

Depression Alliance merges with Mind

Friends in need

On the 1st August Depression Alliance merged with Mind. Mind in Croydon is one of seven Local Mind Associations who will now deliver the Friends in Need service previously delivered by Depression Alliance.

Friends in Need is a supportive space that everyone living with depression can use to connect with

others online or in their local area. Nationally, Mind will continue to deliver the Friends in Need online community.

What is Friends in Need?

It's a social network for those in Croydon affected by depression and anxiety and who would also qualify for the Croydon IAPT service.

IAPT typically sees those with:

- low mood/anxiety/depression
- stress
- worries
- OCD
- trauma related difficulties
- sleep problems
- panic attacks
- social or health anxiety

We provide a social network of 'meet-up' opportunities throughout Croydon to help reduce the isolation and loneliness depression and anxiety brings. To get a flavour of the 'meet-ups' please request our August schedule from the team. We also encourage people to use the <https://friendsinneed.co.uk/> webpage so they can get connected 24/7.

We're part of a wider network of coordinated 'Friends in Need' projects which cover areas such as Southwark, Berkshire, West London, Ascot and Northampton.

To find out more:

Contact the team on friendsinneed@mindincroydon.org.uk

Mind in Croydon AGM

12th October 2016 from 6pm at 10 Altyre Road, Croydon CR0 5LA

Guest speaker: Dr Deji Ayonrinde – "Everything you need to know about Hoarding"

If you would like to attend (or haven't sent your RSVP yet) please contact 020 8568 2210 or cat@mindincroydon.org.uk

Mind in Croydon is recruiting Trustees

Would you like to support a local, well-respected charity that has been providing services in Croydon for more than forty years?

Mind in Croydon, the leading local mental health charity, is seeking to appoint one or two new trustees. The charity has forty staff and more than a hundred volunteers and has an income of £1.5 million per year. Its services include a counselling service, an information service, advocacy, welfare benefits advice, employment support and services that support and encourage people to be more socially included and to take part in sports and active lifestyles.

The charity holds a number of awards and quality

marks and has won accolades for its pioneering work.

You can find out more about the charity at www.mindincroydon.org.uk

Being a charity trustee is an important and interesting role and would suit people from all walks of life. Trustees are responsible for setting the direction and values of the charity, ensuring that it complies with relevant regulations and supporting the staff and volunteers that deliver the services of the charity.

We run a "link trustee" system which allows trustees to take a particular interest in one of the charity's projects.

To find out more:

Email cat@mindincroydon.org.uk or call 020 8568 2210

Positive Steps 2016

So Positive Steps had changed: following two successive years of rain at Positive Steps on a Saturday in May it was decided to move the event to the last Sunday in June.



This was a brilliant idea up until we had the wettest June on record. Laying out some parts of the course on the Friday before the event had us imagining the Sunday being a tad like this

But fortunately with a few minor alterations and a couple of days to dry out the actual event looked more like this:

Our favourite Croydon celebrity Kevin Day started the walk off with a few



words which further reinforced his belief in the importance of good mental health services and looking after your wellbeing. Then after a limber up more than 50 adults, a couple of dogs and an assortment of

children not put off by the threat of wet weather set off to walk the quiet and pretty Lloyd Park route.

With our team of volunteer marshals offering encouragement, direction and just general advice the first of the 48 walkers soon started to return from the first lap. Most opted to continue for the full 15k but one small boy announced he felt he'd learnt enough nature for one day and was ready to go back to his toys now please. He became the first holder of the coveted Positive Steps Mental Wellbeing Medal of 2016 – and very proud he was too.



With more walkers joining as the day went by and a visit from Croydon Councils Mental Health Champion, Waddon Councillor Andrew Pelling, the day ticked along nicely.

By the time tea and sandwiches were dispensed to the assorted volunteers around the park the last of the walkers were beginning to drift in and our deconstruction volunteers were beginning to arrive

Huge thanks to all those who took part or volunteered including those from Goodgym who have just launched in Croydon, <https://www.goodgym.org/areas/croydon>. Of course the walkers and those who sponsored them raising just under £2000 to go towards the services Mind in Croydon provides.

Introduction to Advocacy

Hannah and Nichola successfully delivered an 'Introduction to advocacy' workshop to Parents in Partnership.

Parents in Partnership provide Advocacy as part of their role in supporting parents who have children with special needs and disabilities.

They focused upon the role of Independent Advocacy and maintaining professional boundaries.

'The training was very interactive and there was plenty of time for discussion, debate and reflection. I have learnt the advocacy principles and how they apply to my role.'

'A refresher of what the principles of advocacy are.'

To find out more:

For more information about the Advocacy Service contact the team on 020 8763 6730 or advocacy@mindincroydon.org.uk

MIC at the Addiscombe Carnival 2016

The Addiscombe Carnival has been going for many years and this is the second time Mind in Croydon have held a stall at the event.

As we had limited space it was decided that teddies, ladies clothes, shoes and accessories would be the ideal choice to bring along from the shop. We also had a 'Name the Bear' competition whereby the public who entered would pick a name from a list of 50 and if correct they would be the rightful owners of...who we now know is... Archie! Due to the size of Archie many people decided not to enter... one lady said that she would have to re-mortgage to accommodate him!!

We would like to say a big THANK YOU to all the volunteers who helped prepare for the event and those who came to help set up and assist on the stall on the day!



Archie the bear

Active Minds Cycling Group

When Active Minds went into partnership with Cyclinginstructor.com to run a cycling group three summers ago I think everyone was naturally nervous as to how the group would evolve.

