

CLIENT'S PAGE

A friends of Havering Mind Facebook page -
www.facebook.com/haveringmind

- has been set up to raise awareness of Havering Mind and mental health. If you are on facebook, please go to this page and click on the 'like' box and then post the link to your facebook friends.

The facebook page is not just for clients of Havering Mind or for those with mental health problems. In order for us to reduce the stigma of mental health and to inform people about what Havering mind can offer, we need ALL our facebook friends to 'like' this friends of Havering Mind facebook page

Any wool or knitting needles are wanted for our Friday Women's Group and our Royal's Monday group. We are knitting squares to make animal blankets for the Wanderers Haven animal sanctuary in Cranham.

We still want your used any occasion greeting cards (which we recycle into toppers for our handmade greetings cards), buttons & ribbons.



"Client Led Support in Pencil Drawing and Shading"

Andrew Thornton will be supporting members of the group to improve their artistic skills

Art Group Tuesday 12 -2pm



Queen's Jubilee Party
Thursday 31st May
at Royals in Rainham
Ticket only event cost £5.00
See poster



For better
mental health

Havering Mind Community Wellbeing Service

(For clients who have been referred)

What's On Guide February 2012

Havering Mind
Harrow Lodge House
Hornchurch Road
Hornchurch
RM11 1JU

E-mail reach.us@haveringmind.org.uk

Website www.haveringmind.org.uk

Telephone 01708 457040

Company Number 4184862

Reg. Charity no 1108470

WHAT'S ON AT MIND

NEW DOUBLE PAGE "WHATS ON GUIDE, NEWS LETTER AND WHATS ON IN THE COMMUNITY"

If you have any information you would like to add to our new guide/newsletter please hand details into our office at Harrow Lodge by the 15th of the month and we will try OUR best to fit it in.

Hope you all find this new layout beneficial and helpful.

Sue Hagan/John Dye

Havering Mind is committed to ensuring that its services are of the highest quality. However, we recognise there may be occasions when you are not satisfied with the service you have received from Havering Mind*. There is a complaint procedure, copies of the which can be obtained from the main office at Harrow Lodge House

*Please speak to a manager should you have any concerns.

Gardening and Environmental Project

Come and join our fun, social and informative gardening group with our enthusiastic gardeners at Harrow Lodge. Thursdays 10.30-4, all welcome, all seasons!

Harrow Lodge

Sandwiches are served

Mon	No food.
Tues	12.00 - 1.00
Wed	11.30 - 12.30
Thurs	1.00 - 2.00
Fri	11.45 - 12.45

Life skills Sessions

Individual sessions by arrangement.
Healthy eating, cooking, weight issues, exercise.
Tailored to meet individual needs.

Badminton

Wednesdays 4.15-6.30, cost £2
Meet at Hornchurch Sports Centre in cafe.
Get fit, have fun and meet new people
Suitable for all abilities.
All referred clients welcome.

Quality Management in Mind Information

See calendar for date.
If you are interested in coming to this meeting please see Vanessa.
All welcome

Monday Royals, Rainham

Open session 10.30-2.30
Activities include card making, games, music and refreshments.

Clients Meeting

Last Thursday of every month 2-3 At Lodge
All Welcome!
Plus Women's Client Meeting 3rd Friday of every month 11.30-12

WELFARE RIGHTS UNIT

The Welfare Rights Unit is Part of the London Borough of Havering's Adult Social Services Department. They are able to offer advice on all types of Benefits and Allowances.

How to Contact Us

In person; The Public Advice and Service Centre, Liberty Shopping Centre, Romford RM1 3RL

The second and fourth Thursday of the month between 9.00am and 1.00pm
By phone; 01708 434444

This is an answer machine please leave your name and daytime telephone number, one of our officers will get back to you

The Havering COMMUNITY IN ACTION Web Portal

Providing support and advice to community & voluntary groups and for local people and business to find out what activities, clubs and organisations there are in Havering

www.haveringcommunityinaction.org.uk

FUND RAISING

Fundraising Group

11am—1pm at Harrow Lodge House All Welcome

If you are interested in this group please contact Vanessa Bennett

Remember to snip out and save your Recorder Sure Save Vouchers for Havering Mind and don't forget to ask family and friends to snip and save their vouchers too. Every voucher counts

Future Planned Activities

"Barriers to Employment" a presentation and group discussion on Tuesday 7th February at 2.00pm with Chris and Jazz from Shaw Trust

We are organising a Community Wellbeing Service planning meeting for 14th March 2012 See poster for more details.
Harrow Lodge House will be closed this day

Theatre trip
"One Flew Over The Cuckoo's Nest"
see poster

Lee Valley trip see poster

WHAT'S ON AT MIND CONT-

POLICY REVIEW GROUP

To develop and review policies within Havering Mind.
Every 3 months.
Next meeting *TBA* 11-1

Self Discovery Group

At Lodge 1.30-3.15
All welcome but you need to arrive on time.
This group will incorporate art therapy, music therapy, guided imagery, relaxation techniques, poetry, story telling and much more

Are you worried about

The re-assessment of incapacity Benefits or ESA work capability assessments?
REPS may be able to assist you in completing the forms.
(if you are not on CPA you are eligible for this service.)

WHAT'S ON IN THE COMMUNITY

New Zumba Class Every

Tuesday 8-9pm £5.00 per session
Frances Bardsley School, Brentwood Rd, Romford RM1 2RR
Please contact Frankie on 97544 655 123 for more information

Women Together at the YMCA

Fridays 10.00am - 12.00noon

Ladies Kickboxing

Ladies only kickboxing programme will make getting into shape fast and fun. Contact Jason on 01708 225899

'Outcome' run by the Lesbian gay bisexual and transgendered team meet every Tuesday at 35 Ashley Rd, (Islington Mind)

Shaw Trust Information 01708 202100

Now offer an Employment Advice and Work Club.
Also the following courses: Arts & Crafts, Computer, Discussion, Office skills, Games Sessions, Employability Workshops, Literacy & Numeracy—Basic Skills, Home Management Skills and Sign Language.

