



JANUARY - MARCH 2019

# 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 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.

**T:** 0207 241 8984 / 0207 241 8973 | **E:** referrals@mindincamden.org.uk | **W:** www.mindincamden.org.uk

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

### SUPPORT SPACE

Phoenix is a welcoming social space where you can come along for **practical**, **emotional** and **crisis support**.

This space also helps you to find out about and **connect to other opportunities happening locally**, including meeting people visiting from other projects.



### ACTIVITIES

Come along to learn something new for fun or for your continued personal development. Current activities include swimming, yoga, art, mindfulness, singing, computer basics, walking group, creative writing and Qi Gong.



### PEER SUPPORT GROUPS

Meet to share experiences and support one another. If you are experiencing anxiety, extremes of mood, hear voices, have unusual beliefs or are struggling as a new parent or carer - we have a peer support group for you.



### EVENTS AND TRIPS

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



### SOCIAL CLUB

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



### MENTORING, COUNSELLING & THERAPY

Short and longer term weekly individual and small group sessions. Includes:

**1-2-1 Recovery Support:** meet your supporter weekly – alone or with your family/partner - for emotional and practical support, to cope with current challenges and work towards what's important for you.

**Hearing Voices 1-2-1 Support:** support to help you make sense of your voices, visions or other sensory experiences.

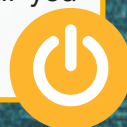
**Groups:** see inside for our range of therapeutic groups, including 'Body Stories'.

**Counselling:** one-to-one counselling for up to 24 weekly sessions.



### 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).





## MONDAY

### 10.30AM-4.30PM : SUPPORT SPACE

A welcoming social space for practical, social and crisis support. **Lunch served at 1pm** @ Barnes House (BH) Main Room



### 10.45-11.45AM : YOGA

Simple Iyengar yoga and relaxation exercises to help start the week off calmly, with Andrew @ BH Downstairs Group Room

### 12-1PM : MINDFULNESS

Resumes on 14 Jan

Learn and practice mindfulness meditation with Palma @ BH Upstairs Group Room



### 1.45-2PM : COMMUNITY MEETING

Meet with staff, volunteers and members to share ideas, thoughts and news about Phoenix @ BH Main Room



### 2-3PM : MOOD PEER SUPPORT GROUP

Sharing experiences and supporting each other with challenging moods and/or extremes of mood @ BH Piano Room



### 2-3PM : PRAYER GROUP

All welcome, irrespective of faith, belief or religion, with Father Michael & Billy @ BH Piano Room

### 3-4PM : ART CLUB

Draw, paint or make the art of your choice @ BH Main Room



### 5-9PM : SOCIAL CLUB

Meet at Barnes House at 5pm to travel to Dragon Café, a relaxing, imaginative space hosting creative events and offering tasty subsidised food



## TUESDAY

### 10.30AM - 4.30PM : SUPPORT SPACE

A welcoming social space for support. **Lunch served at 1pm** @ BH Main Room



### 11AM-12NOON : CONTAINER GARDENING

With Richard @ BH Balcony and Courtyard

### 11.15AM-12NOON : GLEE CLUB SINGING GROUP

Sing along and join in with your favourite songs. No previous experience needed! With Hayley @ BH Piano Room



### 12-1PM : HEARING VOICES GROUP

For those who hear, see or sense things others don't @ BH Upstairs Group Room



### 1.45-2PM : COMMUNITY MEETING

Meet with staff, volunteers and members @ BH Main Room



### 2-2.30PM : PHILIP'S LEGENDARY QUIZ

@ BH Main Room

### 2-4PM : EXPLORING WORK

12th March only

A non-pressured space to explore questions, issues & feelings about work, with Hillside Clubhouse @ BH Upstairs Group Room

### 2.30PM : SWIMMING

Weekly swimming group with members and volunteers @ Kentish Town Baths



## WEDNESDAY

### 2-4.30PM : ONE TO ONE RECOVERY SUPPORT

A dedicated space for individual appointments with our staff, volunteers & Mary Ward Legal Centre who offer benefits advice)



