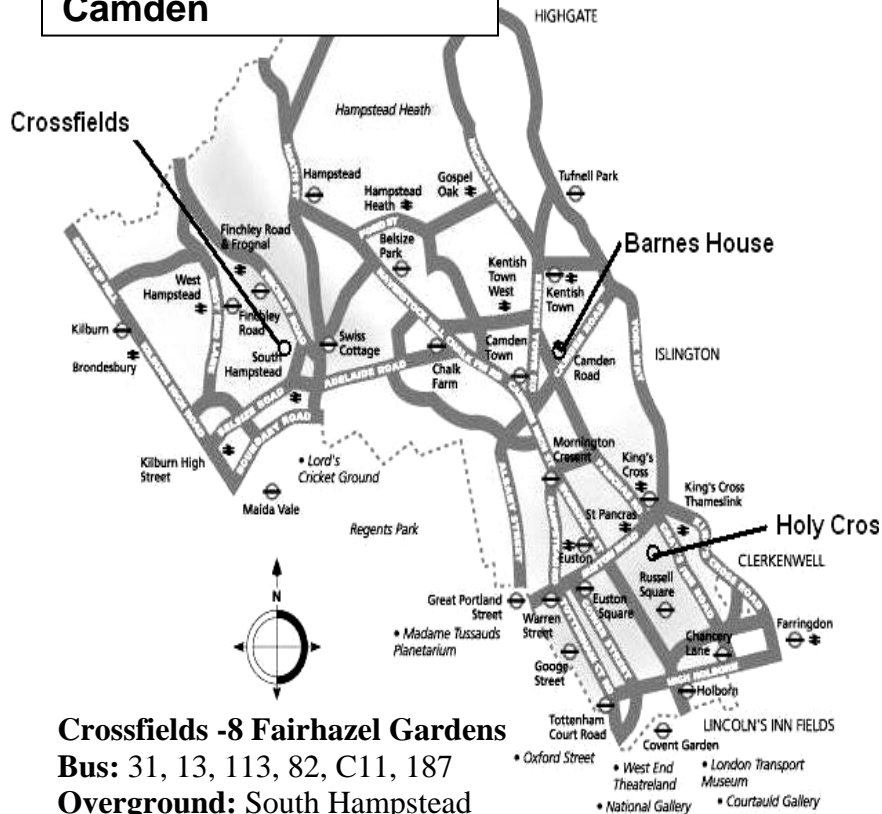


Transport to Centres in Camden



Crossfields - 8 Fairhazel Gardens

Bus: 31, 13, 113, 82, C11, 187

Overground: South Hampstead

Tube: Swiss Cottage, Finchley Road

Barnes House - 9-15 Camden Road

Bus: 31, 24, 27, 29, 46, 88, 134, 168, 214, 253, 274, C2

Overground: Camden Road

Tube: Camden Town

Holy Cross - The Crypt, Holy Cross Church, Cromer Street

Bus: 10, 17, 30, 45, 46, 63, 73, 91, 205, 214, 259, 390, 476,

Overground & Tube: Kings Cross St Pancras

Do you need support to communicate in English?

We speak several languages other than English. However, please check in advance to see if you will need an interpreter to access the service.



Mind in Camden

The Camden Mental Health Day Services Consortium



Mental Health Day Services in Camden

"Our aim is to enable people to maintain and/or rebuild meaningful, valued and satisfying lives - even in the face of ongoing mental health issues"

For more information and a current timetable of activities go to:

www.mindincamden.org.uk/daycentre.htm

Registered company number 1911178 Charity number 292180

If you:

- Are a Camden resident
- Have, or are recovering from, mental health issues

What we offer

Three Resource Centres: **Barnes house, Crossfields & Holy Cross**, and activities in the wider community. All centres offer a social space, individual support and inexpensive lunchtime meals. You only need to join once to be eligible to access all 3 resource centres and all other parts of the service. We currently offer groups around a variety of interests including:

- Film groups
- Art groups
- Yoga
- Discussion groups
- Themed events
- Walking groups

There are also support groups around issues such as:

- Hearing Voices
- Food and Mood
- Art Therapy
- Movement Therapy

If you want something different and we can get enough people to justify a group we will run groups on any topic people want.

"Activities... helped me a lot. By doing things in a group I am then able to do them by myself"

- Adult education classes
- Specific days and events for people from black and ethnic minorities, women, and refugees
- Alternative therapies (e.g. Ki Massage, shiatsu)
- 1 -1 solution focused counselling for 12 sessions
- Signposting to access other services in Camden
- Training and volunteer experience leading to a qualification in the Mental Health Level 2 certificate
- Volunteering opportunities in the day services (including running groups and sessions) and over 400 different positions in the wider community (through the Volunteer Centre Camden). If they don't already offer the opportunity you want, they will try to find it for you.
- A Befriending service is in the process of being set up

There is always at least one centre conducting an activity 10.00am – 9.00pm every day including weekends and bank holidays.

"You know you are not going to be judged and you will be accepted for who you are"

Come and talk to us about what you want – if we don't have it, we will do our best to either start providing it or help you to get it.

The activities and support we offer are constantly being developed in response to what people tell us they need, so come and have your say!

There are no set amounts of time you have to spend in services, you can use the services:

- periodically, to help you in times you don't feel up to doing other things
- to attend one activity, or a combination of activities, regularly
- to get advice and help in getting out to do other things

Some people come to us for just one thing, or only use our services when they are having problems, others use several different services regularly, some come to meet people, others come to find work or activities outside our centres. It's **your** choice.

"You have a space where you can discuss your problems"

How to join

Please ring to make an appointment. You can come by yourself or you can bring someone with you. At this meeting we will fill in an application form with you and have a conversation about how we can best meet your needs.

We prioritise people who are on CPA, but if you are not in touch with a CMHT and have a real need and want to use the service, we will still consider your application. Our contact telephone numbers are:

Barnes House: 020 7241 8986

Holy Cross Centre Trust: 020 7278 8687

Crossfields: 020 7625 9042

If there is no-one available to take your call please leave a message and contact number, we will get back to you.