



Summer 2014

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.

Enhanced Support Spaces

Good for: Flexible responsive support & activities that will help you reach your goals.

Sessions facilitated by Senior Recovery Staff providing a range of **timetabled co-produced activities**, peer support, goal-setting, access to **counselling**, individual practical, emotional & crisis support, subsidised meals, access to IT (inc WIFI), special events and trips.

Dedicated Personal Support

Good for: Times when you need individual support that's tailored to your needs & goals.

Enhanced Key Working:

Individual support to help you identify, set & achieve your goals.

Hearing Voices Journey Work:

Support to help you make sense of your voices, visions or other sensory experiences.

Befriending:

Someone to meet up with you regularly to meet over coffee or explore a shared interest.

Carers, Friends & Family Support:

Individual sessions for carers or specialist dialogue work to strengthen social networks.

Sports Buddy:

A sports buddy can help you achieve your fitness goals & have fun whilst doing so.

Talk to us to find out more:

T: 0207 241 8973

E: referrals@mindincamden.org.uk

W: www.mindincamden.org.uk

Barnes House, 9-15 Camden Road
London, NW1 9LQ

Workshops

Good for: Learning new skills, self-exploration & gaining extra tools for your wellbeing.

A mixture of ongoing support groups and time limited workshops, all facilitated by people with specialist expertise. Most of these take place at times outside of our 'enhanced support' and 'social spaces', offering a quieter environment. A cafe is available for workshop participants.

Social Spaces

Good for: Informally meeting others & building friendships in a supportive environment.

Sessions run by volunteers & members providing a range of **spontaneous co-produced activities**, individual peer, emotional and practical support, subsidised meals, access to IT (inc WIFI), special events & trips.

MONDAY

Workshops

10.30-11.00am Open Space for Workshop Participants

10.45-11.45am YOGA & RELAXATION

With Lesley
@ Barnes House Large Meeting Room

11.00-1.00pm WHAT'S COOKING?

Simple healthy cooking on a budget with Daniella @ Barnes House Kitchen & Main Space

12.00-1.00pm MINDFULNESS FOR HEARING VOICES & PARANOIA

With Ksenija, Kieran & guest Andy Phee @ Barnes House Large Meeting Room

1.00-2.00pm Cafe for workshop participants

2.00-3.15pm OPEN MIND

Madness .. Shamanism .. Illness .. Trauma .. Exclusion .. Gifted .. Living Your Life? Explore different ways of understanding & dealing with mental health issues - featuring guest speakers & open discussions @ Barnes House Main Space

3.00-4.30pm PHOTOGRAPHY

Techniques & personal exploration with Alexios @ Barnes House Large Meeting Room

3.45-4.45pm RADIO GA GA

Exploring the culture of radio drama & performing from scripts with Martyn & Ksenija @ Barnes House Main Space

Social Space

5.00-9.00pm SOCIAL SPACE

Flexible co-produced programme with food and refreshments available



Want to find out more?

Call: 0207 241 8973

referrals@mindincamden.org.uk

TUESDAY

Enhanced Support Space

10.30am Support Space Opens

11.00-12.00 noon Green Fingers: Container Gardening

11.30-12.15pm Cafe Group

12.00-1.00pm Sketching Space

Workshop

12.00-1.00pm HEARING VOICES GROUP

Peer support group for people who hear voices or see visions, with Mel and Simiran @ Barnes House Large Meeting Room

1.00-2.00pm Lunch

2.00-2.30pm Member-Led Quiz Group

2.00-3.30pm Individual Debt Advice / Advocacy (alternating fortnightly) with Rabia (Camden CAB) / Emanuela (Voiceability)

2.30-4.00pm Swimming Group

4.30pm Support Space Closes

Workshop

5.00-6.00pm FOOD AND MOOD

With Tim @ Barnes House Main Space

6.30-8.00pm PSYCHOLOGICAL HEALTH SUPPORT GROUP

With Richard
@ Barnes House Large Meeting Room

"In this space I experienced a new kind of open listening and my ideas were met with an amazing genuine enthusiasm.

From this place of no hope a new bright story is starting for me...."