Of course we needn't have worried as all of the instructors from Cyclinginstructor have been fantastic and engaged brilliantly with the whole range of service users who have come along to the group.

But special thanks must go to Emma who has been our regular instructor for much of the last three years and fifty plus participants and has gone above and beyond the call of duty to help our guys to get out cycling. She brought in her daughter's old BMX so that a more petite member of the group could safely join us; advised on bike purchases; arranged 1 to 1 lessons for those unable to ride; fixed punctures and bruised egos when life has thrown its little challenges at us. But most importantly has always been positive, cheerful and encouraging



Emma is moving onto other things shortly so the cycling group and Active Minds would like to thank her and wish her well for the future

For details of the Active Minds Cycling Group and other activities please look out for our programme of events or go to mindincroydon.org.uk/active-minds.asp



Mental Health Awareness in Sport and Physical Activity Training

- Want to know more about how being active is good for our minds?
- Do you want to feel more confident in talking about mental health?
- Do you want to better support those of us with a mental health problem to be more active?

Active Minds are using 8 years' experience in supporting people with mental health problems to access sport and physical activity to deliver Mental Health Awareness in Sport and Physical Activity (MHASPA) 3-hour workshops designed to give you the practical tools to help you better support those of us with mental health problems to be more active.

This workshop had been developed by Mind with support from Sports Coach UK and Sport England, and will be delivered by trainers from Mind in Croydon and is aimed at anyone working within sport and physical activity – from coaches to front-of-house staff – who would like to increase their knowledge and understanding of mental health within the context of their work.

Supported by



During the workshop you will:

explore perceptions and misconceptions about mental health including the positive impact of sport and physical activity on physical and mental health and wellbeing

understand the barriers that those of us with mental health problem can experience in sport and physical activity

have developed practical ways that you can create a positive sporting environment which is more inclusive and accessible to those of us with mental health problems

feel more confident to talk about mental health and wellbeing and know where to signpost people to

develop an action plan to embed practices into your organisation.

No prior knowledge is necessary and this highly interactive workshop will help you develop practical tools to ensure your activities are even more inclusive.

To find out more:

Please contact Dora at Active Minds on 020 8253 8208 or email dora@mindincroydon.org.uk



World Mental Health Day (Monday 10th October 2016)

Fairfield House will be providing all sorts of activities for World Mental Health Day 2016

We are holding a coffee morning providing cake and coffee for sale at the front entrance. During the day we will be running activities in the Training Room such as art & craft, knitting, card making, flower arranging - all provided by the service users.



There will also be performances from the choir and drama group in collaboration with the Brit School.

Fairfield House will be open to the public who are welcome to pop in to ask questions and get advice.

For more information contact:

Fairfield House, 10 Altyre Road, Croydon, Surrey, CR0 5LA Tel: 020 8688 1210

A busy year for The Employment Support Service!

The Employment Support Service has launched a new service, the "Vocational Support Service", using Flexible Support Funding from the DWP. As a result we have a new part time member of the team, Adam Cobby. We have now delivered presentations to all the Job Centres in Croydon (Croydon, Purley and Thornton Heath). All the JCP advisors have welcomed the new service and have been very accommodating. Adam is currently presenting himself at the different branches once a fortnight to meet with potential clients and is signposting those who are not suitable to other Mind in Croydon and/or other external services.

The Activity to Work Group has successfully secured funding through the Maudsley Charity fund, 'let's Smile'. The funds received will be used towards the running costs, including handouts and refreshments with the aim of delivering a minimum of 4 groups before the end of January 2018. The funding will also be used to pay towards new equipment and advertising costs. The current Activity to Work group started on Tuesday 09th August and the next group will start in October (date to be confirmed) and we are now on target to run a group once a quarter. We received a record number of 22 referrals for the August group, 11 of those attended the part 1 induction session where we explain about the sessions, and 8 attended the part 2 induction (the official start, when we complete paperwork) and have continued to attend. Here's what previous group members have said.....

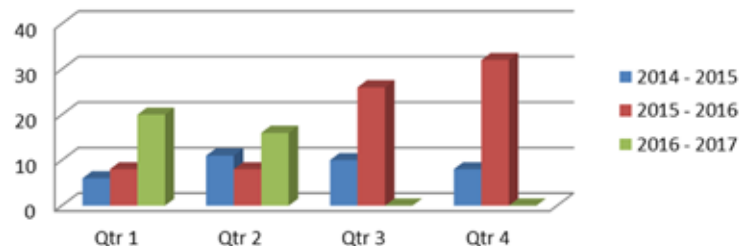
"The talks were good, practically the people talking about volunteering and how it can lead to work"

"...very good range of speakers"

"It's a starting point where you have options"

The *Employment Support Service* has seen a significant increase in referrals since the relaxation of the referral criteria this time last year. Referrals have more than doubled for the same months last year; as a result we have started *The Vocational Hub* to enable us to support more clients.

Employment Support Service
Number of referrals by quarter



The Vocational Hub is open to all Employment Support Service and Activity to Work service users where they can receive help and support with various things including: updating their CV, setting up an email address, how to research and apply for volunteer opportunities, research training courses and job search, to name but a few. The sessions are held every fortnight and so far we have successfully delivered 6 sessions with on average 3 to 4 service users attending as spaces are limited. However, we will be able to accommodate more clients once the new IT suite is operational.

Charity no: 1073880

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