



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

**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

**Mind in Camden**  
 The Camden Mental Health Day Services Consortium

**MIND IN CAMDEN'S**  
*Women's Day*



**A free service for  
 women living in Camden**

**For further information please call:  
 020 7625 9042**

## Women's Day is open every Friday at our Crossfield Centre between 10.00am and 4.30pm.

The service provides support for women experiencing mental health difficulties who live in the Borough of Camden. The service is open to women of all ages, culture and background.

*"I enjoy coming here to mix with people."*

### Members will be offered:

- Support in a crisis
- Friendly volunteers to talk to who will support you emotionally.
- Advice and information
- Timebanking activities (please ask for more information).
- Support for self-facilitated groups and activities.



### The service provides a safe place for women to:

- Receive practical and emotional support
- Have an opportunity to be themselves
- Meet other women and share experiences
- Go on day trips and outings
- Discuss issues that are important to them, informally and at regular meetings

- Take part in a range of activities, service user and volunteer led groups
- Timebanking
- Co-production of services and events

*"...works well and sustains our interest"*



Inexpensive, two-course meal at 1.00pm

### Women's Day as a Co-produced Service

This service is led by volunteers and service-users, and supported by a member of staff to help with crisis and support.

We are happy to listen to your ideas about services and activities that we can provide within the centre, and out in the community.

*"I like the community-feel that the Women's Day service provides."*

The service is committed to providing a positive respectful safe and tolerant environment.

We also welcome regular feedback from our members, and you may be asked to take part in questionnaires and also to contribute to Women's Day meetings.

