

Social Networking Kew Gardens Trip



A day trip was organised in April which made the Chelsea Flower show look like a window box.

Yes, I am talking Kew Gardens! From towering tree walks to hidden horticulture, and gigantic green houses to prominent pagodas!

Our group from the Hub took the train to Richmond and then the Piccadilly line to Kew Bridge station. Here we arrived at the Victoria Gate Kew Gardens entrance. We split up into 3 groups and explored at our own pace. The weather was beautiful and sunny all afternoon which was a real bonus!

Kew Gardens requires at least a day to explore as it is absolutely huge. Many visitors take the Kew Explorer Land Train to get around the gardens which is definitely worthwhile if you are limited on time, whilst others prefer to take a leisurely stroll around specific areas of the grounds.

Peter (One of our photographers on the day) advised visitors to put aside a whole day to appreciate Kew fully, adding; "I would have liked more time to explore".

The Tree Walk was a popular attraction and Helen and Anthony reflected on their personal experiences: "I did the tree walk, but found it scary!". This was echoed by Helen; "I'm glad I did the tree walk, as it feels like an achievement, but it was a challenge when I realised how high it was". Not for the faint hearted!

Preferring to keep their feet firmly on the ground, Abdi, Robert, Quetan and Danny explored the

huge tropical green houses. Abdi stated that he liked their tropical climate. Robert found the colours of the flowers pretty and liked their smell.

Sandra Dewar enjoyed Kew's peaceful surroundings and told me that she really enjoyed the 1:1 time with Elvette as they drifted around the gardens.

I must finally say that everyone on the Kew trip was blossoming with enthusiasm for the trip and we planted a seed for future visits!

David Beall



First Summer Programme Outing

Social Networking took some of their clients on the first outing for the new Summer Programme to Coombe Woods in Croydon.

We had a wonderful time looking at the stunning plants, exploring the woods, admiring the fishes in the pond, navigating the rockery walk and having a hot lunch.

We also managed to jump on the tram before the heavens opened!

Daphne
Bastians



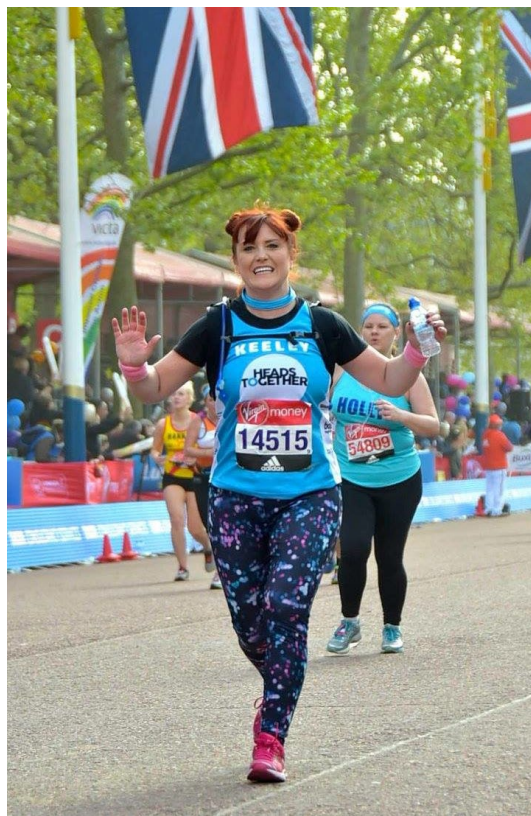
Fundraising

VMLM 2017 Marathon Finisher!

by Keeley Alvarado-Rivero

As the day broke I was feeling good, albeit a little anxious but hair and makeup done, legs all taped up and kit bag packed, I was ready!! WAS I??? The train journey from East Croydon to Blackheath was like being on the marathon express... the camaraderie of runners, the smell of Ralgex!!

As a charity place runner I had instructions to head towards the Heads Together Hospitality tent to meet up pre-race, for photo and media opportunities, schmoozing with Kate, Wills & Harry before being filtered through to the start line. However, I'd gone through the wrong entrance and was apparently a long way off from where I was supposed to be. As a member of the Team Heads Together Facebook group I've spent months swapping training/injury stories and general marathon obsessed chats with some incredible people, my new friends. Some of which, like me, had charity places (and invites to 'the tent') and others that had ballot places and had chosen to support Heads Together



