



**Find** Barnes House, 9-15 Camden Road, London NW1 9LQ  
**Call** 0207 241 8998; 0207 241 8973  
**Email** referrals@mindincamden.org.uk

Autumn 2015 (October-December)

# PHOENIX

Mind in Camden's Well-being and Recovery Service



We all have the right to define our own experiences, map our own course through life. 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 flexible support space as well as a range of workshops, one-to-one support, peer support groups and group and individual therapy so you can create a recovery plan that works for you.

## enhanced support space

Every weekday from 10.30 am-4.30 pm 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 & 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, Yoga and Music Club.

## peer support groups

We have a wide range of peer support groups where people **come together to share experiences and support one another.** Groups dealing with experiences of hearing voices, unusual beliefs and addiction - find one that works for you.

## events and trips

**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 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

Sessions **run by volunteers and members.** Come along if you'd like to meet others and build friendships in a supportive environment.

## group therapy

Weekly small group **sessions with experienced therapists**

## monday

- 10.30am Support Space Opens
- 10.45 -11.45am** Yoga for Relaxation with Lesley @ BH Meeting Room **workshops**
- 12.00-1.00pm** Mindfulness for Well-being with Palma and guest Andy Phee @ BH Meeting Room
- 1.00-2.00pm Lunch **workshop**
- 2.15-3.15pm** Music Club Find the musician in you with Andrea @ BH MainSpace (open to all levels) **social space**
- 5.00-9.00pm** Social Space Flexible co-produced programme with food and refreshments available

## tuesday

- 10.30am Support Space Opens
- 11.00am-12.00pm Container Gardening with Richard @ BH Balcony and Courtyard
- 11.30am-12.15pm Cafe Group
- 12.00-1.00pm** Hearing Voices Group Peer support for those who hear voices and see visions with Richard and Barbara @ BH Meeting Room **peer support group**
- 1.00-2.00pm Lunch
- 2.00-2.30pm Member-led Quiz **workshop**
- 2.00-4.00pm** Arts Space with Amalia (6th Oct to 10th Nov) and Tom (17th Nov-22nd Dec) @ BH Meeting Room
- 2.30-4.00pm Swimming Group with Phoenix volunteers @ Kentish Town Baths
- 4.30pm Support Space Closes
- 6.30-8.00pm** Psychological Health Support Group Long-term therapy group with Richard @ BH Meeting Room **group therapy**



*It keeps me healthy and helps me stay out of hospital. - Phoenix member*

**Why do you participate in services at the Phoenix?**

*I love the workshops and regular support from volunteers, key workers and a counsellor. - Phoenix member*

## wednesday

- 10.30am Support Space Opens
- 11.00-11.30am Gentle Exercise
- 11.00am-1.00pm Qi Wellness Treatments Treatments to stimulate the flow of energy and develop the body's self-healing capacity
- 11.00-1.00pm** Cooking Club Simple and nutritious meals on a budget with Justine @ BH Kitchen **workshop**
- 12.00-1.00pm Prayer Group with Father Oliver @ BH Quiet Room
- 1.00-2.00pm Lunch **social space**
- 2.00-4.00pm** MiC - In the Community Volunteer and member led cafe and social club
- 5.00-6.30pm** Voice Collective Peer support for young people (aged 16-25) who hear voices and see visions with Fiona @ BH Meeting Room **peer support group**

## thursday

- 10.30am Support Space Opens
- 11.30-12.30pm** Dance Movement Psychotherapy Engage creatively in movement and dance in a small group, facilitated by a dance movement therapist @ BH Pool Room **group therapy**
- 1.00-2.00pm Lunch
- 2.00-2.30pm Community Meeting An opportunity for staff, volunteers and members to meet and share thoughts and news about the service
- 2.30-4.30pm Individual Dance Movement Psychotherapy by prior arrangement @ BH Meeting Room
- 2.45-3.45pm Walking Group Explore Regent's Park and Canal with Phoenix volunteers
- 3.00-4.00pm** Out of Addiction Developing new pathways with Bryony @ BH Quiet Room
- 4.30pm Support Space Closes **peer support group**
- 5.00-6.00pm** My Beliefs Peer support for people with paranoia or unusual beliefs with Clare and Gayatri @ BH Meeting Room

## friday

11.00am Support Space Opens

workshop

12.00-1.00pm Writing Workshop  
with Margaret @ BH Quiet Room

1.00-2.00pm Lunch

peer support group

2.00-3.15pm Women's Hearing Voices Group  
A women only peer support group for those for who hear voices and see visions with Margaret and Bryony @ BH Meeting Room

