

All our services are aimed at providing support and information towards recovery. Our staff are trained to provide practical and social support for people with mental health problems and their carers. Our Centres can provide many resources to support this work.

Contact 01708 457040

SOME OF OUR OTHER SERVICES:

REFERRAL ENABLEMENT AND PATHWAY SERVICE

Crisis and recovery support specifically for Havering residents not on CPA.

Contact 01708 457040

CHILD & ADOLESCENT MENTORING SCHEME

What is mentoring?

A positive role model working with a young person for 2-3 hours once a week: for example, taking them out to a social activity on a one to one and also in a group setting.

BEFRIENDING

One-to-one support

CARERS' SUPPORT

For any of the above projects

Telephone 01708 457777

DOVES PROJECT (OVER 65s)

Contact 01708 457040 or direct to

Sue Cornell 07808328130

THANKYOU TO ALL SERVICE USERS,
VOLUNTEERS AND STAFF WHO
CONTRIBUTED TO THE
PRODUCTION OF THIS LEAFLET.

HAVERING MIND

Havering Mind is a local mental health charity.
We aim to

- ◆ Support people with mental health issues.
- ◆ Provide support to people who care for someone suffering with mental health issues.
- ◆ Supports children between the ages of 10-18 who are in social crisis.

ARE YOU

- ◆ Positive—we need volunteers who can act as a role model to those who need a helping hand.
- ◆ A good listener—could you provide a listening ear, build rapport and give those in need a chance to be heard.
- ◆ Approachable—are you friendly, polite and responsive.

If you answered yes to these questions and would like to become a volunteer for Havering Mind please contact us.

Membership of Havering Mind is open to anyone with an interest in mental health.

Application for Membership.

Name.....

Address.....

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Postcode.....

Telephone.....

Email address.....

Membership runs from 1st September—31st August

Fees:

Concessions	Single	£3.00
	Couple	£4.00
Non Concessions	Single	£10.00
	Couple	£15.00

Funded by
Havering NHS
& London Borough of Havering
and other Voluntary Donations



INVESTOR IN PEOPLE

Community Wellbeing Service

HAVERING MIND
HARROW LODGE HOUSE
HORNCHURCH ROAD
HORNCHURCH
RM11 1JU
TEL:01708 457040
FAX:01708 457040
www.haveringmind.org.uk

Registered Charity Number 1108470
Company Number 4184862

CENTRES & TIMES

HARROW LODGE HOUSE

HARROW LODGE HOUSE, HORNCHURCH RM11 1JU TEL: 01708 457040

MONDAY	FOCUSED SESSIONS ONLY	10.30 - 3.00
TUESDAY	OPEN SESSION	10.30 - 4.00
WEDNESDAY	FOCUSED & OPEN SESSION	10.30 - 3.30
WEDNESDAY EVENING	BADMINTON	4.30 - 7.00
THURSDAY	FOCUSED & OPEN SESSIONS	10.30 - 4.00
FRIDAY	FOCUSED & OPEN SESSIONS	10.30 - 3.15
ALTERNATE SUNDAYS		11.00 - 2.00

FULL DETAILS OF FOCUSED AND OPEN SESSIONS ARE ON OUR WHAT'S ON GUIDE

ROYALS

ROYALS CENTRE RAINHAM RM13 9YG TEL: 07594564801

MONDAY	OPEN SESSION & CRAFTS	10.30 - 2.30
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ALBEMARLE

GOODHAYS DRIVE, HAROLD HILL, RM3 9LB TEL: 07718583989

MONDAYS	OPEN SESSION	1.30 - 4.00
FRIDAYS	OPEN SESSION	1.30 - 4.00

DOVES (OVER 65s)

ROYALS CENTRE RAINHAM RM13 9YG TEL: 07808328130

MONDAY, TUESDAY & THURSDAY		10.30 - 2.30
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VOLUNTEERING OPPORTUNITIES

BEFRIENDING SCHEME AND CHILD & ADOLESCENT MENTORING

FOR MORE INFORMATION TELEPHONE

DELLA ON 01708 457777

CARERS' SUPPORT IS PROVIDED FOR THOSE CARING FOR PEOPLE WITH SERIOUS MENTAL HEALTH PROBLEMS. SUPPORT GROUPS ARE HELD ON THE LAST TUESDAY OF EACH MONTH AT HARROW LODGE HOUSE 7.00 – 9.00 PM

**FOR MORE INFORMATION ON ALL OUR SERVICES TELEPHONE
HARROW LODGE HOUSE ON 01708 457040**

SERVICES INCLUDE:-

- ◆ **WOMEN'S GROUP**
HARROW LODGE HOUSE
FRIDAY 10.30 – 12.00
- ◆ **WOMEN'S CONFIDENTIAL
SUPPORT GROUP**
HARROW LODGE HOUSE
MONDAY 10.15 – 12.30
- ◆ **MEN'S CONFIDENTIAL
SUPPORT GROUP**
HARROW LODGE HOUSE
MONDAY 1.30 -- 3.00
- ◆ **ENVIRONMENTAL PROJECT**
(INCLUDES ALLOTMENT AND GARDEN)
HARROW LODGE HOUSE
THURSDAY 10.30 – 4.00
- ◆ **BADMINTON
WEDNESDAYS**
CONTACT 01708 457040
(THIS IS HELD IN THE SPORTS CENTRE
NEXT DOOR)
- ◆ **CLIENTS' MEETINGS ARE HELD LAST
THURSDAY OF THE MONTH**
- ◆ **DAY TRIPS ARE ORGANISED
THROUGHOUT THE YEAR**
- ◆ **ONE TO ONE SESSIONS USING
THE 'RECOVERY STAR'**

**HARROW LODGE HOUSE IS NOT
WHEELCHAIR ACCESSIBLE**