

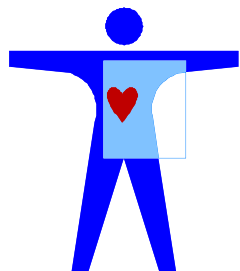
Comments from clients who attend our group.

- **Friendly**
- **Calming**
- **Relaxed**
- **Welcoming**

Helped me gain confidence to lose weight and learn about food.

Helpful tips around the kitchen.

One-to-one sessions on cooking helped me with my concentration span.



HAVERING MIND

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

- ◆ Support people with mental health issues.
- ◆ Provide support to people who care for someone with mental health issues.
- ◆ Support 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.....

.....

.....

Postcode.....

Telephone.....

Email address.....

Membership runs from 1st September—31st August

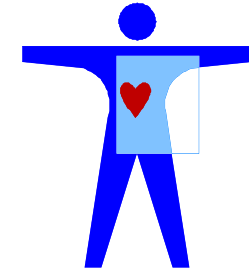
Fees:

| | | |
|-------------|--------|-------|
| Concessions | Single | £3.00 |
| | Couple | £4.00 |

| | | |
|-----------------|--------|--------|
| Non Concessions | Single | £10.00 |
| | Couple | £15.00 |



For better mental health



Life Skills Group

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

Funded by the NHS Havering



INVESTOR IN PEOPLE

Registered Charity Number 1108470
 Company Number 4184862

Welcome to the Life Skills Group

The group is run within a safe and confidential setting

We aim for mutual support between group members

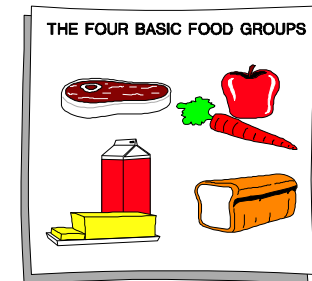
We have a non-judgemental approach and always aim to focus on the positive

OUR LIFE SKILLS GROUP MEETS ON

to be arranged with Sharon

The group consists of clients who wish to change some aspect of their daily life, such as losing weight through dieting or improving their health through exercise.

With one to one support we can arrange a personalised plan suited to the needs of the individual, tailored to your experience and requirements



**IF YOU WOULD
LIKE FURTHER
INFORMATION
PLEASE CONTACT
THE GROUP
FACILITATOR**

Sharon Metcalfe

on
Telephone
01708 457040
or
Email:
havmindhq@hotmail.com

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