



OCTOBER - DECEMBER 2023

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: 020 7241 8973 | 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 & 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
- **Therapeutic Groups:** including Art, Music and Dance Movement Therapy, and psychological health

MONDAY



10.45 AM - 1.30 PM: HELPLINE

Call 020 7241 8973 – for members only

TUESDAY



10.30 AM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support



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

Individual appointments with staff and volunteers



11 AM - 1 PM: WALKING GROUP 🦿

Explore beauty spots and attractions



12 PM - 1 PM: HEARING VOICES GROUP

Peer support @ BH Downstairs Group Room



12 PM - 1 PM: KNITTING

In a supportive environment



1 PM - 2 PM: TUESDAY FEAST

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



2 PM - 2.30 PM: COMMUNITY MEETING

With members, staff and volunteers @ BH Main Room



3 PM - 4 PM: ANXIETY/MOOD PEER SUPPORT GROUP

A safe space to explore & share experiences around anxiety & challenging moods with others

WEDNESDAY



12 PM - 1 PM: ONLINE HEARING VOICES GROUP

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



1 PM - 2 PM: SWIMMING GROUP 🦿

Meet at Barnes House for 12.15pm and head to Kentish Town for a swim



5 PM - 6 PM: MY BELIEFS PEER SUPPORT GROUP

A safe space to explore and share unusual beliefs with others



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

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



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



11 AM - 1 PM: BENEFITS SUPPORT

Individual appointments for Benefits & Welfare Support @ BH Downstairs Group Room



12 PM - 1 PM: LGBTQIA+ GROUP

A safe and confidential space for LGBTQIA+ community members to share experiences



1 PM - 3 PM: COMMUNITY OPPORTUNITIES

Exploring options around education, training, volunteering, work and community resources

FRIDAY



10.30 AM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support



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

Individual appointments with staff and volunteers



10.45 AM - 11.45 AM: MUSIC THERAPY GROUP

Engage with the therapeutic qualities of music! Facilitated by Joe @ BH Downstairs Grp Rm



11 AM - 12 PM: ANXIETY/MOOD PEER SUPPORT GROUP

A safe space to explore & share experiences around anxiety & challenging moods with others



1 PM - 2 PM: FEAST

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



1.30 PM - 2.30 PM: IT GROUP

A space for IT advice and support



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



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

Exploring different communities, museums, areas and parks



3.30PM - 7PM: SOCIAL CLUB

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



WANT TO FIND OUT MORE? 020 7241 8973 | referrals@mindincamden.org.uk

PHOENIX SPECIALS

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

BLACK HISTORY MONTH DAY

Friday 20 October, at Phoenix space

Join us to recognise and celebrate the contributions of Black people to British society!

MEDICATION WORKSHOP, DELIVERED IN PARTNERSHIP WITH MENTAL EASE

Friday 3 November, 1.30pm

- Mental Health Medications and how important are they to you? Close look into how mental health medications work, the different types of mental health medications and how they can impact on your mental health.
- Overview of the key skills you need to know to get you prepared for getting more from consultations and medication.
- Key skills to manage your mental health medication and discuss practical ways to ensure you are getting the best out of your mental health medication and wellness.

For more details and booking, please speak to staff members.



CHRISTMAS DINNER AT PHOENIX

Monday 25 December

Join us for a special Christmas Day at the Phoenix community space. Expect turkey, a tombola, Christmas carols and much more!

For more details and bookings, please speak to staff members.

NEW LGBTQIA+ GROUP

Every Thursday at Barnes House, between 12.00pm and 1.00pm

At Mind we believe we should all look out for one another's mental health. Especially when we know that some people deal with higher levels of discrimination and isolation. The focus of this new LGBTQIA+ group at Mind in Camden is to provide a safe and confidential space for members of the LGBTQIA+ community in coming together and sharing their experience. Connecting with people who have similar or shared experiences can be helpful in reducing feelings of loneliness and facilitating positive feelings of belonging. Group facilitators are LGBTQIA+ community members.

There is no need for booking prior to attending and it is free.

Please contact us at phoenix@mindincamden.org.uk if you are interested in joining.



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

HOW TO JOIN

CONTACT US

Call: 020 7241 8973

Email: referrals@mindincamden.org.uk

1

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.

2

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.

3

START!

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

4



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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