

FOCUS SESSIONS

Monday

Women's support group	10.15-12.30	Lodge (you need to book)
Men's support group	1.30- 3.00	Lodge (you need to book)
Life skills session	10.30-12.00	Lodge (you need to book)
Pool, Computers etc,	10.30- 2.00	Royals
Pool, card making, lunch,	1.30 4.00	Albermarle

Tuesday

Art	12.00-2.00	Lodge
Cycling	12.30	Lodge (limited spaces)
Music appreciation	2.30-3.30	Lodge

Wednesday

Craft group	10.30-12.30	Lodge
Hearing voices group	1.30- 3.00	Lodge (you need to book)
Afternoon activity	12.30 -3.30	Lodge
Badminton	4.00- 6.30	(meet at Hornchurch sports centre) Cost £2

Thursday

Life skills session	10.30-12.00	Lodge (you need to book)
Gardening and Environment project	10.30- 4.00	Lodge.

Friday

Women's group	10.30-12.30	Lodge.
Self discovery group	1.30- 3.30	Lodge (you need to book)
Pool, table tennis,	1.30- 4.00	Albermarle

REPS

Referral, Enablement and Pathway Service
 This is a new service that aims to offer support on a one to one basis We will be working with Havering Mind clients who are unsupported, 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
ANY OTHERS.
 REPS may be able to assist you.
Service begins mid July.

Friday 17th July

'Service users Reference Group' coffee morning at Lodge. To have your say about mental health services. Please come along 11-12.30

NHS

**Vascular /heart health checks at Mind
 Thursday 12 o'clock
 Lunch to be provided
 In July
 Date to be confirmed**