

Richmond Borough Mind
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Dec/Jan 2019/20

Charity No: 1146297 Company No: 7954134

Merry Christmas & a Happy New Year!

Richmond Borough Mind would like to wish you all a very Merry Christmas and a Happy New Year!

Our services will continue to run throughout the festive period, with the exception of Christmas Day, Boxing Day and New **Year's Day**. Please check the service information inside or contact the service lead for information about any timing changes.

Get Involved

We want to hear from you! Help shape the future of RB Mind services. We are always on the lookout for people to give us feedback, whether you are currently using one of our services or have an interest in the work we do.

If you would like to get involved, contact info@rbmind.org

Music for Mind

Come along and join us for an evening of music with Philomela, led by conductor Wendy Norman. The concert will be raising money for Mind on Saturday 18th January, 19:30 at All Saints Church, Kingston.

The concert is free to attend but will have a retiring collection with a portion of the funds going to Richmond Borough Mind.

Evening Programme

Pergolesi – Stabat Mater -

~~~~ Interval ~~~~

Holst – Ave Maria

Holst – from 4 songs for Voice and Violin

Holst – Choral Hymns from the Rig Veda

Elgar – The Poet's Life

Elgar – The Snow

Sherwin arr. Neaum – A Nightingale sang in Berkeley Square

Cole Porter – Let's do it

Gershwin - Summertime

Rodgers – Sing for your supper from The Boys from Syracuse

# Calendar

December 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                                                                                                    |
|-------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Wellbeing Centre  | <b>3</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds           | <b>4</b><br>Positive Living Group<br><br>Crafty Minds                              | <b>5</b><br>Wellbeing Centre<br><br>Mind Readers                       | <b>6</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Carers Art<br><br>Carers Yoga |
| <b>9</b><br>Wellbeing Centre  | <b>10</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds          | <b>11</b><br>Positive Living Group<br><br>Crafty Minds                             | <b>12</b><br>Wellbeing Centre<br><br>Be Mindful<br><br>Wellbeing Walk  | <b>13</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Ready, Steady Bake & Cook    |
| <b>16</b><br>Wellbeing Centre | <b>17</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds          | <b>18</b><br>Positive Living Group<br><br>Crafty Minds                             | <b>19</b><br>Wellbeing Centre<br>(including Xmas celebration in poems) | <b>20</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Ready, Steady Bake & Cook    |
| <b>23</b><br>Wellbeing Centre | <b>24</b><br>Wellbeing Centre<br>(Early closing at 1:30pm)<br><br>Creative Minds | <b>25</b> <b>26</b><br><br><b>Services closed .</b><br><br><b>Merry Christmas!</b> |                                                                        | <b>27</b><br>Mind n Mortlake<br><br>Carers Lunch                                                          |
| <b>30</b><br>Wellbeing Centre | <b>31</b><br>Wellbeing Centre                                                    |                                                                                    |                                                                        |                                                                                                           |

# Calendar

January 2020

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

| Monday                        | Tuesday                                                                 | Wednesday                                                        | Thursday                                                             | Friday                                                                                                 |
|-------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                               |                                                                         | <b>1</b><br><b>Services Closed</b><br><br><b>Happy New Year!</b> | <b>2</b><br>Wellbeing Centre<br><br>Mind Readers                     | <b>3</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Carers Art                 |
| <b>6</b><br>Wellbeing Centre  | <b>7</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds  | <b>8</b><br>Positive Living Group<br><br>Crafty Minds            | <b>9</b><br>Wellbeing Centre<br><br>Be Mindful<br><br>Wellbeing Walk | <b>10</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Ready, Steady Bake & Cook |
| <b>13</b><br>Wellbeing Centre | <b>14</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds | <b>15</b><br>Positive Living Group<br><br>Crafty Minds           | <b>16</b><br>Wellbeing Centre                                        | <b>17</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds                                  |
| <b>20</b><br>Wellbeing Centre | <b>21</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds | <b>22</b><br>Positive Living Group<br><br>Crafty Minds           | <b>23</b><br>Wellbeing Centre<br><br>Be Mindful                      | <b>24</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Ready, Steady Bake & Cook |
| <b>27</b><br>Wellbeing Centre | <b>28</b><br>Wellbeing Centre<br><br>Creative Minds<br><br>Chatty Minds | <b>29</b><br>Positive Living Group<br><br>Crafty Minds           | <b>30</b><br>Wellbeing Centre                                        | <b>31</b><br>Mind n Mortlake<br><br>Musical Minds<br><br>Chatty Minds<br><br>Carers in Mind 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](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<br>Relaxation and Reiki                                                                                                                                        | 2.00 - 3.00pm<br>3.15 - 4.00pm                                         |
| Tuesday  | Healthy Eating - Nutrition Group<br>One-to-one/ Recovery STAR meeting                                                                                                    | 2.00 - 3.30pm<br>3.00 - 4.00pm                                         |
| Thursday | Citizens Advice Bureau - benefits advice (first and second Thursday of month)<br>Current Affairs<br>Creative Writing/Poetry/Theatre<br>One-to-one/ Recovery STAR meeting | 11.45am - 12.45pm<br><br>Noon -12.45pm<br>1.30-3.00pm<br>3.00 - 4.00pm |

**Xmas celebration in poems:** In the spirit of the season's festive celebrations, RBMind's Wellbeing Centre will be hosting an afternoon of poetry with works created by clients attending our Creative Writing Group. It will be a warming, candle lit gathering, to recognise the creative talents of our clients and lead us into the holiday period. 19th December 2.00 - 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](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 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 session is on 6th December. January sessions are TBC. 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 on 6th December and 3rd January.

**Carers Trips:** Tuesday 10th December: Visit to a Christmas Market. January trip TBC.

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](mailto:carers@rbmind.org)

