

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

Hearing Voices Group
Wednesday 1.30-3
Would you like an opportunity to talk about your voices in a relaxed and safe environment. Would you like to explore ways of managing your voices, then this is the group for you

Trips planned for summer
You need to book for these trips
21st April Butterfly Farm at South Woodham Ferrers
19th May River cruise trip.
23rd June Barleylands Craft Centre Basildon
28th July Day at Canvey Island
25th August Trip to Greenwich

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

March
Wednesday activities (some of these have changed since last whats on guide)
3rd Mar Horse riding, cost £8, need to book.
10th Mar Bowling
17th Mar Darts and pool
24th Mar Bowling at 12.30 and Quiz night at Lodge at 4-6.30.
Need to book for quiz.
31st Mar Walk, Thorndon Country Park.

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.

Having 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 Having 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 Having Mind.

- Are you interested in being part of a Policy Review Group
- The first meeting will be held shortly, we will meet on a monthly basis at first until the group is established when the meetings will be quarterly,
- Time and day of meeting will be discussed with all interested parties,
- If you would like to be involved please let Sev know,



For better mental health

Easter Opening Times
Good Friday 2nd April
open 10.30-3.30
Sunday 4th April
open 11.00 -2.00
Closed on Monday 5th April

Talk on Diabetes Awareness
At Lodge
Thursday 11th March 2-3
Friday 12th March 11.30-12.30

Drama Workshop Course
Starts 4th March
If you are interested in this please see Sue Hagan

Football Training
17th and 31st March
At Goodmayes hospital
See poster for more details

Having Mind What's On Guide

March 2010

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Hornchurch
RM11 1JU**

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Website www.havingmind.org.uk
Telephone 01708 457040**

FOCUS SESSIONS

Monday

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

Tuesday

Art	12.00-2.00	Lodge
Cycling	12.30	Lodge meet Broadfield Farm Upminster
Music appreciation	2.30-3.30	Lodge

Wednesday

Craft/Games morning	10.30-12.30	Lodge
Hearing voices group	130- 3.00	Lodge speak to staff if you haven't been before
Afternoon activity	12.30 -3.30	Lodge see overleaf for details
Badminton	4.00- 6.30	(meet Hornchurch sports centre) Cost £3

Thursday

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.

Friday

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,	1.30- 4.00	Albermarle

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

Sandwiches are served

Mon	No food.
Tues	12.00-1.00
Wed	12.00- 12.30
Thurs	1.00 - 2.00
Fri	12.00-1 .00

SUNDAYS OPEN TIMES

11.00am to 2.00pm
7th March & 21st March
Dinner is available this day please phone to book by 11.15am.
01708 449901

Thursday 4th March at 2.00pm
Talk entitled "Phase 1 - building at Goodmayes Hospital"
Please come along if you wish to learn the latest building plans for this site.

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.

Quality Management in Mind

Thursday 18th March

Financial management systems

10.00am to 12.00 noon

At Lodge

If you are interested in coming to this meeting

please see Vanessa

All welcome

Choir Group on a Fridays with

"Our All Singing All Dancing Amelia"

all welcome, 12.30-1.30

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 WOULD LIKE SUPPORT IN EDUCATION, TRAINING OR EMPLOYMENT. REPS may be able to assist you. Please see a staff member.

Taster Art Sessions at Lodge

Animation and visual art

Tuesday 9th March 1p.m

Wednesday 10th March 10.30-12.30

Come and join our Garden/Allotment group

Thursday 10.30 till 4.00

With the added bonus of discovering about our environment.

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

Client meeting every

last Thursday of month

1.30-2.30 At Lodge

Next meeting 25th March

All Welcome!

We have a library of therapy books on offer at the Lodge. These are available to loan at all open sessions but if you would like help our friendly librarian, Sheila will be here on a Friday from 12 o'clock

Library information and six book challenge.

To find out more come to

Harrow Lodge on

Tuesday 16th March

Friday 19th March

Royals in Rainham

Open session 10.30-2.30

Activities include Card making, games, music.

Days out and trips include

Theatre back stage tour,

Country walks,

Cinema.,

Bingo

Brunch breakfast

See poster for more details

Tuesday Art Group with Theresa

12-2 at Lodge all welcome