

Information

We will be starting a
New Referral Group on
Wednesday 21st July 1.30p.m
& 11th August 1.30p.m
Where new referrals can meet up
for their first visit to Havering
Mind then shown round building
and given information of what is
available at Havering Mind

Quality Management in Mind

Annual review of standards
8th July and 12th August 2010
11.00 am to 1.00 pm
At Harrow Lodge House
If you are interested in coming to this meeting
please see Vanessa
All are welcome

We will be starting a Women Ser-
vice User's
meeting every third Friday of the
month, so that Havering Mind
women can give their views. Their
views will then be fed back to main
service user's meeting.
The first meeting will be on 20th
August 11.30-12.00.
Women's group will run as usual.

Recovery Star

We are supporting
all service users
with one to one
recovery sessions.
Please make an
appointment to see
a member of staff.

We have a library of
therapy books on
offer at the Lodge.
These are
available to loan.

REPS

Referral, Enablement and Pathway Service

This service aims to offer
support on a one to one basis. We will be
working with Havering Mind clients who are un-
supported, not on CPA and may be
experiencing crisis. Therefore if you are lying
awake worrying about issues such as;
DEBT, HOUSING, BENEFITS, HEALTH,
FINANCE. OR WOULD LIKE SUPPORT IN
EDUCATION, TRAINING OR EMPLOYMENT.
REPS may be able to assist you.
Please see a staff member.

Service Users
meeting every last
Thursday of month
1.30-2.30
At Harrow Lodge,
next meetings
29th July and 26th
August
All Welcome!

Carers Support
Group
last Tuesday of
month
7.00pm to 9.00pm
at Harrow Lodge
01708 457777

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. In this event there is a complaint procedure. A copy of the procedure can be obtained from the main office at Harrow Lodge House

NEW POLICY REVIEW GROUP

Are you interested in being part of a group, the purpose of which is to develop and review policies within Havering Mind.

Date of meeting 29th July 11.00pm till 1.00pm, covering Clients Service Policy

- Are you interested in being part of a Policy Review Group
- If you would like to be involved please let Sev know



For better
mental health

Football Group

We will be having a
meeting on
1st July at 1.00 p.m
to discuss details
of starting a football
group at Lodge, if you
are interested
please attend

Fit For Life 2012 at Goodmayes Hospital
7th July 11.00am till 4.00pm
Football, rounder's, tug-o-war, tai-chi, buffet and more
Going by mini bus meet at lodge at 10.30 a.m.
See posters for more details
Important, there will be no badminton this
day Open session as usual 10.30am till 1.00pm

Havering Mind
Charity Event
ELVIS EVENING
& DISCO
Saturday 24th July
7.30-11.00 p.m
At Robert Beard
Youth Centre
Tickets £10
For tickets Phone
01708 457777.
All proceeds will be
donated to
Havering Mind
Please bring your
own food and drink

Havering Mind Day Service What's On Guide JULY AND August 2010

Havering Mind
Harrow Lodge House
Hornchurch Road
Hornchurch
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E-mail: reach.us@haveringmind.org.uk

Website www.haveringmind.org.uk

Telephone 01708 457040

FOCUS SESSIONS

<u>Monday</u>		
Women's Support group	10.15-12.30	Lodge speak to staff if you haven't been before
Men's Support group	1.30- 3.00	Lodge speak to staff if you haven't been before
Life Skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Pool, Computers and new activities	10.30- 2.30	Royals
Pool, card making, lunch	1.30- 4.00	Albermarle
<u>Tuesday</u>		
Art	12.00-2.00	Lodge
Music appreciation	2.00	Lodge 1st Tuesday of month
<u>Wednesday</u>		
Craft/Games morning	10.30-12.30	Lodge
Afternoon activity	12.30 -3.30	Lodge see overleaf for details
Badminton	4.00- 6.30	(meet Hornchurch sports centre) Cost £3
<u>Thursday</u>		
Life skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Gardening and Environment project	10.30- 4.00	Lodge.
<u>Friday</u>		
Women's group	10.30-12.30	Lodge.
Choir	12.30- 1.30	Lodge
Self discovery group	1.30- 3.30	Lodge
Pool, table tennis, food,	1.30- 4.00	Albermarle

If you are interested in any of these activities please ask any member of staff.
For more details see posters. All trips are non refundable.

July and August
Wednesday Activities

7th July	Sports Day at Goodmayes Hospital
14th July	Walk meet at lodge by 12.00 (first come first served)
21th July	Bowling cost £1.75 per game, meet at lodge at 12.30 or at bowling at 1 p.m
28th July	Trip to Canvey Island (need to pre book)
4th Aug	Walk meet at lodge by 12.00 (first come first served)
11th Aug	Walk meet at lodge by 12.00 (first come first served)
18th Aug	Walk meet at lodge by 12.00 (first come first served)
25th Aug	Trip to Greenwich

Music Appreciation 1st Tuesday of every month at 2.00pm Harrow Lodge House.
Audio and Visual - music artists sing along to great artists

Choir Group on a Friday with "Our All Singing All Dancing Amelia" all welcome, 12.30 - 1.30

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, colour therapy, guided imagery, relaxation techniques, poetry, nature walks, story telling and much more.

Life Skills
Monday and Thursday 10.30-12.00
Healthy eating, cooking, weight issues, exercise. Tailored to meet individual needs. You need to book for this.
See Theresa or Sharon

Tuesday Art Group
12-2 at Lodge
All welcome

Come and join our Garden/ Project
Thursday 10.30 till 4.00
With the added bonus of discovering about our environment.

OPEN SESSIONS

<u>Monday</u>	
Royals	10.30- 2.30
Albermarle	1.30- 4.00
<u>Tuesday</u>	
Harrow lodge	10.30- 4.00
<u>Wednesday</u>	
Harrow lodge	10.30- 1.00
<u>Thursday</u>	
Harrow lodge	1.00- 4.00
<u>Friday</u>	
Harrow Lodge	10.30- 1.00
Albermarle	1.30- 4.00

SUNDAY OPENING TIMES

11.00am to 2.00pm
11th and 25th July
8th and 22nd Aug
Dinner available these dates please phone to book by 11.15am.
01708 449901

NEW extra Sunday
We are arranging a once a month Sunday event, 4th July—Harvester 1st August—Details to follow
See poster for details

Sandwiches are served

Tues	12.00- 1.00
Wed	12.00- 1.00
Thurs	1.00 - 2.00
Fri	12.00- 1.00

Hearing Voices Group
Wednesday
14th July and 1st August
1.30-3

Would you like to explore ways of managing your voices, then this is the group for you.

Monday Royals in Rainham

Open session 10.30-2.30
Activities include card making, games, music. Brunch breakfast

'Time to Change'
9th to 17th October

Time to get moving to challenge stigma.
We are planning an event with Havering Walks
WATCH THIS SPACE

We now have a poetry board if you would like to share your poems with us pass them on to Eve or Brenda

Badminton
Wednesday 4.15-6.30.
cost £3
Meet in café at Hornchurch Sports Centre
All are welcome
All levels, all abilities.
Just wear comfy clothes and trainers