

April - June 2018



# PHOENIX

## Mind in Camden's Wellbeing & Recovery Service

At Phoenix, we believe that we all have the right to define our own experiences, map our own course through life, do the things we love and share these moments with others. Sometimes our mental health and life experiences can make this more challenging. Our Phoenix Wellbeing & Recovery Service can help. We offer a range of options to support your recovery and emotional health so that you can choose what works best for you.

This brochure contains:

- An **overview** of all the options we offer (this page)
- **Timetable** of weekly activities (inside)
- **How to join** (back page)

**Find Us:** T: 0207 241 8984 / 0207 241 8973 | E: [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)  
Barnes House, 9-15 Camden Road, London NW1 9LQ | W: [www.mindincamden.org.uk](http://www.mindincamden.org.uk)

### Support Space - weekdays

Phoenix is a welcoming social space where you can come for **practical, emotional and crisis support** with our recovery staff and volunteers. We offer subsidised **meals**, computer access (inc WIFI), and a range of **co-produced activities, peer support, one to one counselling or group therapy and seasonal events and trips**.



### Weekend Social Club

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



### Workshops

Workshops and activities led by people with special expertise. Come along to learn something new for fun or for your continued personal development. Current workshops include Yoga, Mindfulness, Art, Music, Computer basics, Writing, Walking group and new for Spring: Relaxation, Photography. View the full list in the **timetable inside**.



### One-To-One Support

**One to One Recovery Support:** meet your supporter weekly for any of the following: coffee and a chat, outings, practical support (e.g. phone calls, answering mail), and/or support to identify, set and achieve your goals.

**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.



### Events And Trips

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



### Peer Support Groups

Meet to share experiences and support one another. If you are experiencing anxiety, extremes of mood, or if you hear voices or have unusual beliefs, we have a Support Group for you.



### Therapy Groups

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



# MONDAY

## Support Space

### 10.30am Support Space Opens

#### 10.45-11.45am **Yoga**

Simple Iyengar yoga and relaxation exercises to help start the week off calmly, with Lisa @ 1<sup>st</sup> Floor 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 **Prayer Group with Fr. Michael & Francesco**

#### 2-3pm **Mood Peer Support Group**

Sharing experiences and supporting each other with challenging mood and/or extremes of mood.



#### 3-4pm **Art Club**

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



### 4.30pm Support Space Closes

# TUESDAY

## Support Space

### 10.30am Support Space Opens

#### 11-12 noon **Container Gardening**

with Richard @ BH Balcony and Courtyard

#### 11.15am-12noon **Music Group**

Sing along and join in with guitar, keyboard or percussion. No previous experience needed! With Danny @ Piano Room.



#### 12-1pm **Hearing Voices Group**

Peer support group for those who hear voices, see visions or have other sensory experiences.



### 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 **Relaxation**

Experiencing the deep benefits of relaxation with gentle music, with Charlotte @ Downstairs Group Room.



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

### 4.30pm Support Space Closes

# WEDNESDAY AFTERNOON

## One to one support by appointment

Many people who come to Phoenix highly value the social aspect, the great choice of activities and the peer support. However, we're aware that **some people prefer a quieter environment with fewer people around**, so on Wednesday afternoons we offer the opportunity for our members to work with staff one to one. **Please ask about an appointment.**

#### 3-4pm **Write London**

Our **monthly** development workshop for budding writers. All welcome, but essential to book!

Apr 4th, May 2nd, Jun 6th

#### 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 @ 1<sup>st</sup> Floor Group Room



#### 7-8.30pm **Psychological Health Group**

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



Artwork by Phoenix members Zac Boyce and Patrick Haire

## THURSDAY

### 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 @ Downstairs Group Room. (April and May only)

12-1pm **Computer and Internet Basics**

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



1-1.45pm Lunch

1.45-2pm Community Meeting

2-4pm **Out & About Activity Group**

Popular **social walk** with Emil, John and members. Explore Camden's beauty spots and try your hand at **photography** if you like! 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 @ 1<sup>st</sup> Floor Group Room



**I enjoy companionship and friendship. Nice volunteers!"**

**"It means the world, especially if you live alone."**

**"I like joining in with the art and yoga and mindfulness. The facilitators are understanding."**

**"Accepting people whatever their diagnosis. It makes them feel better"**

## FRIDAY

### 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**

Exploring words and creativity with Becca & 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

### Women's Support Space

**2pm-4.30pm** Socialising, arts and crafts, pampering, baking & guests including Cathy (Knit for Peace). With Amy and volunteers. New: once monthly Documentary screenings!

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 241 8984  
0207 241 8973

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

## How To Join

### Options for funding

There are two options.

1. If you plan to **self-fund**, you can pay by a variety of methods to suit you.
2. You may also be eligible for **help with funding**.

### Self-funding



Support Space - weekdays: £25/day (£12.50/half day) (take part in any workshops, activities, or Support Groups for free.)



Weekend Social Club: £12.50



One to One Recovery Support: £25/week (included for **free** if you attend Support Space or Social Space for one full day or more!)



Workshops: £6



Peer Support Groups: Free / £6" (Please note: We are pleased to offer our **Peer Support Groups free of charge for Borough of Camden residents, and Voice Collective is free to all 16-25 year olds** whether living in Camden or not)



Group Therapy: £6-£9



Counselling: £12.50 - £40 (sliding scale).



Hearing Voices One to One Support: £21 - £40 (sliding scale)

### Help with funding

If you're receiving secondary mental health services from the NHS you may be eligible for an Individual Budget which will cover part or all of the cost of our services. Let us know if you would like guidance on how to apply for an Individual Budget.

### Get in touch

If you would like to **join Phoenix**, make an appointment to visit, or if you have any questions at all, **email or call** Charlotte, our Referrals Coordinator, who will be pleased to help:

email : [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)  
telephone: 0207 241 8984 / 0207 241 8973.



### 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, weekdays 1.45-2pm. (Or speak to staff or a volunteer if you can't make it to a meeting).

