



APRIL - JUNE 2022

# 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](mailto:referrals@mindincamden.org.uk) | W: [www.mindincamden.org.uk](http://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 & 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

# MONDAY



## 10.45 AM - 1.30 PM: HELPLINE

Call 07796 249 345 - for members only



## 3.30 PM - 7 PM: BOWLING CLUB (1ST MONDAY, MONTHLY) 🗨️

Leave from BH at 3.30pm to travel to Rowans bowling alley. Costs £3.70

# TUESDAY



## 10.30 AM - 2.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff and volunteers



## 10.30 AM - 12 PM: QI GONG & SHIATSU (3<sup>RD</sup> TUESDAY, MONTHLY)

A group with Rory (1-2-1 sessions also available) @ BH Downstairs Group Room



## 10.30 AM - 12 PM: BENEFITS SUPPORT

A group with Dorothy (1-2-1 sessions also available) @ BH Downstairs Main Room



## 12 PM - 1 PM: KNITTING

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



## 12 NOON - 1 PM: HEARING VOICES GROUP

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



## 12 NOON - 2 PM WALKING GROUP 🗨️

Explore beauty spots and attractions in a social, supportive group



## 2 PM - 2.30 PM: COMMUNITY MEETING

With members, staff and volunteers @ BH Main Room



## 2.30 PM - 3.30 PM: WRITING

Exploring words & creativity, with Ruth @ BH Downstairs Group Room



## 2.30 PM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support

# WEDNESDAY



## 12 PM - 1 PM: ONLINE HEARING VOICES GROUP

Online group for those who hear, see or sense things others don't



## 5.45 PM - 7PM: VOICE COLLECTIVE 16-25 PEER SUPPORT GROUP

Online group young people who hear, see or sense things others don't

## WEDNESDAY CONT ..



### 7 PM - 8.30 PM: PSYCHOLOGICAL HEALTH GROUP

A longer-term fortnightly therapy group, with Richard @ BH Upstairs Group Rm. £6 per session

## THURSDAY



### 11 AM - 1 PM OUT & ABOUT GROUP

Explore beauty spots and attractions in a social, supportive group

## FRIDAY



### 10.30 AM - 2.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff and volunteers



### 11 AM - 12 PM: ANXIETY PEER SUPPORT GROUP

Peer support group for people who experience anxiety



### 12 PM - 1 PM: YOGA

Relax your body with yoga for any level, with Andrew @BH Downstairs Group Room



### 1 PM - 2 PM: FEAST

Eat a delicious freshly cooked meal, for free! Or try volunteering in the kitchen



### 2 PM - 2.30 PM: COMMUNITY MEETING

Meet with members, staff and volunteers @ BH Main Room



### 2.30 PM - 3.30PM: WOMEN'S HEARING VOICES GROUP

For women who hear voices, see visions, have paranoia/unusual beliefs @ BH Upstairs Grp Rm



### 2.30 PM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support



### 3 PM - 3.45 PM: DANCE MOVEMENT THERAPY

A group with Amy (1-2-1 sessions also available) @ BH Downstairs Group Room



### 5.30 PM - 7.30 PM: TALK FOR HEALTH MEN'S GROUP (2ND FRIDAY, MONTHLY)

A supportive space for men to connect and share experiences

## SATURDAY



### 12 PM - 4 PM:

**COMMUNITY TRIP** An adventure chosen by its participants

## SUNDAY



### 3.30PM - 7PM: SOCIAL CLUB

A supportive space to socialise with members & volunteers. **Dinner ~ 5pm**



## 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



#### Hearing Voices 1-2-1 support:

£21-£40 (sliding scale)

## HOW TO JOIN

### CONTACT US

1

**Call:** 0207 911 0822

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

### MEET US

2

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

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#### 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!

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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

Registered Company No. : 1911178

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