



JANUARY - MARCH 2020

PHOENIX

MIND IN CAMDEN'S WELLBEING & RECOVERY SERVICE



We all have the right to define our own experiences, follow our interests and connect with the people and communities that help lighten the load. Yet, when struggling with the impact of mental health issues and/or difficult life experiences, this isn't always easy. The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them.

T: 0207 911 0822 | E: referrals@mindincamden.org.uk | W: www.mindincamden.org.uk

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



CO-PRODUCTION

What happens at the Phoenix is a co-creation of ideas from members, volunteers and staff. Come to our planning and community meetings to take part and stay informed.



MEMBERS' HELPLINE

A dedicated members' phone line to help you plan your week or weekend, and think about how to cope with any anxieties about upcoming meetings, activities or general concerns.



SUPPORT SPACE

A welcoming social space where you can get practical, emotional and crisis support. You can also find out about, and connect to, other local opportunities, including meeting people visiting from other projects.



ACTIVITIES

A range of classes and workshops that give you the chance to learn something new, develop your existing talents or simply have some fun.



PEER SUPPORT GROUPS

Some things are easier to talk about with people who have been there and will listen without judgement. We offer a range of groups on different issues.



SOCIAL CLUB

At the Phoenix and elsewhere, our Social Clubs offer the valuable chance to hang out with other members and volunteers without any pressure.



EVENTS AND TRIPS

Venture out and about to (re)discover what Camden and London have to offer, join in with festive celebrations and take part in one-off events.



MENTORING, COUNSELLING & THERAPY

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

- **1-2-1 Recovery Support:** a weekly meeting - alone or with your family/partner - for emotional and practical support, to cope with challenges and work towards what's important for you
- **Hearing Voices 1-2-1 Support:** a series of sessions to help you understand and cope with voices, visions and other sensory experiences
- **Therapeutic Groups:** including dance movement therapy and psychological health
- **Counselling:** individual counselling for up to 24 weekly sessions

MONDAY



10.30 AM - 4.30 PM: SUPPORT

Individual appointments with staff/vols



10.45 AM - 1.30 PM: HELPLINE

Call 0207 241 8973 - for members only



12 NOON - 1 PM: MINDFULNESS

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



12 NOON - 1 PM: MOOD PEER SUPPORT GROUP

For those with challenging moods and/or extremes of mood @ BH Piano Room



2.30 PM - 3.30 PM: COMMUNITY PLANNING

Co-produce the week's activities & hear guests talk about other projects @ BH Main Room



3.30 PM - 9 PM: SOCIAL CLUB - DRAGON CAFÉ

Leave from BH at 3.30pm to travel to Dragon Café (a relaxing creative café space with events)

TUESDAY



10.30 AM - 4.30 PM: SUPPORT SPACE

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



10 AM - 12.30 PM: CONTAINER GARDENING

Gardening know-how that is perfect for city living with Richard @ BH Balcony & Courtyard



11 AM - 12.00 PM: WRITING GROUP

Exploring words & creativity @ BH Upstairs Group Room



12 NOON - 1 PM: HEARING VOICES GROUP

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



12 NOON - 1 PM MENTAL HEALTH NEWS DISCUSSION GROUP

Keep up with the latest mental health news and relate your own experiences



1.45 PM - 2 PM: COMMUNITY MEETING

With members, staff and volunteers @ BH Main Room



2 PM - 2.30 PM: PHILIP'S LEGENDARY QUIZ

Exercise your brain cells and have a little fun @ BH Main Room



2 PM: KNITTING & CROCHET

Learn, share and develop your creative skills in a relaxed and supportive environment



2.30 PM - 3.30 PM: HEALTHY ALTERNATIVE

Help yourself improve your body and mind naturally, with Cathy @ BH Main Space



2.30 PM - 4.30 PM: SWIMMING

Weekly swimming group with members and volunteers @ Kentish Town Baths

WEDNESDAY



9.45 AM - 12 NOON CASTLEHAVEN GARDENING

After a breakfast snack at BH, walk to Castlehaven centre for some gardening



10.45 AM - 1.30 PM: HELPLINE

Call 0207 241 8973 – for members only



2 PM - 4.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff, volunteers, Mary Ward Legal Centre & Floating Support



5.15 PM - 6.30 PM: VOICE COLLECTIVE 16-25 PEER SUPPORT GROUP

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



7 PM - 8.30 PM: PSYCHOLOGICAL HEALTH GROUP

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

THURSDAY



10.30 AM - 4.30 PM: SUPPORT SPACE

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



11.30 AM - 12.30 PM: DANCE MOVEMENT THERAPY GROUP

Group with Maxi (1-2-1 sessions also available) @ BH Downstairs Group Room



11.30 AM - 12.30 PM: THE MOODY BLUES GROUP

Peer Support group for people struggling with low moods @ BH Upstairs Group Room



12 NOON - 1 PM: COMPUTER & INTERNET BASICS

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



12 NOON - 1 PM: PRAYER GROUP

Welcoming of all faiths, beliefs and religions, with Father Michael & Billy @ BH Piano Room



