

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

Tel: 020 8948 7652
E-mail: info@rbmind.org
Web: www.rbmind.org

Oct/Nov 2019

Charity No: 1146297 Company No: 7954134

Free Mental Health Awareness Training

Richmond Borough Mind would like to offer your volunteers free training!

Raising awareness of the mental health challenges that face us within our community is a fundamental step to overcoming the stigma surrounding this highly sensitive, important topic. Building a clearer understanding of mental health gives us the confidence to reach out to and find the right support, for both ourselves, and those in need.

Our training can be made available to any local voluntary organisation, and is aimed at improving the skills of your volunteers. The training aims to equip your teams with the confidence to engage with members of the public who may be struggling with their mental health. We cover a broad range of topics including promoting good mental health, signs & symptoms of poor mental health,

and how to find the right support.

Please note we only have a limited number of sessions which we have to offer, so for more information, or to register your interest, please contact us at info@rbmind.org

RB Mind Youth Service launching new projects

Our youth service is expanding! After four years of delivering successful workshops in schools, our youth wellbeing service is growing to include Mental Health Awareness workshops for parents, youth mentoring and Reach, a series of youth peer support courses focusing on supporting young people experiencing anxiety, low mood and low self-esteem or difficulties with anger management.

To find out more, or to make a referral contact our Youth Service at youth.service@rbmind.org

Calendar

October 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wellbeing Centre Creative Minds Chatty Minds	2 Positive Living Group Crafty Minds	3 Wellbeing Centre Mind Readers	4 Mind n Mortlake Musical Minds Chatty Minds Carers Art Ready, Steady Bake & Cook
7 Wellbeing Centre Carers Movement for Wellbeing	8 Wellbeing Centre Creative Minds Chatty Minds	9 Positive Living Group Crafty Minds	10 Wellbeing Centre Be Mindful Peer Walking Group	11 Mind n Mortlake Musical Minds Chatty Minds Carers Yoga
14 Wellbeing Centre	15 Wellbeing Centre Creative Minds Chatty Minds	16 Positive Living Group Crafty Minds	17 Wellbeing Centre Youth Peer Support Group	18 Mind n Mortlake Musical Minds Chatty Minds Carers Yoga Ready, Steady Bake & Cook
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 Chatty Minds Carers Lunch
28 Wellbeing Centre	29 Wellbeing Centre Creative Minds Chatty Minds	30 Positive Living Group Crafty Minds	31 Wellbeing Centre Youth Peer Support Group Carers trip	

Calendar

November 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mind n Mortlake Musical Minds Chatty Minds Carers Art Carers Yoga Ready, Steady Bake & Cook
4 Wellbeing Centre Carers Movement for Wellbeing	5 Wellbeing Centre Creative Minds Chatty Minds	6 Positive Living Group Crafty Minds	7 Wellbeing Centre Youth Peer Support Group Mind Readers Peer Walking Group	8 Mind n Mortlake Musical Minds Chatty Minds
11 Wellbeing Centre	12 Wellbeing Centre Creative Minds Chatty Minds	13 Positive Living Group Crafty Minds	14 Wellbeing Centre Be Mindful Peer Walking Group	15 Mind n Mortlake Musical Minds Chatty Minds Carers Yoga Ready, Steady Bake & Cook
18 Wellbeing Centre	19 Wellbeing Centre Creative Minds Chatty Minds	20 Positive Living Group Crafty Minds	21 Wellbeing Centre Youth Peer Support Group	22 Mind n Mortlake Musical Minds Chatty Minds Carers in Mind Lunch
25 Wellbeing Centre	26 Wellbeing Centre Creative Minds Chatty Minds	27 Positive Living Group Crafty Minds	28 Wellbeing Centre Be Mindful	29 Mind n Mortlake Chatty Minds Ready, Steady Bake & Cook Carers Lunch

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 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 Womens Group Creative Writing/Poetry/Theatre One-to-one/ Recovery STAR meeting	11.45am - 12.45pm Noon - 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

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.

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

Carers in Mind

Carers in Mind supports families and friends supporting someone over 18, who is experiencing mental health problems. We provide support groups, social activities and one-to-one advice and guidance. We also provide training and information to support carers to be more confident in their roles.

Carers Connect Workshops: these are carer run groups for carers! Our groups range in activity and no previous skill is required, all are welcome. Unless otherwise specified, our workshops take place at 32 Hampton Road. (Please note: These are closed groups and carers need to register with our service to attend.)