Friday 13th December: Carers Christmas Lunch. No workshop and time TBC.

Friday 31st January at 12pm: Nature and the impact on mental health.

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

Contact: 020 8940 7384 or [carers@rbmind.org](mailto:carers@rbmind.org)

## Psychotherapy and Counselling Service

RB Mind's Psychotherapy and Counselling service offer a range of individual therapies, providing a space to process and overcome psychological difficulties and support those in emotional need. We have therapists working with many different clinical orientations, such as psychodynamic and integrative therapies, with a range of appointments available in Twickenham, Teddington and Richmond.

Following an initial assessment at £40, our standard service is £40 per session and can continue for as long as you feel is necessary. Subject to availability and eligibility, we are also able to offer our service at a reduced rate for residents of the Richmond Borough who are in receipt of benefits or with an income of less than £25,000. This can be discussed during your assessment appointment.

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

The service will be closed between 23rd December and 6th January.

For more information or to book your assessment appointment,  
Contact: 020 3475 9705 or [counselling.admin@rbmind.org](mailto: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 six weeks supporting 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](http://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](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 back page for more info or [info@rbmind.org](mailto: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](mailto:volunteering@rbmind.org)

**Coping with Christmas** advice for managing mental health issues over the Christmas period. 1.00 - 4.00pm 11th December email [info@rbmind.org](mailto:info@rbmind.org) for more information and to book your place.

## 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)

| <b>Group</b>                                       | <b>Where</b>                                                                                                                                                                                                                                        | <b>Day</b> | <b>Timing</b>                                                 | <b>Peer Volunteer</b>        | <b>More info</b>                                                                                              |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------|
| Creative Minds<br>(art and craft group)            | Greenwood Community Centre,<br>1a School Road, Hampton Hill. TW12 1QL                                                                                                                                                                               | Tuesday    | 10.45am to<br>12.30pm                                         | Judith, Chris H &<br>Martin  | New venue & time.<br>No group on 31st Dec.<br>07889 705695                                                    |
| Chatty Minds<br>(evening)                          | 32 Hampton Road, Twickenham, TW2 5QB                                                                                                                                                                                                                | Tuesday    | Tuesday 6.30 -<br>7.30pm                                      | Cian, Gary                   | No group on 24th or<br>31st Dec.<br>07889 705695                                                              |
| Crafty Minds<br>(craft group)                      | The Vineyard Community Centre,<br>Richmond, TW10 6AQ                                                                                                                                                                                                | Wednesday  | Wednesday<br>1.00pm - 3.00pm                                  | Chris G & Alison             | No group on 25th Dec<br>or 1st Jan.<br>07889 705695                                                           |
| Walking Group                                      | 12th Dec: Leg O'Mutton Nature Reserve,<br>meet at Barnes Bridge Railway Station, The<br>Terrace, Barnes, SW13 0NP.<br>9th Jan: Richmond Green to Kew Green,<br>meet opposite the library on Richmond Little<br>Green, The Green, Richmond, TW9 1QH. | Thursday   | 10.30am -<br>12.30pm on<br>Second Thursday<br>monthly         | Ashley                       | Partnership service<br>with RUILS & LBRuT                                                                     |
| Mind Readers                                       | Old Town Hall Library, Whitaker Avenue,<br>Richmond TW9 1TP                                                                                                                                                                                         | Thursday   | 1st Thursday of<br>month 1.15pm -<br>2.15pm                   | Ashley, Martin &<br>Emily R  | Room is on first floor,<br>enter Library, turn right<br>and its straight ahead<br>at the end.<br>07715 312638 |
| Be Mindful<br>(Mindfulness and<br>self-care group) | Elleray Hall, Elleray Road, Teddington,<br>TW11 0HG                                                                                                                                                                                                 | Thursday   | 2nd and 4th<br>Thursday of<br>month 2.00pm -<br>3.30pm        | Judith, Nigel &<br>Emily H   | No group on 26th Dec.<br>07715 312638                                                                         |
| Ready, Steady<br>Bake & Cook                       | Greenwood Community Centre,<br>1a School Road, Hampton Hill. TW12 1QL                                                                                                                                                                               | Friday     | Every other<br>Friday,<br>10.30am - 1.30pm                    | Aruna, Ashley &<br>Nigel     | New venue & time.<br>No group Fri 27th Dec<br>07715 312638                                                    |
| Musical Minds<br>(including sing-<br>along)        | Barnes Children's Centre, Hanson Close<br>(off Lower Richmond Road) SW14 7HJ                                                                                                                                                                        | Friday     | Friday 2.00pm -<br>3.00pm, except<br>last Fri of the<br>month | Chris G                      | No group Fri 27th Dec.<br>07715 312638                                                                        |
| Chatty Minds<br>(Friday)                           | ASCA Centre, 233 Lower Mortlake Road,<br>Richmond, TW9 2LL                                                                                                                                                                                          | Friday     | Friday 3.30pm -<br>5.00pm                                     | Dan S, Emily R,<br>Sam, Cian | No group 27th Dec.<br>07715 312638                                                                            |