

Pre-Valentine's Dinner and Dance

By David Beall



On 13th February, The Fairfield Hub hosted a Pre-Valentine's Day Dinner and Dance for all our Hub users.

The tickets included a delicious meal of salmon, new potatoes and vegetables prepared by our British Bake-off contender Arlene and her supportive volunteers. This was served with a tasty pudding, of Black Forest gateaux or trifle.



There was also a prize raffle draw, a complimentary glass of non-alcoholic wine and a cup of tea or coffee for each guest! A deal everyone would fall in love with.



The Hub's Training Room was transformed into a mini Ritz Hotel with beautiful red ribbons, balloons and classy table decorations! Cupid would have hosted a few dinner parties here, I can tell you!

Our guests were invited to attend the event with or without partners. Many came just for the love of good food, as the menu certainly got hearts racing!



There were no potential marriages on this occasion, but I'm sure there were a few twinkles in people's eyes!

Our waiters and waitresses on standby consisted of the Hub's staff members Angela, Valerie, Veniece and David and they worked hard to ensure all of the guests were treated like V.I.P.s throughout the afternoon.



Barry 'Beans' Thorne commented on how much he enjoyed the event:

'Our Pre-Valentine's Day celebration was incredible. The food was excellent and the atmosphere was lively and fun. The decorations were wonderful and we all had a fantastic time. I can't wait for next year's. I'm booking as soon as I can'.

After dinner the dance floor was filled for a boogie wonderland. Oh, ok, it was just me and Sandra... but we would have easily made it to the 'Strictly Come Dancing' finals!

So a fun-packed afternoon was had by all. So do join us next time for an afternoon which will get your heart fluttering!



Trip to the British Museum

By Abdi Mohamed Ali – April 2017

When we left East Croydon, it was windy and cold. From East Croydon we took the fast train to Victoria. After that, we took bus number 38 to the British Museum. On the way, we saw some new buildings, new restaurants and cafes.

On arrival at the British Museum, I noticed that it was big and massive inside. We took pictures at the entrance. In my opinion, the British Museum seems as if it is the same size as Noah's Ark. It's a beautiful and historical building, there are huge and tall columns at the front of the building.



There we sat and had our lunch. The meal was a bit expensive. We talked a bit, then went to see the Egyptian statues and took pictures standing next to them. After that, we went to the third floor where we saw the mummies. The statues were amazing and beautiful. We spent an hour there. I was so excited to see the mummies.



Inside the museum it was very clean and well organised. It's a very busy place. The displays are very nice. Lots of information is given about each display. As I entered the museum, I saw exhibitions from different countries. This was amazing. After a while, we split up into 2 groups. David, Robert and I stayed together. First we went to the café on the ground level.



On the way back, we took the underground towards Victoria Station. Inside the tube, it was crowded and there was nowhere to sit. We were standing. After we came off the underground, we took the train back to East Croydon.

We had a very nice day and I really enjoyed it. The weather was brilliant.

Croydon Eagles Pitch Presentation at Selhurst Park



Mind in Croydon's football team, the Croydon Eagles have been recognised for their success on and off the pitch during the Watford match at Selhurst Park on 18th March.

One of the players, Jel Clifford, won the CPFC Equality Award 2016/17 for all the support he gives other players before, during and after football

The Minding Money Project is a three year project funded by Comic Relief to help people with mental health problems make the most of their money by understanding and learning new skills around budgeting.



What does the Minding Money Project offer?

- Find out if there is an entitlement to additional money. (e.g. benefits)
- How to get the most out of income, by budgeting tactics. Also by learning how and why, to prioritise which bills to pay first, to assist in avoiding more serious financial problems.
- Open and manage bank accounts and learn about online banking.
- We also look at how mental health may affect spending/budgeting.
- Practical information is also available on money related topics and looking at income/

“Good friendly atmosphere, fun session learning from other participants”

expenditure possibilities.

Alongside all this helpful information participants have the chance to make new friends, learn new skills

and build their confidence in an informative manner.

