent annual Carers Quiz Fundraising event. With your help we managed to raise over £1,000, which will provide valuable support for us to continue to deliver our specialist mental health carers services.

We are especially grateful to the many individuals and organisations who provided generous donations to support our raffle and lucky dip, and to all of our volunteers who dedicated an enormous amount of time and effort into organising the evening. We are very grateful for your support.

Training

To all local businesses, community organisations, GPs, and health settings we can offer tailor made courses on various aspects of mental health awareness to meet the needs of your staff and volunteers. See page 5 for more information.

Carers Wellbeing Day

We are pleased to be supporting this event run by Richmond Carers Centre on Wednesday 12th June, 10.00am - 2.00pm at York House, Richmond Road, Twickenham.

Carers Wellbeing Day is a free event where you can:

Find out about local carers' services, have an NHS health check, meet other local carers, and enjoy a free 'Wellbeing Workshop'.

For more information please visit www.richmondcarers.org/carerswellbeingday or call 020 8867 2380

Volunteer Fair

We will be seeking new volunteers at the fair at RHACC, Parkshot TW9 2RE on 6th June 2.00pm to 6.00pm Please come and find out more!

Barnes Fair

We will be raising awareness about mental health and our services at the Barnes Fair on Saturday 13th July - you won't miss the big red truck kindly offered by John Henry. Come and have a chat!

Calendar

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

June 2019

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

Calendar

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July 2019

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

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 11.00am to 4.00pm.

Check-in is 11.00am-1.00pm on Mondays. Lunch is 1.00pm 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 or visit the WBC on Monday 11.00am - 12.30pm for 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	2.00 - 3.00pm
		3.15 - 4.00pm
Tuesday	Basic IT skills Recovery Group One-to-one/ Recovery STAR meeting	11.00 - Noon
		2.00 - 3.30pm
		3.00 - 4.00pm
Thursday	Citizens Advice Bureau - benefits advice (first and second Thursday of month) Current Affairs Creative Writing/Poetry/Theatre One-to-one/ Recovery STAR meeting	11.45am - 12.45pm
		Noon - 12.45pm
		1.30-3.00pm
		3.00 - 4.00pm

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 next workshops are:

28th June: Teddington Homeopathy on the benefits of this

26th July: Richmond Carers Centre on caring for older adults

Carers social activities: 20th June: Picnic at the Isabella Plantation in Richmond Park. 12th July: Outing to Mayfield Lavender Farm.

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

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 one-to-one 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.

Contact: 020 8948 7652 or 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 - Thursday at our bases in Teddington, Twickenham and Richmond.

Contact: 020 3475 9705 or 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

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

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 2.00 - 3.00pm and there is a drop-in with tea and coffee, 3.00 - 4.00pm.

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: See 'More info' for contact numbers or info@rbmind.org

Group	Where	When	Peer Volunteer	More info
Walking Group	June - Thames Towpath Walk	13th June 10:30am - 12.30pm	Ashley	Kingsfield Field, Entrance on Hampton Court Road KT1 4AE Kew Green, War Memorial, TW9 3BH 07715 312 638
	July - Kew and Richmond Parks	11th July 10.30am - 12.30pm		
Ready, Steady Bake & Cook	Holy Trinity Church Twickenham Green TW2 5TU	Every other Friday Noon-3.00pm	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 2.00-3.00pm 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 1.00-3.00pm	Chris, Andrea and Sisi	 07889 705 695
Chatty Minds	ASCA Centre, 233 Lower Mortlake Road, Richmond TW9 2LL	Friday 3.30-5.00pm	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	2nd and 4th Thursday of month 2.00-3.30pm	Judith, Claudia and Nigel	 07715 312 638
Mind Readers	Old Town Hall Library Whitaker Avenue Richmond TW9 1TP	1st 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: 020 8948 7652 or 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

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