



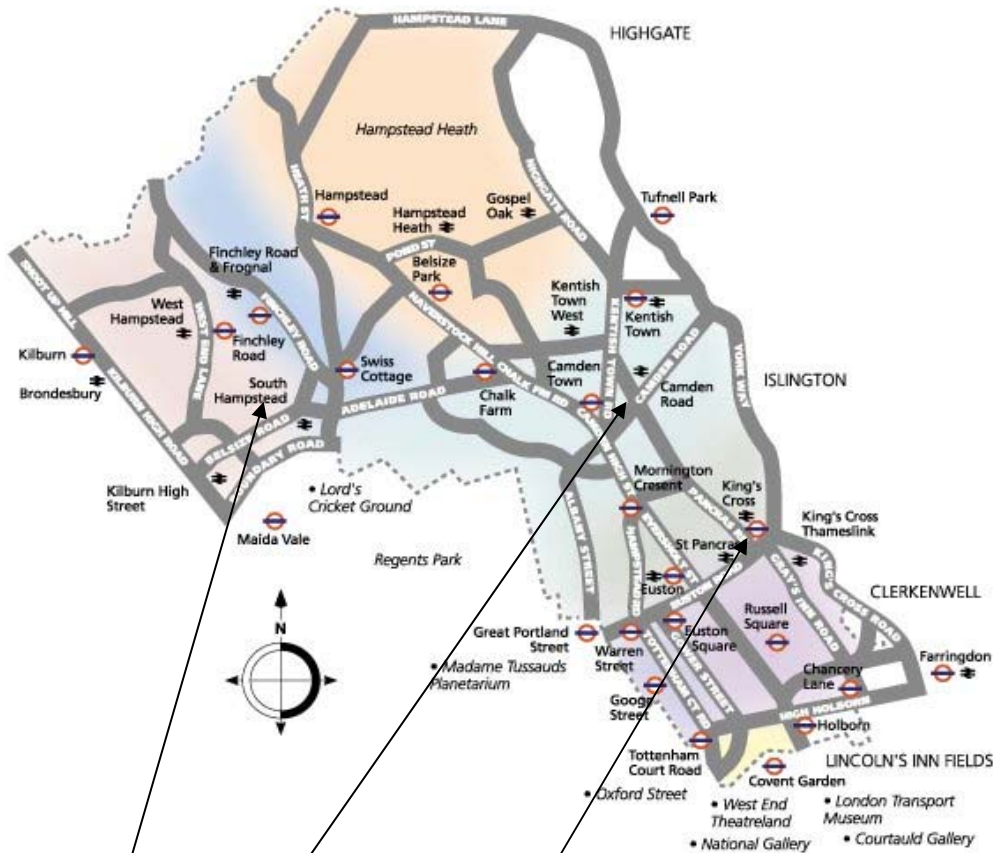
Mind in Camden

The Camden Mental Health Day Services Consortium



# Mental Health Consortium Day Services

*Our aim is to support individuals to manage distress, build self-esteem and engage in the things they value.*



**Crossfields**  
Bus: 31,13,113, 82, C11, 187  
Overground: South Hampstead  
Tube:Swiss Cottage, Finchley Road

**Holy Cross**  
Bus:10,17,30,45,46,63,73,91,205,214,253,274,C2  
Overground & Tube: Kings Cross St Pancras

**Barnes House**  
Bus: 31, 24, 27, 29, 46, 88, 134, 168, 214, 253, 274, C2  
Overground: Camden Road, Tube: Camden Town

### 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

Barnes House, 9-15 Camden Road, London NW1 9LQ  
t: 020 7911 0822 f: 020 7485 0842  
e@ admin@mindincamden.org.uk  
w: www.mindincamden.org.uk

Registered company number: 1911178 Charity number: 292180

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

[www.mindincamden.org.uk/daycentre.htm](http://www.mindincamden.org.uk/daycentre.htm)  
or phone 020 7911 0822

## If you:

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

## What we offer:

Three Resource Centres: **Barnes House, Crossfields and 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
- Discussion groups
- Art groups
- Themed events
- Yoga
- Walking groups

There are also support groups around issues such as:

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

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

We also offer:

- 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 14 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 open to members.

There is always at least once 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 call 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. Other 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.