From November 2015 to October 2016 the project had:

- 95 referrals added to the waiting list for the Minding Money workshops.
- 36 participants who completed the workshops and received their certificates.
- 15 benefit audits were conducted to find out whether people are entitled to more money.
- 32 bank sessions were delivered by Metro Bank, Halifax and NatWest.
- Focus Groups with guest

“I feel more confident but not overly confident. The word “budget” used to frighten me but now I realise it can be simple. My goal is to be in credit after all my outgoings. My financial papers, bills, statements etc. are now more organised than before.”

speakers from Centre 70, Trading Standards, and The Illegal Money Lending Team.

Minding Money aims to help people make the most of their money, to understand and learn new skills around budgeting. Free workshops have been designed to learn about budgeting in a fun and interactive way by attending a total of six sessions spread out over two weeks, Mondays and Thursdays. The groups are small, a maximum of 6 and held at our premises in South Croydon.

The workshops cover a range of topics around budgeting with activities, ice breakers and taste testers incorporated.

Focus Groups

We have had a great response from our monthly focus group attended



Metro Bank delivering a bank session in October

by the Minding Money participants. We have had the privilege of guest speakers attending such as Centre 70 coming to talk about saving on Energy and Water, Trading Standards raising awareness around Scams and the Illegal Money Lending Team talking about Loan Sharks.

If there are any organisations who feel they have any interesting topics to share, we will be happy to hear from you.

Croydon Mental Health Teams

We would like to thank all the CMHT's who were kind enough to allow us to present to their individual teams at Tamworth Resource Centre, Purley Resource Centre and Queens Resource Centre over the first year of the Minding Money Project. We aim to meet with more CMHT teams for the next two years of the project.

If this is of interest to you and your team then please email: mindingmoney@mindincroydon.org.uk to arrange a meeting.



Keeley Runs in the London Marathon

By the time you receive this newsletter Keeley will have taken part in the London Marathon to raise money for Mind in Croydon.

Well done to her and thank you to everyone who supported her efforts.

You can still make a donation at:
<http://uk.virginmoneygiving.com/Keeley>



Mind in Croydon is accredited as a Croydon Good Employer



We are very pleased to be accredited as a Croydon Good Employer. Accreditation means that we have agreed to pay the London Living Wage, register with Croydon Works, buy local and have a commitment to promote equality and inclusion.

To find out more visit: <http://www.goodemployercroydon.com/>.

CASSUP Advocacy Event

The Advocacy service attended an advocacy event held by Croydon Council in partnership with CASSUP, (Croydon Adult Social Services User Panel).



The Advocacy service held a stall with leaflets and posters, showing examples of what Independent Advocacy is. We also presented practical examples of advocacy to CASSUP.

We were then involved in a roundtable discussion with the services users from CASSUP, raising important questions such as, what is advocacy? and has anyone used advocacy in the past? The event was quite positive in terms of getting people to think about advocacy. This will be the first of a series of consultation events about advocacy.

Calling all Carers

If you are a carer, 18 and over and live, work or are educated in the borough of Croydon, or if the person you care for is 18 or over, lives, works, or is educated in the borough of Croydon then you are eligible to apply for Carers Counselling at Mind in Croydon.

Places are restricted to 8 per session, book in advance so you don't miss out!

Understanding Depression

Monday 8th May 2017
2.30pm-3.45pm

Looking at Mindfulness

Monday 5th June 2017
2.30pm-3.45pm

Managing Challenging Behaviour

Monday 10th July 2017
2.30pm-3.45pm

Working with Panic Attacks

Monday 4th September 2017
2.30pm-3.45pm

Coping with OCD

Monday 9th October 2017
2.30pm-3.45pm

Tips on Surviving as a Carer

Monday 6th November 2017
2.30pm-3.45pm

Understanding Phobias

Monday 4th December 2017
2.30pm-3.45pm

To find out more or to register an interest in joining a group:

Contact the Counselling Team on 020 8763 2064 or email counselling@mindincroydon.org.uk.

Charity no: 1073880

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