



January - March 2017

# PHOENIX

Mind in Camden's Wellbeing & Recovery Service



We all have the right to define our own experiences, map our own course through life, participate in the things we love and share these with others. Sometimes our mental health and difficult life experiences can make this more of a challenge. Mind in Camden's Phoenix Wellbeing & Recovery Service is here to help. We offer a range of different options so that you can create a recovery plan than works for you.

Find Us: Barnes House, 9-15 Camden Road, London NW1 9LQ

T: 0207 241 8998 / 0207 241 8973 | E: [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk) | W: [www.mindincamden.org.uk](http://www.mindincamden.org.uk)

## Enhanced Support Space

Every weekday Phoenix is an enhanced support space offering flexible responsive support facilitated by our recovery staff and volunteers. Within this space we offer a range of **timetabled co-produced activities**, peer support, goal-setting, access to **counselling** and therapy, individual **practical, emotional and crisis support**, subsidised **meals**, access to IT (inc WIFI), special events and trips.



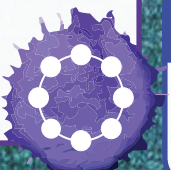
## Workshops

Skill-based and therapeutic workshops facilitated by people with special expertise. **Come along to learn something new or for continued personal development.** Popular workshops include Mindfulness, Creative Writing and Yoga.



## Peer Support Groups

Peer Support Groups are where people come together to **share experiences and support one another.** Currently, we have support groups for people experiencing anxiety, people who hear voices and people who have unusual beliefs.



## Group Therapy

Weekly small group **sessions with experienced and trainee therapists.** Opportunities include Dance Movement Therapy and the Psychological Health Group.



## One-to-One Support

**Enhanced Key Working:** Individual support to help you **identify, set & achieve** your goals.

**Befriending:** Someone to meet up with you regularly to **have a coffee** or explore a shared interest.

**Hearing Voices Journey Work:** Support to help you **make sense of your voices**, visions or other sensory experiences.

**Sports Buddy:** A sports buddy can help you achieve **your fitness goals.**



## Social Space

Come along to meet others and build friendships in a supportive environment.



## Events and Trips

This includes **day trips** within and beyond London, festive **celebrations**, one off workshops and **short courses with guest facilitators.**





# MONDAY

## Enhanced Support Space

### 10.30am Support Space Opens

#### 10.45-11.45am Yoga for Relaxation

Simple Iyengar yoga and relaxation exercises to help start the week off calmly, with Lesley @ 1<sup>st</sup> Floor Group Room

#### 11.45-12.30pm Philosophy For All

An introduction to some of the key philosophers and philosophical concepts, with Simon @ Downstairs Group Room

#### 12-1pm Mindfulness

Learn and practise mindfulness meditation with Palma @ 1<sup>st</sup> Floor Group Room

### 1-1.45pm Lunch

#### 1.45-2pm Community Meeting

Meet with staff, volunteers and members to share thoughts and news about the service

#### 2-3pm Art Club

Make the art of your choice - draw, paint, make models etc @ Phoenix Main Space

#### 3.15-4.15pm Computer Tuition

Learn the basics of web browsing, email & more, with Tibi @ Computer Room

### 5-9pm Social Space

A flexible co-produced programme with food and refreshments available

#### 5.30-6.30pm Write London

Monthly catch-up to write and share stories, with Tom @ Downstairs' Group Room

February 6th and March 6th



# TUESDAY

## Enhanced Support Space

### 10.30am Support Space Opens

#### 10.45-11.45am Tai Chi

Gain awareness of your body and increase your flexibility, with Dana @ 1<sup>st</sup> Floor Group Room

### 11-12 noon Container Gardening

with Richard @ BH Balcony and Courtyard

#### 11.15-12noon Glee Club Singing

Fun and energising group bringing together our voices to create splendid harmonies, with Hayley @ Phoenix Main Space

### 12-1pm Hearing Voices Group

Peer support group for those who hear voices, see visions or have other sensory experiences, with Richard and Jasmine

### 1-1.45pm Lunch

#### 1.45-2pm Community Meeting

Meet with staff, volunteers and members to share thoughts and news about the service

### 2-2.30pm Philip's Legendary Quiz

#### 2.30-3.30pm Listening to Ourselves

Understanding ourselves and each other, with Danny @ 1<sup>st</sup> Floor Group Room

Begins on Jan 24th for 8 wks

### 2.30-4pm Swimming

with members and volunteers @ Kentish Town Baths

### 4.30pm Support Space Closes

### 6.30-8pm Psychological Health Group

A longer term weekly therapy group, with Richard @ 1<sup>st</sup> Floor Group Room. By appointment only.

“The best thing about this place is that I am treated like I am an equal and not like I am sick, or someone who needs a formula applied to them.

