

## Comments from clients who attend our group

- ◆ Time stands still in the group, away from the noise and rush of daily life, it is a nice time to relax.
- ◆ A time to focus on the creative and appreciate life.
- ◆ A chance to learn about people's interests and experiences.
- ◆ Uplifting and happy when you see others smile, makes life worthwhile.
- ◆ I find the group a great opportunity to get to know everybody better.
- ◆ Its good to talk to people and share experiences in their lives.

### Why join our Association?

#### HAVERING MIND

Havering Mind is a local Mental Health charity. We aim to

- ◆ Support people with mental health issues.
- ◆ Provide carers support to people who care for people 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 to the Association.

Name.....

Address.....

.....

Postcode.....

Telephone.....

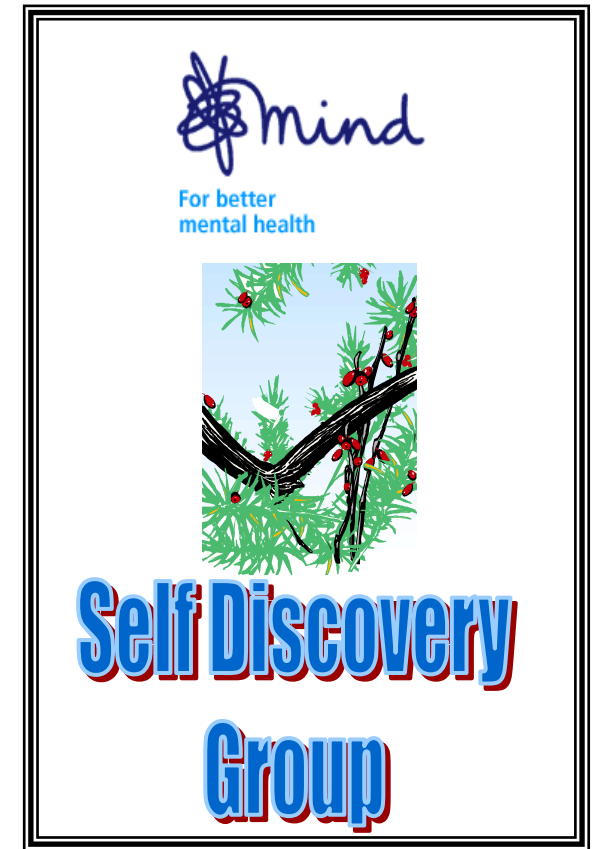
Email address.....

Membership runs from 1st September—31st August

Fees:

Concessions	Single	£3.00
	Couple	£4.00

Non Concessions	Single	£10.00
	Couple	£15.00



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

Funded by  
**Havering NHS**



INVESTOR IN PEOPLE

Registered Charity Number 1108470  
 Company Number 4184862

# Welcome to the Self Discovery Group

The group is run within a safe and confidential setting

We aim for mutual respect and support to other members within the group

We have a non-judgemental approach aiming to show unconditional positive regard to others and aiming to pass on the positive leading to a more balanced outlook in life

Our open door  
Self Discovery Group  
meets on  
FRIDAY AFTERNOON  
from 1.30pm  
till 3.15pm

The group consists of clients working on their own self discovery which in turn can help their self esteem and personal development through topics such as story telling, poetry, music, art therapy, relaxation and much more.

If you would like further information please contact the group facilitators

Eve Cole

or

Brenda O'Bryan

on

01078457040

or email

[havmind@hotmail.com](mailto:havmind@hotmail.com)



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