

Richmond Borough Mind  
UK House  
82 Heath Road  
Twickenham  
TW1 4BW

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

Aug/Sep 2019

Charity No: 1146297 Company No: 7954134

## Barnes Fair, A Big Thank You!

We would like to say a big thank you and well done to our volunteers who organised and supported RB **Mind at this year's Barnes Fair** fundraising event on 13th July. Thanks to you, we were able to offer movement and meditation taster sessions, colouring activities for the children and some great music from our very own DJ Chris **entertaining us from John Henry's 'monster truck'**.

Thank you also goes out to all of the individuals and organisations who **donated prizes for our 'Guess the Weight of the Truck' competition and our raffle**. We raised a total of £301.01 on the day which will go towards supporting our services this year.

For more information on our Peer Group Network Groups, including Musical Minds and Be Mindful, creative groups, Carers in Mind and our other services, please see inside.

## Communications Update



Look out for an updated look to our leaflets and communications coming soon. We are working to refresh how we communicate with you and would love your feedback! Let us know your thoughts by contacting [michael.dryja@rbmind.org](mailto:michael.dryja@rbmind.org)

## Thamesians RFC



Thamesians RFC have partnered with RB Mind for the duration of the season to promote the importance of mental health amongst their players and the further community. We are excited to have the club on board and will deliver talks and resources to promote an open conversation on mental health.

In turn the club will raise funds for us at a number of events including the Prudential Ride London on 4th August and the demanding Lock to Lock SwimRun on 15th September. Keep up to date with upcoming events on our social media or to donate go to <https://www.justgiving.com/fundraising/thamesians-rfc>

# Calendar

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

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Wellbeing Centre Mind Readers	<b>2</b> Mind n Mortlake Musical Minds Chatty Minds Carers Art
<b>5</b> Wellbeing Centre Carers in Mind Movement Meditation	<b>6</b> Wellbeing Centre Creative Minds Chatty Minds	<b>7</b> Positive Living Group Crafty Minds Carers in Mind Yoga	<b>8</b> Wellbeing Centre Be Mindful Peer Walking Group	<b>9</b> Mind n Mortlake Musical Minds Chatty Minds Carers Art Ready, Steady Bake & Cook
<b>12</b> Wellbeing Centre	<b>13</b> Wellbeing Centre Creative Minds Chatty Minds Carers Trip to Kensington Palace	<b>14</b> Positive Living Group	<b>15</b> Wellbeing Centre Youth Peer Support Group	<b>16</b> Mind n Mortlake Musical Minds Chatty Minds Carers Art
<b>19</b> Wellbeing Centre	<b>20</b> Wellbeing Centre Creative Minds Chatty Minds	<b>21</b> Positive Living Group	<b>22</b> Wellbeing Centre Be Mindful	<b>23</b> Mind n Mortlake Musical Minds Chatty Minds Carers Art Ready, Steady Bake & Cook
<b>26</b> Wellbeing Centre	<b>27</b> Wellbeing Centre Creative Minds Chatty Minds	<b>28</b> Positive Living Group	<b>29</b> Wellbeing Centre Youth Peer Support Group	<b>30</b> Mind n Mortlake Chatty Minds Carers Art Carers in Mind Lunch

# Calendar

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

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Wellbeing Centre	<b>3</b> Wellbeing Centre  Creative Minds  Chatty Minds  Carers Trip to Kew Archives	<b>4</b> Positive Living Group  Crafty Minds	<b>5</b> Wellbeing Centre  Mind Readers	<b>6</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Art  Ready, Steady Bake & Cook
<b>9</b> Wellbeing Centre	<b>10</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>11</b> Positive Living Group  Crafty Minds	<b>12</b> Wellbeing Centre  Be Mindful  Youth Peer Support Group  Peer Walking Group	<b>13</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Art
<b>16</b> Wellbeing Centre  Carers in Mind Food Feedback consultation	<b>17</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>18</b> Positive Living Group  Crafty Minds	<b>19</b> Wellbeing Centre	<b>20</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Art  Ready, Steady Bake & Cook
<b>23</b> Wellbeing Centre	<b>24</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>25</b> Positive Living Group  Crafty Minds	<b>26</b> Wellbeing Centre  Be Mindful  Youth Peer Support Group	<b>27</b> Mind n Mortlake  Chatty Minds  Carers Art  Carers in Mind Lunch
<b>28</b> Wellbeing Centre	<b>29</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>30</b> 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](mailto: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 Group Relaxation and Reiki	2.00 - 3.00pm 3.15 - 4.00pm
Tuesday	Healthy Eating - Nutrition Group One-to-one/ Recovery STAR meeting	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

**The Current Affairs Group** at the Wellbeing Centre provides a separate structured environment for people to discuss topics in and around current events, ranging from controversial political subjects to light-hearted pop-culture.  
The group runs every Thursday from 12.00 to 12.45 at the WBC

## 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.

## 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). Contact the service directly to book an assessment; no referral necessary.

Morning and evening sessions available Tuesday - Thursday at our bases in Teddington, Twickenham and Richmond.

**Contact:** 020 3475 9705 or [counselling.admin@rbmind.org](mailto:counselling.admin@rbmind.org)

## 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)

## 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 training and information to assist carers to be more effective and confident in their role.

**Carers Connect Workshops:** 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.

**Yoga Workshops:** Our monthly yoga workshops continue and we have received some fantastic feedback from attendees so far! All abilities welcome. The next one is Wednesday 7th August.

**Art Workshops:** A fun weekly art group for carers of all abilities. Every Friday morning.

**Movement Meditation Workshop:** A new workshop for carers focusing on movement for expression and wellbeing - no previous skill or experience required. First session will be Monday 5th August. Come along and see!

**Carers Trips:** 13th August: Kensington Palace. 3rd September Kew Archives behind the scenes tour . All trips are £5 per person.

**Carers Workshop and Lunch:** On the last Friday of the month the Carers Team put on a free learning lunch for carers. You must be registered in order to attend - please confirm attendance on [carers@rbmind.org](mailto:carers@rbmind.org)  
Please note the times of the learning lunches are changing from 1pm to 12 pm.

**Food and Feedback consultation event:** The 16th September will be our third consultation event of the year following a very successful event in May resulting in lots of fantastic ideas and feedback. Thank you again to all who were involved! We will be sending out an agenda prior to the meeting.

Please contact the team for more information about carers' activities.

Contact: 020 8940 7384 or [carers@rbmind.org](mailto:carers@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 07889 705 694 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 2.00 - 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](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 contact numbers or [info@rbmind.org](mailto:info@rbmind.org)

Group	Where	When	Peer Volunteer	More info
Walking Group	August: River Crane Walk  September: Terrace Gardens & Petersham Open Spaces	8th Aug 10.30am - 12.30pm  12th Sep 10.30am - 12.30pm	Ashley	Crane Park, Mill Road Entrance TW2 5HA Green House Terrace Gdns Richmond Hill, TW10 6RH 07715 312 638
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, 30 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](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)