### 5.15-6.30PM : VOICE COLLECTIVE 16-25

Peer support group for young people (16-25) who hear, see or sense things others don't @ BH Upstairs Group Room



### 7-8.30PM : PSYCHOLOGICAL HEALTH GROUP

A longer term weekly therapy group, with Richard @ BH Upstairs Group Room





## THURSDAY

### 10.30AM - 4.30PM : SUPPORT SPACE

A welcoming social space for practical, social and crisis support. **Lunch served at 1pm** @ BH Main Room



### 11AM-1PM : QI WELLNESS TREATMENTS

Massage to develop the body's capacity for self-healing @ BH Piano Room (fortnightly)



### 11.30-12.30PM : DANCE MOVEMENT THERAPY

Group with Hellie (1:2:1 sessions also available) @ BH Downstairs Group Room



### 12-1PM : COMPUTER & INTERNET BASICS

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



### 1.45-2PM : COMMUNITY MEETING

Meet with staff, volunteers and members @ Barnes House (BH) Main Room



### 2-4PM : OUT & ABOUT ACTIVITY GROUP

Popular Social Walk, exploring Camden's beauty spots and attractions. On 24th Jan, 21st Feb and 21st March the Recovery College will host an end-of-walk coffee in their library. This will be a chance to have a friendly introduction to some of their course topics.



### 5-6PM : MY BELIEFS

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



## FRIDAY

### 11AM - 4.30PM : SUPPORT SPACE

A welcoming social space for practical, social and crisis support. **Lunch served at 1pm.** From **2pm it's 'Chill Fridays'**, with a focus on relaxing shared activities and conversation @ BH Main Room



### 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 @ BH Upstairs Group Room



### 1.45-2PM : COMMUNITY MEETING

Meet with staff, volunteers and members @ Barnes House (BH) Main Room



### 2-3PM : WOMEN'S HEARING VOICES GROUP

A peer support group for women to share experiences with paranoia, hearing voices, seeing visions and/or 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.



### 3-4PM : QI GONG

Gentle exercise, meditation and self-massage, with Rory @ BH Main Room



## SATURDAY

### 9-11AM COCOON FAMILY SUPPORT

Mental health support space for mums, dads and carers with a crèche @ BH Main Space. **Contact Cocoon directly 07500 427 122**



### 12-4PM SOCIAL CLUB

A supportive space to socialise with members & volunteers. Lunch around 2pm



## SUNDAY

### 12-4PM : SOCIAL CLUB

A supportive space to socialise with members & volunteers. Lunch around 2pm



Call: 0207 241 8984  
0207 241 8973

[referrals@mindincamden.org.uk](mailto: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 what you choose to do. **Please note:** We are pleased to offer **all of our peer support groups free to all**.

The following options are available:

### A. ACCESS ALL AREAS PASS - £28 PER WEEK

This provides you with full access to all of Phoenix offers (excluding Pick and Mix offers), which you can use flexibly according to your personal needs and aspirations.

### OR B. PICK & MIX - VARIABLE FEES

Top up your Access All Areas pass, or choose individually.

### B. PICK & MIX SESSION FEES



**Peer Support Groups:**  
Free



**Group Therapy:**  
£6-£9



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



**Hearing Voices 1-2-1 support:**  
£21-£40 (sliding scale)

## HOW TO JOIN

### CONTACT US

**Call:** 0207 241 8984, or  
0207 241 8973

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

### MEET US

If you like the sound of the Phoenix and it seems to suit what you need right now, we will invite you to come in and meet us as soon as possible. We will find out what's important to you and explore which of our offers might suit you best.

### 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.

### START!

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



## NEW DEVELOPMENTS AT THE PHOENIX



Phoenix is evolving. As this year progresses we will be hosting groups and activities in a range of venues, in partnership with local organisations that can help you make the most of what Camden has to offer. Some of our community partners are featured here in our current programme – Recovery College, Hillside Clubhouse, Mary Ward Centre and Cocoon. Whilst Barnes House remains our home, by creating avenues to an increasing range of opportunities, we aim to help you build other connections that will last.

**Co-production is, as always, at the heart of what we do.** As such, we will be launching local forums this year that will develop activities tailored to members' interests.

### Mind in Camden

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