1.45 PM - 2 PM: COMMUNITY MEETING

Meet with members, staff and volunteers @ BH Main Room



2 PM - 4 PM: OUT & ABOUT ACTIVITY GROUP

Explore beauty spots & attractions with monthly tea & taster sessions at the Recovery College



5 PM - 6 PM: MY BELIEFS PEER SUPPORT GROUP

For people with paranoia or beliefs others may find unusual @ BH Upstairs Group Room



PHOENIX FEATURES:

Groups and activities that we focus on in greater detail later in the programme.



OUT & ABOUT:

Activities that involve going out into the local area.

FRIDAY



10.30 AM - 4.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff and volunteers to work through current challenges



10.45 AM - 1.30 PM: HELPLINE

Call 0207 241 8973 - for members only



11 AM - 12 NOON: ANXIETY PEER SUPPORT GROUP

Sharing experiences & supporting each other @ BH Downstairs Group Room



PM: COMMUNITY TRIP (EITHER FRIDAY OR SATURDAY AFTERNOON) 🏠

Scheduled by Monday's co-production planning meeting & advertised during the week



1 PM - 3.30 PM: SOCIAL CLUB @ SPCA 🏠

Leave from BH at 12.45pm and walk to St Pancras Community Association - includes free lunch



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

For women who hear voices, see visions, have paranoia or similar experiences @ BH Piano Rm



5.30 PM - 7.30 PM: TALK FOR HEALTH MEN'S GROUP (3RD FRIDAY MONTHLY)

A supportive space for men to connect and share experiences @ BH Upstairs Group Room

SATURDAY



9 AM - 11 AM: COCOON FAMILY SUPPORT

Mental health support space for mums, dads and carers with a crèche @ BH Main Space
Contact Cocoon directly to find out more, call: 07500 427 122



PM: COMMUNITY TRIP (EITHER FRIDAY OR SATURDAY AFTERNOON) 🏠

Scheduled by Monday's co-production planning meeting & advertised during the week

SUNDAY



12 NOON - 4 PM: SOCIAL CLUB

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



PHOENIX SPECIALS

----- ONE-OFF WORKSHOPS, SHORT COURSES & EVENTS -----

WALK & TALK TOURS AT THE BRITISH MUSEUM

2pm - 4.30pm

Thursday 6th February & 19th March

Join us for fascinating and friendly tours around the British Museum. With a collection spanning over two million years of human history - featuring Egyptian mummies and the Rosetta Stone - there will be plenty to see and talk about.

Speak to staff for more details.



PUNK 4 MENTAL HEALTH

7pm - 2am on 6 March

A night of raucous music and celebration at the Dublin Castle, with our friends P4MH. Phoenix members have free entry and the opportunity to speak or read poems from the stage.

Also features:

Strum, Brunk Electronic, Strephen Micallef, Cherry b & Andy Punk Poet

See: www.facebook.com/PuNK4MentalHealth/

PILATES TASTER @ HEALTHY ALTERNATIVE GROUP

2.30pm, 25th February

Developed by Joseph Pilates, who believed mental and physical health were closely related, Pilates is a way to develop your body in a balanced way. People of all ages and fitness levels can enjoy Pilates - come along and give it a try.

For more info speak to staff.

HEALTHY MINDS, HEALTHY BODS

1.30pm - 3.30pm on 29th February & 7th March

Build confidence and energy through this two-session course on nutrition and fitness, with a personal trainer and gym studio sessions.

Speak to staff for more details.



PHOENIX FEATURES

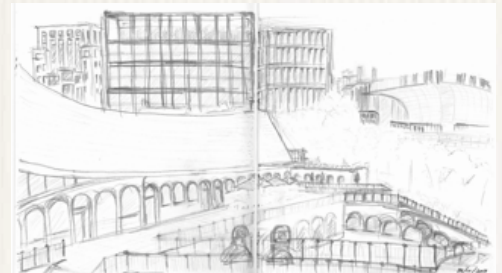
----- FIND OUT MORE ABOUT WHAT'S HAPPENING @ PHOENIX -----

SAMSUNG CREATIVITY WORKSHOPS HELP PHOENIX MEMBERS TRAVEL THROUGH TIME

Last year, Mind in Camden had the opportunity to collaborate with Samsung and Camden & Islington's Recovery College to deliver creative workshops to the members of the Phoenix Wellbeing and Recovery Service and other locals.



