

Comments from ladies who attend our group.

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

- **Enjoys the crafts**
- **Look forward to makeover week**
- **I like it that I can join in with what I want and there's no pressure**
- **I feel comfortable with people who feel the same as me**
- **A purpose to get out of bed**
- **To have someone to talk to**
- **Not being judged**
- **I enjoy having a chat, and a laugh, with the other ladies**
- **Make new friends**
- **I look forward to coming**

HAVING MIND

Having 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 Having Mind please contact us.

Membership of Having 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
Having NHS



INVESTOR IN PEOPLE



For better
mental health



**Women's
Friday Morning
Group**

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

Registered Charity Number 1108470
Company Number 4184862

Welcome to the Women's Friday Morning Group

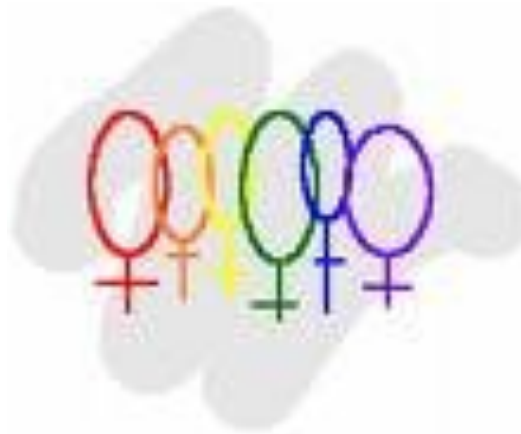
The group is run within a safe and confidential setting

We aim for mutual support between group members

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

**OUR
FRIDAY WOMEN'S GROUP
MEETS ON
FRIDAY MORNINGS
AT
10.30 to 12.30**

The group consists of women who are suffering from some type of mental distress, and who have been referred to Havering mind by their mental health professional or G.P.



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

Sue Hagan

on
Telephone
01708 457040

or
Email:
havmindhq@hotmail.com

THANK YOU TO ALL SERVICE USERS,
VOLUNTEERS AND STAFF WHO
CONTRIBUTED TO THE
PRODUCTION OF THESE LEAFLETS