

October – December 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. Our Phoenix Wellbeing & Recovery Service is here to help. We offer a range of different options so that you can create a recovery plan that works for you. **To join - please call or email first.**

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

T: 0207 911 0822 / 0207 241 8973 | **E:** referrals@mindincamden.org.uk | **W:** www.mindincamden.org.uk

Enhanced Support Space

Every weekday Phoenix is an enhanced support space offering flexible 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.



Events And Trips

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



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 One to One Support: support with **making sense of your voices**, visions and other sensory experiences.

Counselling: one to one counselling for 24 weekly sessions.



Therapy Groups

Weekly small group **sessions with experienced and trainee therapists.** See inside for details.



Social Space

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



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 @ 1st Floor Group Room

12-1pm *Mindfulness*

Learn and practise mindfulness meditation with Palma @ 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

2-3pm *Art Club*

Draw, paint or make the art of your choice, with Trish @ Phoenix Main Room

3-4pm *Mind, Body & Wellbeing*

Feel at home in your body and connect to your inner resources, with Sebastian @ Downstairs Group Room



3-4pm *Write London*

Our monthly development workshop for writers. All welcome! With Tom @ Downstairs Group Room

2 Oct, 6 Nov, 4 Dec

5-9pm *Social Space*

A flexible co-produced programme with food and refreshments available

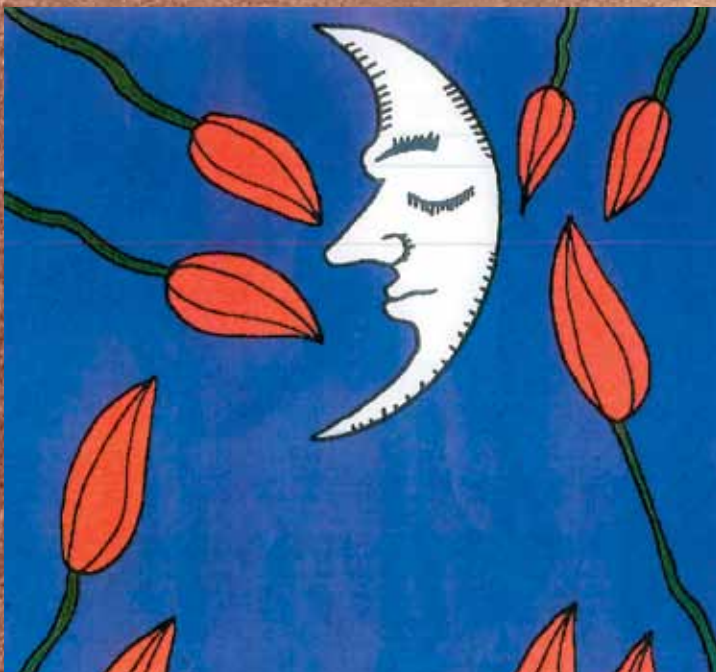


Illustration by Chris Bird, Phoenix member

TUESDAY

Enhanced Support Space

10.30am Support Space Opens

One to one dramatherapy with Ell: by request

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 @ Main Room



12-1pm *Hearing Voices Group*

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



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 *Music Group*

Guitar, keyboard, percussion basic skills and making our own music, with Danny @ Piano Room

starts 17 Oct



2.30-4pm **Swimming** with members and volunteers @ Kentish Town Baths

4.30pm Support Space Closes



"I'm glad to be here. It makes a world of difference"

"Staff and volunteers have helped me getting myself active – necessary help within my wellbeing"

"The Phoenix service should keep on doing what they're doing."

"I like the friendly environment."

WEDNESDAY

Enhanced Support Space

1pm Support Space Opens

One to one Dance Movement Therapy with Veronica: by request

1-1.45pm Lunch

1.45-2pm Community Meeting

2-3pm Prayer Group with Fr. Michael & Francesco

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

7-8.30pm *Psychological Health Group*

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

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 @ Piano Room (fortnightly)

11.30am-12.30pm *Dance Movement Therapy Group*

with Shannon & Shi Han @ Downstairs Group Room

12-1pm *Computer Basics*

Learn web browsing, email & more with Emil @ Computer Room

1-1.45pm Lunch

1.45-2pm Community Meeting

2-4pm *Walking & Cafe Group*

Popular social walk with Emil & members around Camden & environs. If it's raining, duck in for a coffee!

4.30pm **Support Space Closes**

5-6pm *My Beliefs*

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

FRIDAY

Enhanced Support Space

11am Support Space Opens

11-12noon *Anxiety Peer Support Group*

Sharing experiences and supporting each other through fear and anxiety @ Downstairs Group Room



12-1pm *Writing Workshop*

With Bryony & Nora @ Upstairs 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, pampering, baking & guests including Cathy (Knit for Peace), with Amy and volunteers



2-3.15pm *Women's Voices & Beliefs Group*

A peer support group for women to share experiences with paranoia and/or hearing voices, seeing visions and other extra sensory perceptions @ Piano Room



3-4.30pm *Body Stories*

A long-term creative movement therapy group for women, with Diane @ Downstairs 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.



Find out more ...

Call: 0207 911 0822
0207 241 8973

referrals@mindincamden.org.uk

Fees and Funding

We 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
-  Social Space: £12.50
-  Free / £6
-  Group Therapy: £6-£9
-  Befriending: £12.50*
**includes half-day Phoenix membership*
-  "Counselling: £12.50 - £40* (sliding scale) **includes half-day Phoenix membership*"
-  Hearing Voices One to One Support: £21 - £40 (sliding scale)
-  Enhanced Key Working: £21

How To Join

Contact Us

1

Call: 0207 911 0822, or
0207 241 8973

Email: referrals@mindincamden.org.uk

Meet Us

2

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.

Arrange Funding

3

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.

Start!

4

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



About Co-Production

Phoenix Wellbeing & Recovery Service is a co-creation of ideas from members, volunteers and staff. Share your ideas and suggestions at our Phoenix Community Meetings, every weekday 1.45-2pm. (Or speak to staff or a volunteer if you can't make it to a meeting).