Workshop Participant

WEDNESDAY

Enhanced Support Space

- 10.30am Support Space Opens
- 11.00-1.00pm Qi Health Massage (7th & 21st May, 4th & 18th June, 2nd & 16th July)
- 12.30-1.00pm Prayer Group
- 1.00-2.00pm Lunch
- 2.00-2.30pm Positive Group
- 2.30-3.30pm Meditation
- 2.30-3.30pm 1:1 Maths Tuition
- 4.30pm Support Space Closes

Workshop

- 5.00-6.30pm VOICE COLLECTIVE GROUP
Peer support for young people who hear voices (aged 16-25), with Mel & Rai @ Barnes House Large Meeting Room.

THURSDAY

Enhanced Support Space

- 10.30am Support Space Opens
- 11.00-12.00 noon Art Space
- 12.00-1.00pm Member Led Support Space
- 1.00-2.00pm Lunch
- 1.00-2.30pm Individual Smoking Cessation with Stephanie Moor (ASCOT), from June
- 2.00-2.30pm Members Meeting
- 2.30-3.15pm Glee Club Singing Group
- 3.15-4.30pm Walking Group
- 4.30pm Support Space Closes

Workshop

- 5.00-6.00pm MY BELIEFS
Peer support for people with paranoia or who hold beliefs that others may find unusual. With Ksenija & Jasmine @ Barnes House Large Meeting Room

FRIDAY

Workshops

- 10.30-11.00am Open Space for Workshop Participants
- 11.00-12.30pm MANAGING ANGER
Don't be afraid of angry feelings. This group explores how to express & deal with anger in a safe way, with Lucy @ Barnes House Main Space
- 11.00-1.00pm RELATIONSHIP & DATING GROUP
Includes a mixture of diversity-friendly workshops, discussion and coproduced events with Danny, Ksenija & others @ Barnes House Large Meeting Room

1.00-2.00pm Cafe for workshop participants

- 2.00-3.00pm WOMEN'S HEARING VOICES PEER SUPPORT GROUP
With Ksenija and Simiran @ Barnes House Quiet Room

- 2.00-3.00pm MEN'S HEALTH
A space for men to explore all aspects of their health & wellbeing, with Danny @ Barnes House Large Meeting Room & community

- 2.00-4.30pm WOMEN'S SPACE
Discussion, social time & guest hosts. With Ksenija, Cathy (Knitting for Peace Group) & others @ Barnes House Main Space & community
- 3.15-4.15pm MOVING JOURNEYS (from June)
Using movement & imaginative play to connect, engage & explore With Amy @ Barnes House Large Meeting Room

SATURDAY & SUNDAY

Social Space

- 12.00-4.00pm SOCIAL SPACE
Flexible co-produced programme with food and refreshments available

Also On Offer:

We also host other groups that provide a range of free services, inc. Pandas: post-natal depression support for young mums & dads; Polish Psychological Association: individual counselling & support.



How Can I Sign Up To Use The Service?

1. Give us a call on 0207 241 8973 and talk through what you are interested in, or email us at referrals@mindincamden.org.uk
2. We will arrange to meet you to complete any paperwork, including seeing if you are eligible for a personal budget to help with or cover the costs.
3. While your funding is being organised we may be able to offer you some limited free access to get you started. Once funding is in place you will be able to start properly.
4. We aim to be flexible and to get you signed up and started as soon as possible.

How Much Does It Cost?

Remember: you may be eligible for a **personal budget** that can pay for, or contribute to, the cost of using our Phoenix service. **Just call us to find out more.**

Enhanced Support Spaces			
- Single Session	6 hours	£25	
- Half Session	3 hours	£12.50	
Social Spaces	4 hours	£12.50	
Workshops	Per hour	£6	
Dedicated Personal Support			
- Enhanced Key Working	Per hour	£21	
- Hearing Voices Journey Work	Per hour	£21	
- Befriending	Per hour	£10	
- Friends/Family Dialogue Work	Per hour	£21	
- Sports Buddy	Per hour	£15	

*** All Hearing Voices Groups, the My Beliefs Group and Individual Carer Sessions are FREE to Camden Residents. Voice Collective Young People's Group is FREE to ALL.**

Find Us

Mind in Camden's Phoenix Wellbeing & Recovery Service is conveniently located in the **centre of Camden Town**, only a few minutes walk away from Camden Town and Camden Road stations.

We are situated opposite the Mind in Camden Charity Shop, near Sainsburys and St Michael's Church.

Mind in Camden
Barnes House,
9-15 Camden Road,
London, NW1 9LQ

T: 0207 241 8973 (Phoenix)

T: 020 7911 0822 (Office)

W: www.mindincamden.org.uk

About Coproduction

Phoenix Wellbeing & 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.

