

# PHOENIX FEATURES

Hear from a **Phoenix member, who's now a volunteer**, and find out more about what's happening at Phoenix

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## PHOENIX MEMBER TO VOLUNTEER

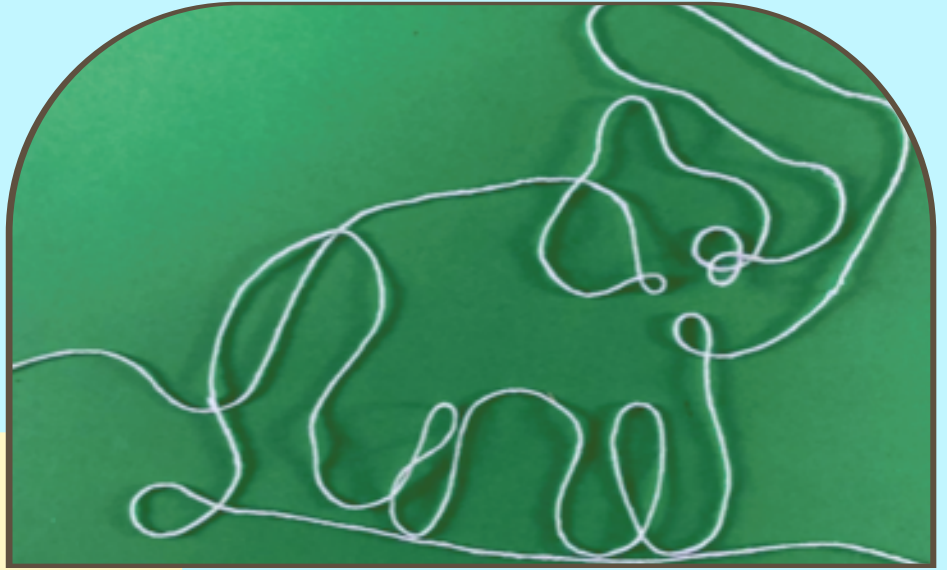
I had been a service user at Mind in Camden for a while when a volunteer recommended that I try out volunteering myself. This eventually kick started my volunteering journey, where I began to volunteer for Mind's walking groups. Now, I'm a volunteer for the Hearing Voices group and My Beliefs group.

Initially, volunteering was a way for me to do something meaningful, and now it has become a way for me to engage with others. Mind is a place where you can progress yourself; it is a place where you leave home and know you aren't alone.

To anyone who's thinking of volunteering, I would say my volunteering journey has been a wonderful experience. However, it is important to find a balance. Know what your capacities are and make sure to have ways to help yourself stay positive and relaxed.

## A little bit about Agnes' future aspirations...

Agnes studied Mechanical Engineering and is interested in using mechanical farming to solve issues of hunger in Nigeria. Agnes is also passionate about resolving the housing crisis in London and hopes to develop means to address both issues of hunger and homelessness.



AGNES OGUNMUYIWA

## "MIND IS A HOME FOR MANY"

I have met so many people with so many different interests and careers. Mind is a place where you can share your problems freely and have people who truly understand.





"It's nice to spend time with other Phoenix members and to be taken out of the centre."

"These day trips give me something to look forward to"



Stephanie Griffiths, BAFTA Award  
Winning Animator

### String Animation Workshop

To begin, I encourage participants to draw out what they would like to create for their animation. Once participants have an idea, they can use string to transform their drawing. Capturing the motions of this frame by frame, this is then made into a short animation clip.

Drayton Park Women's Crisis House: 020 7607 2777  
North Camden Crisis House: 0800 917 3333  
The Rivers Crisis House: 020 3317 6860  
Camden Crisis Sanctuary: 07825 165464  
Samaritans: 116 123

Last month, Mind in Camden had the opportunity to collaborate with local artists to deliver creative workshops to the members of the Phoenix Wellbeing and Recovery Service.

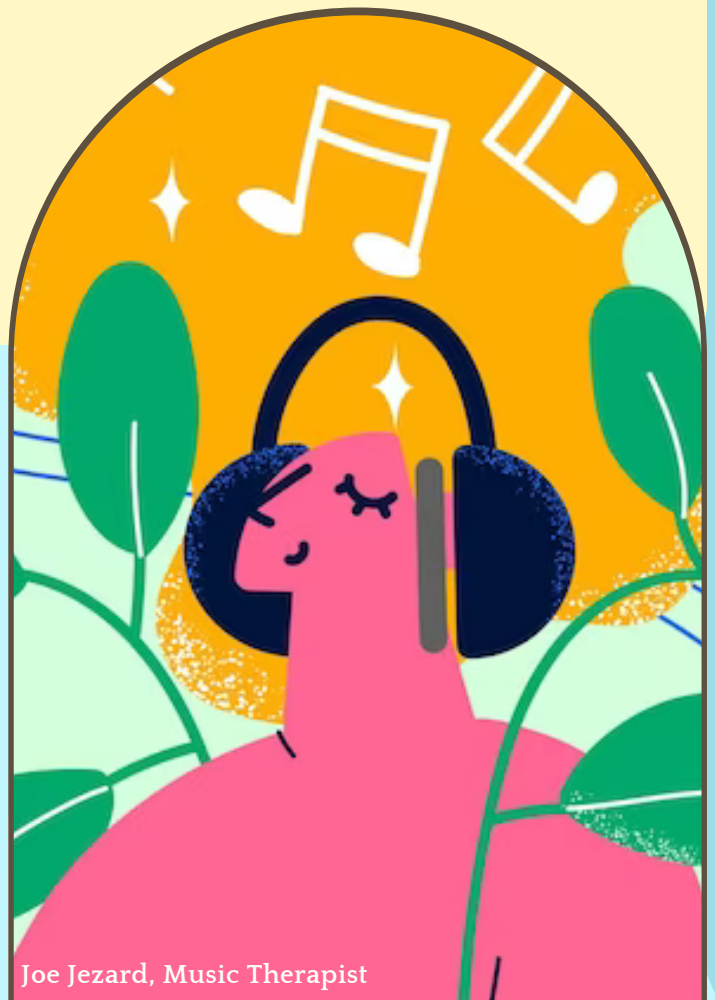
### Why string animation?

Not everyone feels confident about drawing, but with string animation, it's about motivating and inspiring those who aren't masters of art to see their work come to life in a magical way.

### Learn more about Joe and music therapy

Prior to music therapy I was a learning support assistant in Leicester, supporting differently-abled students with education. I have always been involved in music whether that's playing in bands or running music groups in different spaces.

I believe that everyone has a relationship with music, but not everyone has the same access to making music. With this music therapy group, it's about celebrating the former and disrupting the latter.



Joe Jezard, Music Therapist

### Music Therapy Group

The format of the group is dependent on what the members want to do. We can play through familiar songs or improvise, so each week can be different! We're all about getting stuck into making music together (no need for any previous experience) and seeing where music takes us.