Yoga Workshops: The next sessions are taking place on the 11th and 18th October & 1st and 15th November. These cost £3 per person and there is limited space so please sign up in advance. These are now taking place at Richmond Oddfellows, 15 Parkshot, Richmond, TW9 2RG.

Art Workshops: A fun monthly art group for carers of all abilities. The next sessions are taking place on 4th October and 1st November.

Movement for Wellbeing Workshop: These were previously known as Movement Meditation Workshops. These workshops focus on movement for expression and wellbeing – no previous skill or experience required. This is a monthly group which takes place on the first Monday of every month. The next sessions are taking place on 7th October and 4th November.

Coping with Caring Workshops: a series of 5 weekly workshops bringing the Carers Handbook to life - running every Thursday from 3rd October at 6pm.

Carers Trips: Thursday 31st October: Sky Gardens.

Wednesday 27th November: Turner's House.

All trips are £5 per person and carers need to be registered to attend.

Carers Workshop and Lunch: On the last Friday of the month we host a free learning lunch for carers. You must be registered in order to attend - please confirm attendance on carers@rbmind.org

Friday 25th October at 12pm: Introduction to Lasting Power of Attorney.

Friday 29th November at 12pm: Carers Allowance.

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

Contact: 020 8940 7384 or carers@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). 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

Youth Wellbeing Projects

After four successful years of providing workshops to schools, our youth service is expanding! We will be delivering mental health awareness workshops for parents, a new peer mentoring service for young people and Reach - a set of courses each lasting 6 weeks that supports young people experiencing anxiety, low mood and low self-esteem or difficulties with anger management.

If you are interested in our new Reach workshop, go to rbmind.org/reach
If you are interested in being a part of our new peer mentoring service— as a volunteer or to receive mentoring, please contact the youth service team on the details below.

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 07889 705 694 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 back page for more info or info@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 (CCBT) in an online programme, 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.

Volunteering

RB Mind are always on the lookout for individuals keen to support our services as volunteers. If you are interested in volunteering with us please contact our Volunteer Coordinator.

Contact: 020 8948 7652 or volunteering@rbmind.org

We are offering volunteer training on :
30th October Boundaries
27th November Tree of Life therapeutic art activity .
For more information or to book your free place, please contact youth.service@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

Group	Where	Day	Timing	Peer Volunteer	More info
Creative Minds (art and craft group)	Teddington Baptist Church, Church Road, Teddington TW11 8PF	Tuesday	Tuesday 10.30am - 12.30pm	Judith, Chris H & Martin	07889 705695
Chatty Minds (evening)	32 Hampton Road, Twickenham, TW2 5QB	Tuesday	Tuesday 6.30 - 7.30pm	Cian, Dan & Nigel	07889 705695
Crafty Minds (craft group)	The Vineyard Community Centre, Richmond, TW10 6AQ	Wednesday	Wednesday 1.00pm - 3.00pm	Chris G, Alison & Charlotte	07889 705695
Walking Group	Thursday 10th October 2019 meet at Hatherop Park Pavilion, Hatherop Park, Hatherop Road, Hampton, TW12 2RQ. Thursday 14th November 2019 Duke of Northumberland's River. meet at Kneller Gardens Pavilion, Meadway, Twickenham, TW2 6PH	Thursday	10.30am - 12.30pm on Second Thursday monthly	Ashley, Frances, Charlie	07715 312638 Partnership service with RUILS & LBRuT
Mind Readers	Old Town Hall Library, Whitaker Avenue, Richmond TW9 1TP	Thursday	1st Thursday of month 1.15pm - 2.15pm	Ashley, Kate & Martin	07715 312638 Room is on first floor, enter Library, turn left and its straight ahead at the end.
Be Mindful (Mindfulness and self-care group)	Elleray Hall, Elleray Road, Teddington, TW11 0HG	Thursday	2nd and 4th Thursday of month 2.00pm - 3.30pm	Judith, Nigel & Emily H	07715 312638
Ready, Steady Bake & Cook	Holy Trinity Church, Twickenham Green, TW2 5TU	Friday	Every other Friday. Noon - 3.00pm	Aruna, Ashley & Nigel	07715 312638
Musical Minds (including sing-along)	Barnes Children's Centre, Hanson Close (off Lower Richmond Road) SW14 7HJ	Friday	Friday 2.00pm - 3.00pm, except last Fri of the month	Chris G	07715 312638
Chatty Minds (Friday)	ASCA Centre, 233 Lower Mortlake Road, Richmond, TW9 2LL	Friday	Friday 3.30pm - 5.00pm	Dan S, Emily R	07715 312638