

Comments from clients who attend our group.

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

- **A purpose to get out of bed**
- **Keeps my mind occupied**
- **Keeps me fit**
- **Make new friends**
- **Enjoy having a chat and a laugh**
- **Going new places that I would not have the confidence to do on my own**
- **I find the groups fun and friendly**



HAVERING MIND

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

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

Funded by
Havering NHS



INVESTOR IN PEOPLE



For better
mental health



**Wednesday
Activity
Group**

**HAVERING MIND
HARROW LODGE HOUSE
HORNCHURCH ROAD
HORNCHURCH
RM11 1JU**

TEL:01708 457040

FAX:01708 457040

www.haveringmind.org.uk

Registered Charity Number 1108470
Company Number 4184862

Welcome to the Wednesday Activity Group

**Wednesday Arts and
Crafts Morning
10.30am - 12.30pm**

At Harrow Lodge House

Come and chat and chill
with crafts including
glass painting, card
making or sketching



**Wednesday Afternoons
Activity Group
12.30pm - 3.30pm**

At Harrow Lodge House

If you like bowling,
ice-skating, lunch out,
walking in the countryside
etc, then this is the group
for you. Come along any
Wednesday afternoon and
you will find a wide range
of activities to take part in.

Also Badminton
4.00pm
Harrow Lodge
Sports Centre
Cost £2.00

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

Sue Hagan

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

Hub/new leaflets/Wednesday activity group