WHAT'S ON AT MIND

6 Weeks CBT Skills Course

"Building Self Esteem"

Begins 6th February 2012, 12.00noon - 1.30pm
If interested please see a member of staff

CBT 2012 SCHEDULE

CBT Groups will run for 1 ½ hours 12 till 1.30, running for 6 weeks. The initial "Pre meeting" CBT session will be for clients/staff to get to know each other. Peer support Groups (PSG) will also take place throughout the year and will be mixed with both male and female clients. The CBT will run in place of the women's and men's support groups where indicated below; however both men's and women's support groups will continue between each course of CBT.

There are NO Men/Women's support group on the 16th, 23rd & 30th January due to staff training BUT there will be a PSG 10-12 on 23rd January

Building Self Esteem (6 weeks CBT course) <i>Feb - Mar</i>	6 th Feb PSG 10-12 Pre Meeting with new CBT clients	13 th Feb	20 th Feb	27 th Feb PSG 10-12	5 th Mar	12 th Mar	19 th Mar PSG 10-12 + ½ hr final assessment
Men's & Women's Support Groups <i>Mar - Apr - May</i>	26 th Mar	2 nd Apr	9 th Apr Bank holiday - no group	16 th Apr	23 rd Apr	30 th Apr	7 th May Bank holiday - no group

There will be 50 pence charge for each open or focused session at Harrow Lodge House. Tuesday charge will be £1.00 for the day. This charge will pay for teas or coffees but food will be extra. The charge applies regardless of whether tea/coffee are consumed. This is in line with our other centres.

New Referral Group

New Referral Group on Wednesday 8th February 11 - 12
Where newly referred clients can meet up for their first visit to Havering Mind and be shown around and supported.
Information of what's available at Havering Mind will be given.

Women's Friday Morning Group 10.30 - 12.30

Crafts & Chatter, Knit & Natter
Quizzes & Questions
or just come along and chill. A fun sociable group

Youth in Mind

Havering Mind has launched its new service - Youth in Mind - a young adults recovery programme for 18-30 year olds. The service offers coping with life CBT skills, one to one recovery sessions, advocacy and activities in the community (please see leaflet or website for full details).

February 2012

* Programme may be subject to change *

□ OPEN SESSION ■ FOCUSED SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		1 Harrow Lodge 10.30-1.00 ■ Afternoon activity Walk Badminton 4.15-6.30	2 Harrow Lodge 1.00-4.00 ■ Garden & Environmental 10.30-4.00	3 Harrow Lodge 10.30-1.00 Albemarle 1.30-4.00 ■ Women's Group 10.30-12.30 Choir 12.30-1.30 Self Discovery Group.1.30-3.15 For Group B	5 OPEN SESSION 11-2 Dinner available cost £4 +50p dessert. please phone to book by 11.15am. 01708 449901
6 Royals 10.30-2.30 Albemarle 1.30-4.00 No support groups due to CBT course See page 3	7 Harrow Lodge 10.30-4.00 ■ Music Appreciation session ■ Art 12.00-2.00	8 Harrow Lodge 10.30-1.00 ■ New referral group 11 - 12 ■ Afternoon activity Walk Badminton 4.15-6.30	9 Harrow Lodge 1.00-4.00 ■ Garden & Environmental 10.30-4.00	10 Harrow Lodge 10.30-1.00 Albemarle 1.30-4.00 ■ Women's Group 10.30-12.30 Choir 12.30-1.30 Self Discovery Group.1.30-3.15 Group A	12 Visit from library to discuss Six Book Challenge 11.30
13 Royals 10.30-2.30 Albemarle 1.30-4.00 Half term holidays start No support groups due to CBT course See page 3	14 Harrow Lodge 10.30-4.00 ■ Art 12.00-2.00	15 Harrow Lodge 10.30-1.00 ■ Afternoon activity Walk Badminton 4.15-6.30	16 Harrow Lodge 1.00-4.00 ■ Garden & Environmental 10.30-4.00	17 Harrow Lodge 10.30-1.00 Albemarle 1.30-4.00 ■ Women's Clients meeting 11.30 Women's Group 10.30-12.30 Choir 12.30-1.30 Self Discovery Group.1.30-3.15 Group B	19 OPEN SESSION 11-2 Dinner available cost £4 +50p dessert. please phone to book by 11.15am. 01708 449901
20 Royals 10.30-2.30 Albemarle 1.30-4.00 No support groups due to CBT course See page 3	21 Harrow Lodge 10.30-4.00 ■ Art 12.00-2.00	22 Harrow Lodge 10.30-1.00 ■ Afternoon activity Bowling and Toby Carvery Badminton 4.15-6.30	23 Harrow Lodge 1.00-4.00 ■ Client Meeting starts 2.p.m ■ Garden & Environmental 10.30-4.00	24 Harrow Lodge 10.30-1.00 Albemarle 1.30-4.00 ■ Women's Group 10.30-12.30 Choir 12.30-1.30 Self Discovery Group.1.30-3.15 Group A	26
27 Royals 10.30-2.30 Albemarle 1.30-4.00 Peer Support Group 10-12 No support groups due to CBT course See page 3	28 Harrow Lodge 10.30-4.00 ■ Art 12.00-2.00	29 Harrow Lodge 10.30-1.00 ■ Afternoon activity Walk Badminton 4.15-6.30	Self Discovery Group Clients with surnames beginning A - I will be in group A Clients with surnames beginning J - Z will be in group B		