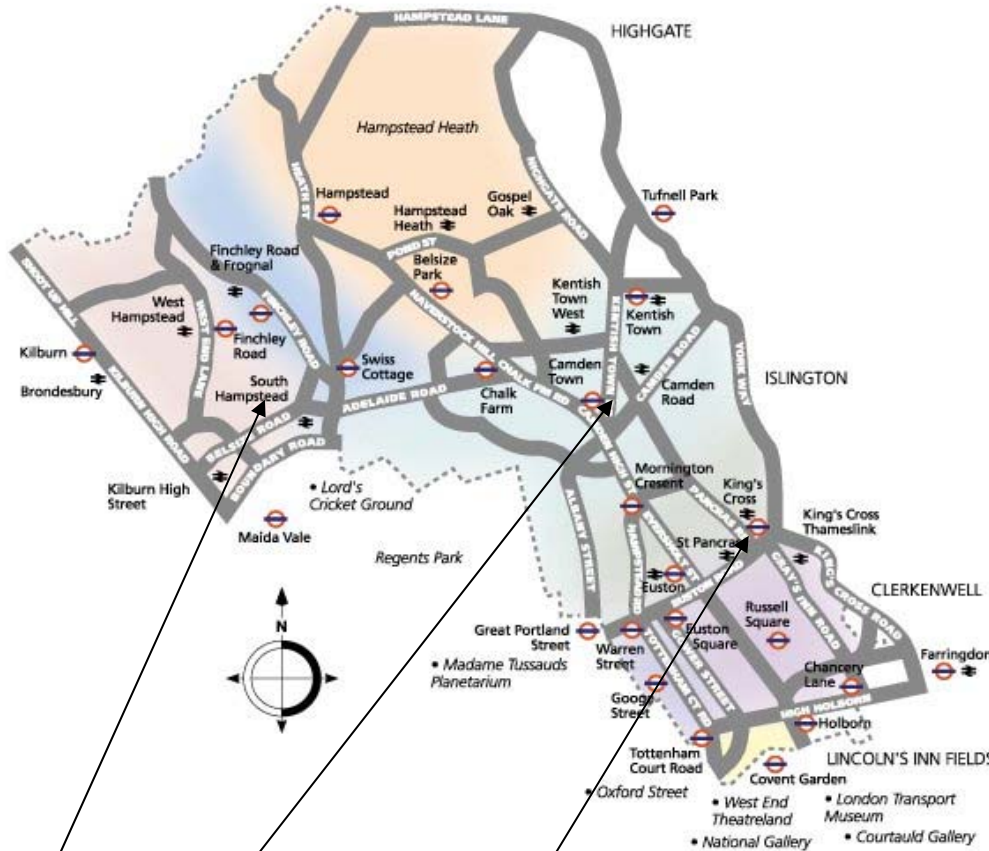




Mind in Camden

The Camden Mental Health Day Services Consortium



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

Fe-so - Day Service for BME Mental Health Service Users

A day service for the Black African,
Caribbean and South Asian service users.

Barnes House
9-15 Camden Road,
London
NW1 9LQ



Tel: 020 7911 0819/020 7625 9042

Fe-so—Time and Space for BME Users



What is Fe-so?

Fe-so provides a shared space for BME users. In this culturally sensitive environment, members can explore their mental health issues and experiences.

Who can join?

To become a member of Fe-so you, or your client, needs to:

- Be over 18
- Live in Camden
- Have mental health difficulties
- Come from a BME background i.e. From an Asian, African or Caribbean background etc

How do I join?

Simply drop into the Fe-so session any Friday between 10 am-2 pm or call and a senior STR worker will arrange an appointment with you.

What support do I get?

There is a member of staff on shift: a BME Senior STR Worker available to talk to throughout. You can discuss any issues/concerns that you have and they will support you as best as they can. There are also day service volunteers to talk to.

Our members like having somewhere to relax and use the facilities. One

EXPERIENCE A CULTURALLY SENSITIVE ENVIRONMENT...

member shares their experience:

"I like coming to Fe-so because I can use the computers and I like interacting with people from the same ethnic background. I like the food as well!"
Fe-so member, 2010

WHAT'S ON....

What services and groups are available?

We have a range of activities available:

- New Roots, Drugs information session 12-2pm (1st Friday of the month)
- BME Mental Health Advocate Drop-in 12-2pm (2nd Friday of the month)
- Guided Visualisation 12.30-1pm (3rd Friday of the month)
- BME Hearing Voices Group 12-1pm (every Friday)

There are newspapers to read and access to free tea and coffee all day!

Plus, there is a culturally specific, inexpensive meal every Friday at 1pm .

Once you become a Fe-so member you automatically have access to the rest of the day service centre services. This includes access to the Barnes House and Crossfields Centre drop-in sessions (see day centre timetable for days/times).



Mind in Camden
Fe-so — BME Day Service (Fridays 10-2pm)
Barnes House
9-15 Camden Road
London NW1 9LQ

Phone: 020 7625 9042 (Mon, Wed and Thu. 10-4.30pm)
and 020 7911 0819 (Fridays 10-4.30pm)
Email: traï@MindinCamden.org.uk