

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



INVESTOR IN PEOPLE



For better  
mental health



**Day  
Services**

**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	<b>FOCUSED</b> SESSIONS ONLY	10.30 - 3.00
TUESDAY	<b>OPEN</b> SESSION	10.30 - 4.00
WEDNESDAY	<b>FOCUSED</b> & <b>OPEN</b> SESSION	10.30 - 3.30
WEDNESDAY EVENING	<b>BADMINTON</b>	4.30 - 7.00
THURSDAY	<b>FOCUSED</b> & <b>OPEN</b> SESSIONS	10.30 - 4.00
FRIDAY	<b>FOCUSED</b> & <b>OPEN</b> 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	<b>OPEN</b> SESSION & CRAFTS	10.30 - 2.30
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### ALBEMARLE

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

MONDAYS	<b>OPEN</b> SESSION	1.30 - 4.00
FRIDAYS	<b>OPEN</b> 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**