2.00-4.30pm Women's Space

Discussion space, arts and crafts, socialising and guests hosts including Cathy (Knit for Peace); Bryony (Pilates). With Amy, Phoenix volunteers and guest speakers

social space

4.30pm Support Space Closes

## weekends

12.00-4.00pm Weekend Social Club

Member and volunteer led space every Saturday and Sunday for socialising with Phoenix members and volunteers. Lunch and refreshments included.

social space

## guest workshops

### Confident to Work

Tuesdays starting 29th Sept; 10.30am-1pm

A free four week short course run by the C&I Recovery College. This introductory course works to inspire hope and offer practical skills to support you to gain paid work. Enrolment at Recovery College essential. Call 0203 317 6904

### Tai Chi

Starting in November

Gain awareness of your body while increasing strength and flexibility with Tomoko.

### Introduction to Recovery

Thursday 5th November; 10.30am-5.30pm

A free day-long course run by the C&I Recovery College. Explore ideas and principles of recovery through teaching, group work and discussion. Enrolment at Recovery College essential.

### Understanding Anxiety

Monday 7th December; 1.00-3.30pm

A free afternoon course run by the C&I Recovery College. consider what causes us to feel anxious and how we feel when are in a state of anxiety. Enrolment at Recovery College essential.

## events & trips

### Autumn Party

Thursday 1st October; 12.00-3.00pm

A free lunch for Phoenix members and a chance to learn about the new autumn timetable and meet workshop facilitators

### Christmas Party

December (usually on a Monday)

Celebrate the start of the festive season with a buffet dinner, music, decorations and dancing

### Christmas Lunch

Friday 25th December; 12.00-4.00pm

A 3-course Christmas lunch, crackers, raffles and plenty of festive cheer

More information on day trips is shared at the community meeting on Thursdays at 2.30pm

## fees & funding

We offer a **flexible fee structure** that depends on what services you choose to attend

**You may be eligible for a personal budget** that can pay for or contribute to the cost of using our Phoenix service. Refer to the How to Join section on the next page or contact us for more information.

### Full Day Session (10.30am-4.30pm) £25 per day

Access to all services offered within Enhanced Support Space as well as workshops

### Half Day Session (3 hours between 10.30am and 4.30pm on a weekday) £12.50 per session

Access to all services offered within Enhanced Support Space as well as workshops

### Workshops £6 per hour

### Social Space £12.50 per session

Access to Monday evenings, Wednesday afternoon social club, women's space and weekends

### Peer Support Group £6 per session

Please note groups are free for Camden residents; Voice Collective is free for all

### Group Therapy £6 - £9 per session

### Befriending £10 per session

### Hearing Voices Journey Work £21 per session

### Enhanced Key Working £21 per session

### Sports Buddy £15 per session







# how to join

## 1 contact us

Call 0207 241 8998; 0207 241 8973  
Email [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)

## meet us 2

We are conveniently located a short walk from Camden Town and Camden Road stations. Our address is Barnes House, 9-15 Camden Road, London NW1 9LQ

## 3 arrange funding

Work with us to apply for a personal budget or self-fund

## start! 4

On your first day we will organise an induction and help you settle in to the service

**Get in touch** by calling us on 0207 241 8973 or emailing us on [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk) and let us know what services you are interested in.

We will arrange for you to come in and **meet with our referrals team** as soon as possible. Bring as much information as you can to this meeting.

During this meeting we will introduce you to the service, **discuss what groups, workshops and activities you would like to include in your recovery plan**, give you a tour of our premises, introduce you to our staff and take down necessary contact information.

After your first meeting with us, if you decide you would like to go ahead and join the service, this process will take one of two paths, depending on how you plan to fund your attendance.

**Path 1: We will work with you** to get a needs assessment which is the key step **towards getting a personal budget**.

Once you have completed the necessary assessments and we receive confirmation of your budget we will contact you and **arrange a start date**

**Path 2: If you plan to self fund**, we will discuss the costs and methods of payment and **arrange a start date**



## co-production

The Phoenix Well-being & Recovery Service is a co-creation of ideas from members, volunteers and staff and is an ongoing process of discussion. You can contribute to this at anytime, but we also host a **Phoenix Community Meeting** (2.00-2.30pm on Thursdays). This is an open space for all who use our services 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.