The workshops took place in the newly opened Samsung KX building, nestled atop two converted 19th-century coal warehouses in King's Cross' Coal's Drop Yard, which describes itself as 'not a shop'. Rather, it's a cavernous space housing an multitude of technological innovations, such as VR racing, a DJ booth, and a refrigerator that reminds you when a food item is reaching its sell by date.



Samsung KX invites members of the public to wander in and try it all out for free, with chirpy staff aplenty to help guide them.

Amid this technological utopia, the Time to Create workshops took place. The 12-week programme of play and creativity brought 29 Phoenix members and Recovery College students together to explore the theme of time through exercises such as letter writing to their past and future selves.

Designed by Create and Expand, a partnership between Recovery College colleagues Ksenija Kadic and Christina Barrett, Time to Create supported people to express themselves through creativity and connect with themselves and others, with an emphasis on self-growth, recovery and healing.



Be honest As God said
Speak the truth because God
says in his words.

Thanks to all
3-12-2019

For Sara, a Phoenix member on the programme, "it was an exploration of your own hopes and fears, your projections and how you interpret them, and to be nice to yourself," she said, adding that it helped her with, "exploring my inner self".

It wasn't a goal for everyone to create a piece of art, but rather to engage in the creative process. "One person brought images of her back in Africa with her family," said Ksenija. "Another remembered King's Cross as it was before, reconnecting with the history of the place."

Describing a participant who arrived in distress and wouldn't speak, Ksenija said, "By the end of this she was completely changed. She was wearing different clothes, she was smiling."

"It was really moving to see people in the space who you would normally only see in day centres, being quite preoccupied, said Ksenija, remembering when participants stepped up to a microphone to speak to the group about their ideas of past, present and future. "You would not normally see that within mental health services", she said, adding, "when you put people in a different environment, they've got permission to tell a different story."



"IT'S NOT A DANCE CLASS"



So says our resident dance movement psychotherapist Maxi Howel. Here she talks through how her techniques work and why freeing up the body helps participants heal.

How did you get into dance movement psychotherapy?

I really struggled as a teenager and I used dance to work through my own difficulties. I transitioned into being a dance teacher and taught for ten years. I saw how dance and movement helped a lot of my students who were able to use it as an outlet for their emotions. When I discovered that dance movement psychotherapy was actually a career that I could go into, I jumped on it immediately.

What are the underlying ideas behind dance movement psychotherapy?

It helps people explore and work through their emotions through the movements of the body. It helps us to understand where we hold stress, how our feelings and behaviour manifest physically, and our nonverbal communication. Being able to express yourself creatively in a safe environment is something anybody can benefit from.

What happens in the group?

It opens with a few minutes to talk about how you're feeling in that moment and what's been

going on with you since the last time the group met. We move into a physical warm up to get yourself connected and grounded in the space and with your body. Then we use props and any movement that the client feels comfortable with to creatively process thoughts and feelings. I use music throughout, though some psychotherapists do not. People are allowed to dance alone or with each other. It's a free and open space for you to express yourself in any way.

Going in, you never know what's going to happen. At the end, we come back together and talk about how the movement felt and what it was like to move together. Through this weekly process, more and more things come up.

How have people benefitted?

I've seen reduction not only in physical tension, but emotional distress and depression, increases in energy, more self awareness, higher self esteem, better coping mechanisms and emotional regulation. You can retrain yourself as to how you react to certain emotional stimuli.

What has the group taught you?

That there's always hope. There's always work to be done and there's always healing that can happen. Recovery is always possible, no matter how old you are or how bad you feel. There's always light at the end of whatever tunnel you're in.

The group runs on Thursdays from 11.30am - 12.20pm. Speak to a staff member for more info.

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:** Our peer support groups are free to all.

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 911 0822

Email: referrals@mindincamden.org.uk

MEET US

If you like the sound of the Phoenix and think it might fit your needs, 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.



YOUR JOURNEY AT PHOENIX



The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them.

STEP 1 - Understanding your journey: We will spend time with you to explore how you got here, what you enjoy, need and hope for. We'll help you create a unique plan.

STEP 2 - Participating (up to 18 months): We will offer you the support and encouragement you need to follow your plan and modify it as needed. We will also help you build sustainable links with fellow members and your local community.

STEP 3 - Moving on and staying connected: When you move beyond Phoenix we will help you to identify your support network and keep those connections and interests you love. You are welcome at our Peer Support Groups and may wish to volunteer.

Mind in Camden

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