

Richmond Borough Mind  
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Feb/Mar 2020

Charity No: 1146297 Company No: 7954134

## Calling all budding artists...



We're thrilled that we have The Stables Art Gallery, Orleans House from late March through to the end of May to host our very own exhibition around art and mental health. We plan on curating several themed exhibitions which will include art, video and the written word which will provide a forum for people to learn about mental health and share experiences. We'll be contacting all our art groups shortly but in the meantime if you want to get involved in any way please contact [communications@rbmind.org](mailto:communications@rbmind.org)

## Recovery Hubs opening to self-referral in March

Our new Recovery Hubs in partnership with Mind in Kingston will be open to self-referrals from 1st March. The service provides out-of-hours support for people to reduce immediate crisis and safety plan for them [rbmind.org/recoveryhub](http://rbmind.org/recoveryhub)

## Volunteers needed

We are currently looking for volunteers to join our carers team. Would you like to be a Carers Events Volunteer, supporting the Carers in Mind team with delivering our annual fundraising event? Or join as a Carers Connect Volunteer, to support the Carers in Mind team with delivering activity based and social groups for carers of those with mental health issues.

We are also currently recruiting for administration and peer group roles.

For more information please visit [rbmind.org/volunteer](http://rbmind.org/volunteer) vacancies or contact [volunteering@rbmind.org](mailto:volunteering@rbmind.org)

## Save the Date: 1st May Carers Quiz



Our annual fundraising carers quiz will take place on Friday 1st May, stay tuned to our social media channels and website for more information coming soon.

# Calendar

February 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>3</b> Wellbeing Centre	<b>4</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>5</b> Positive Living Group  Crafty Minds	<b>6</b> Wellbeing Centre  Mind Readers	<b>7</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Art
<b>10</b> Wellbeing Centre	<b>11</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>12</b> Positive Living Group  Crafty Minds	<b>13</b> Wellbeing Centre  Wellbeing Walk	<b>14</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Yoga  Mindful Cooking
<b>17</b> Wellbeing Centre	<b>18</b> Wellbeing Centre  Creative Minds  Carers Trip  Chatty Minds	<b>19</b> Positive Living Group  Crafty Minds	<b>20</b> Wellbeing Centre	<b>21</b> Mind n Mortlake  Musical Minds  Carers Yoga  Chatty Minds
<b>24</b> Wellbeing Centre	<b>25</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>26</b> Positive Living Group  Crafty Minds	<b>27</b> Wellbeing Centre	<b>28</b> Mind n Mortlake  Carers Learning Lunch  Chatty Minds  Mindful Cooking

# Calendar

March 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>2</b> Wellbeing Centre	<b>3</b> Wellbeing Centre  Creative Minds  Chatty Minds	<b>4</b> Positive Living Group  Crafty Minds	<b>5</b> Wellbeing Centre  Mind Readers  Carers Trip	<b>6</b> Mind n Mortlake  Musical Minds  Chatty Minds  Carers Art
<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  Wellbeing Walk	<b>13</b> Mind n Mortlake  Musical Minds  Chatty Minds  Mindful Cooking
<b>16</b> Wellbeing Centre	<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
<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	<b>27</b> Mind n Mortlake  Chatty Minds  Carers Learning Lunch  Mindful Cooking
<b>30</b> Wellbeing Centre	<b>31</b> Wellbeing Centre  Creative Minds  Chatty 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 5QB

Day	Activity	Time
Monday	Art Group Relaxation and Reiki	2.00 - 3.00pm 3.15 - 4.00pm
Tuesday	Recovery 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.

## 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.

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

For more information or to book your assessment appointment, Contact: 020 3475 9705 or [counselling.admin@rbmind.org](mailto:counselling.admin@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.

### Save the Date: Carers Quiz is on Friday 1st May

#### 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 on 14th and 21st February. Location TBC. These cost £3 per person and there is limited space so please sign up in advance.

**Art Workshops:** A fun monthly art group for carers of all abilities. These take place every first Friday of the month. The next ones will be on 7th February and 6th March.

**Carers Trips:** Tuesday 18th February: Kew Gardens Orchid Festival.

Thursday 5th March: Historical Tour of Richmond Theatre.

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

**Carers Learning Lunches:** On the last Friday of the month we host a free learning lunch for carers. Please confirm attendance to [carers@rbmind.org](mailto:carers@rbmind.org)

Friday 28th February: Workshop delivered by Adult Community Services.

Friday 27th March: 'Discovering Richmond' by Richmond Heritage Guides.

**Coping with Caring Workshops:** Bringing the Carers Handbook to life; 5 weekly afternoon sessions focussing on Navigating the Mental Health Maze (6th March), Improving Communication (13th March), Managing Challenging Behaviour (20th March), The Recovery Approach (25th March) and Your Wellbeing (3rd April). Location: 32 Hampton Road, Twickenham. Carers must be registered to attend.

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 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.

## 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)

## 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)

## 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)

## 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 (art and craft group)	Teddington Baptist Church  Greenwood Community Centre, 1a School Road, Hampton Hill. TW12 1QL	Tuesday	10.45am to 12.30pm	Judith, Chris H & Martin	New venue & time from February onward Call for details 020 89487652 07715 312638
Chatty Minds (evening)	1st Floor Rear, UK House, 82 Heath Road, Twickenham, TW1 4BW	Tuesday	Tuesday 7.00 - 8.00 pm	Cian, Gary	New venue & time. 07715 312638
Crafty Minds (craft group)	The Vineyard Community Centre, Richmond, TW10 6AQ	Wednesday	Wednesday 1.00pm - 3.00pm	Chris G & Alison	07715 312638
Walking Group	Pond on Ham Common Ham Street, Richmond, TW10 5LA  Sculpture outside Richmond Council Civic Centre 44 York Street, Twickenham, TW1 3BZ	Thursday	13th February 10.30am - 12.30pm  12th March 10.30am - 12.30pm	Ashley	Partnership service with RUILS & LBRuT 07715 312638
Mind Readers	Old Town Hall Library, Whitaker Avenue, Richmond TW9 1TP	Thursday	1st Thursday of month 1.15pm - 2.15pm	Ashley, Martin & Emily R	Room is on first floor, enter Library, turn right and its straight ahead at the end. 07715 312638
Mindful Cooking (Ready, Steady Bake & Cook)	Greenwood Community Centre, 1a School Road, Hampton Hill. TW12 1QL	Friday	Every other Friday, 10.30am - 1.30pm	Aruna, Ashley & Nigel	New venue & time. 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, Sam, Cian	07715 312638