Here I have the acceptance I need to try and put the pieces of my life back together so it makes sense again”



## WEDNESDAY

### Enhanced Support Space

**1pm Support Space Opens**

**1-1.45pm Lunch**

**1.45-2pm Community Meeting**

Sharing thoughts and news about the service

**2-3pm Prayer Group with Fr. Tom or Fr. Oliver**

**2-4pm Exploring London**

Member and volunteer organised trips



**4-4.30pm Stretch, Move and Meditate**

with Oliver @ 1st Floor Group Room

**4.30pm Support Space Closes**

**5.15-6.30pm Voice Collective 16-25 Group**

Peer support group for young people (16-25) who hear voices, see visions or other extra sensory perceptions @ 1st Floor Group Room



## THURSDAY

### Enhanced Support Space

**10.30am Support Space Opens**

**11.00-1.00pm Qi Wellness Treatments**

Massage to develop the body's capacity for self healing @ Basement Group Room (fortnightly)

**12-1pm Dance Movement Therapy**

Creative movement therapy group with Eleni & Effie @ Downstairs Group Room



**1-1.45pm Lunch**

**1.45-2pm Community Meeting**

**2-3pm Mind/Body Wellbeing**

Working with your body for self-awareness and greater peace of mind, with Bonny and Graeme @ Downstairs Group Room



**3-4pm Walking and/or Cafe Group**

Member and volunteer organised flexible activity

**4.30pm Support Space Closes**

**5-6pm My Beliefs**

Peer support group for people with paranoia or beliefs others may find unusual, with Gayatri and Julie @ 1st Floor Group Room



## FRIDAY

### Enhanced Support Space

**11am Support Space Opens**

**11-11.45am Anxiety Peer Support Group**

Learn and share strategies to cope with fear and anxiety, with Lena @ Quiet Room



**12-1pm Writing Workshop**

With Bryony @ 1st Floor Group Room



**1-1.45pm Lunch**

**1.45-2pm Community Meeting**

Meet with staff, volunteers and members to share thoughts and news about the service

**2-4.30pm Women's Space**

Discussion space, arts, socialising, member-led swimming & guests including Cathy (Knit for Peace), with Amy & Volunteers



**2-3.15pm Women's Hearing Voices Group**

A women-only peer support group for those that hear voices or see visions, with Bryony & Cathy @ 1st Floor Group Room



**3-4.30pm Body Stories**

A long-term creative movement therapy group for women, with Diane @ Basement Group Room By appointment only.



**4.30pm Support Space Closes**

## SATURDAY & SUNDAY

**12-4pm Weekend Social Club**

A supported space to socialise with members and volunteers. Lunch served around 2pm.



Call: 0207 241 8973

Email: [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)



## Fees and Funding

We do need to charge a contribution for most of what we offer. You may be eligible for a Personal Budget to cover part or all of the cost of our services. **Please note:** We are pleased to offer all of our **peer support groups free to Camden residents**. The Voice Collective 16-25 group is free to all.

**A. Access All Areas:** Come along to Phoenix for a half or full day for support and socialising. Take part in any workshops and activities during your agreed time, for free.

Or **B. Pick & Mix:** Create your own timetable by choosing specific workshops, groups or services.

### A. Access All Areas (time-based)



- **Full Day Session (10.30am-4.30pm):** £25 per day
- **Half Day Session (3 hours):** £12.50 per session

### B. Pick & Mix (buy individual services)

-  Workshops: £6 per hour
-  Social Space: £12.50
-  Peer Support Group: Free\* / £6
-  Group Therapy: £6-£9
-  Befriending: £12.50\*  
*\*includes half day membership of Phoenix*
-  Hearing Voices Journey Work: £21
-  Enhanced Key Working: £21
-  Sports Buddy: £15

## How To Join

### Contact Us

**Call:** 0207 241 8973, or  
0207 241 8998

**Email:** [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)

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### Arrange Funding

#### Path 1: Personal Budget

Let us know if you would like some guidance on how to apply for a budget

#### Path 2: Self Funding

If you plan to self fund, we will discuss the costs and payment methods.

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### Meet Us

We will invite you to come in and meet us as soon as possible. We will introduce you to our service, explore **what groups, workshops and activities you'd like to include in your recovery plan** and show you around our centre.

2

### Start!

We will arrange a start date with you. On your first day we will welcome you and help you to settle in.

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## About Co-Production

Phoenix Wellbeing & Recovery Service is a co-creation of ideas from members, volunteers and staff. You can contribute to this ongoing process at any time, but we also host a **Phoenix Community Meeting** (2.00-2.30pm on Thursdays). This is an open space for everyone who comes to Phoenix to share and develop ideas. If there is something you want Phoenix to provide that you can't find on this timetable - let us know.