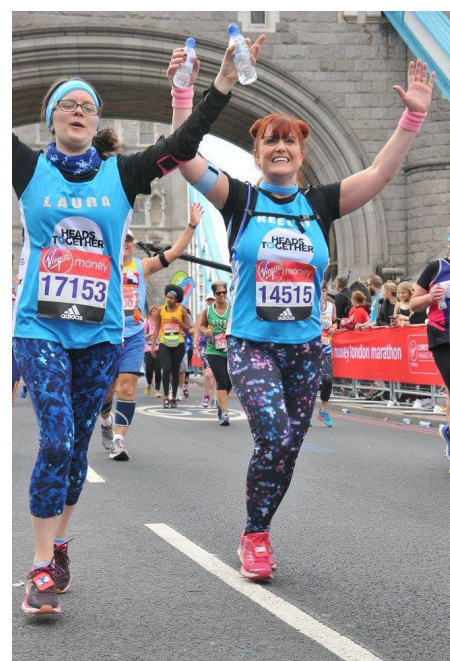
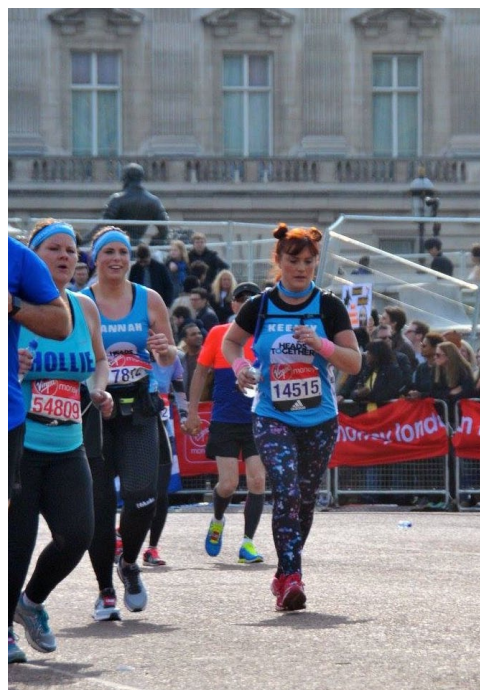
but I'd much rather be with this lot!!! And as it turned out this was the best decision!! Not only did I get to meet the fantastically supportive Chris Harvey, I'd also reunited with my training day buddy Laura Gallacher and two other equally nervous runners Helen and Hannah. We quickly adopted a 5 min run, 1 min walk strategy (which should have got us in around 5:45) but our concern was just to finish and to finish TOGETHER!!

We crossed the start line at 10:15, waving frantically at Will, Harry and Kate convinced they'd called our names!! It had begun!! The noise!!! The crowd!!! People have tried to explain what a difference the crowd makes and it really REALLY does!! 26.2 miles of strangers calling your name, encouraging you, spurring you on, kids high-fiving you (apologies to that poor child who I'd

made particularly firm contact with...??), offers of jelly babies, Haribo, orange slices or Vaseline!! My particular favourite was a group of lads outside one of the many pubs en route who shouted across to my team mate "Laura, Laura... Cheese sandwich?" producing half a flabby sandwich from a Tupperware container, his mate next along, like a magician pulling a rabbit from a hat "Wagon Wheel?"

We decided to dig deep and run the last 400 metres, turning onto The Mall cheered on by my CEO Richard Pacitti.... desperately in need of the loo!!

I completed my first and my last London Marathon...in 6hrs 4mins!



Fundraising

Soul Symphony Concert Raises Money for Mind in Croydon

We were delighted to be the beneficiaries of a fundraising concert by the Soul Symphony Choir on 29th April at St Paul's United Reform Church, South Croydon.

There was an evening of wonderful music and many people present spoke about the importance of good mental health and the importance of the support provided by Mind in Croydon.

The event raised £1,242.45 and choir leader Joanne came along to Mind in Croydon to deliver the cheque in person.

We are very grateful to the choir and all of the hard work they put into the evening. You can find out more about the choir at <https://www.facebook.com/ulSymphonyChoir.Croydon/>



Riding for Mind

Mark Turner took part in the Prudential 100 event on 30th July 2017 to raise money for Mind.

"I've wanted to do something on behalf of Mind for a long time, to support the great work they do, and this year I've secured a place in the Prudential 100 event - a 100 mile bike ride that follows the Olympic

2012 road race route. Cycling for me provides a cheap mode of transport, but more importantly gets me exercising which I find a great antidote to a stressful job. Thanks for reading and thanks for any donation!"

You can still sponsor Mark at <http://uk.virginmoneygiving.com/markturner31>



A Big Thank You to Co-op

We were chosen as one of the supported causes for the Co-op Community Fund for 2017.

Every time a Co-op member bought a Co-op branded product 1% of their spend went towards the selected local causes like ourselves.

Co-op raised a massive £1471.64 for our charity through this event and we would like to say a big thank you to those who voted for us and the customers who supported the Fund.



Croydon Eagles Flying high again

Mind in Croydon's football team, the Croydon Eagles regain The National Football Therapy Cup in superb tournament football performance.

Over 100 young adults from clubs across England and Wales contested the 4th Lewes FC National Football Therapy Cup at The Dripping Pan yesterday, with the Croydon Eagles avenging their narrow defeat by Everton in the final last season to win the coveted trophy for the second time in three years.

To read the full story visit:

<https://www.linkedin.com/pulse/flying-high-again-kevin-miller>



FREE Hoarding Project

Mind has been funded by Croydon Council to run a hoarding prevention project

The purpose of the project is to provide free group counselling sessions to participants in order to help them examine why they collect items that clutter the home and what would it be like to consider letting some of these go.

This will be a 6 fortnightly group counselling session plus an hour a week with a De-Clutter Buddy to support clients with the decluttering.

To find out more:

Please phone 020 8763 2064 or email counselling@mindincroydon.org.uk.

DVD Sale!

All of our DVD documentaries are now on sale at £5 each.



Order forms can be found on our website.

Alternatively pop us a payment over through our website donation routes (Get Involved - Donations) and email a copy of the payment made to admin@mindincroydon.org.uk letting us know which DVD you are wanting to purchase and where you would like it posted.



In loving memory..



Edna Franklin

Edna started with us decades ago as a volunteer in the shop which used to be on the ground floor at Pampisford. When we turned that into offices, she turned her very practical skills to helping us there, banking the money and taking calls on the infoline. She was a lovely lady, very practical and down to earth. Brummie with loads of friends. She loved her garden and cats and really enjoyed coming in each week and being part of Mind.

Jim Fay

Jim came to Mind in 1961 after completing his National Service and time in the RAF. Jim did very well for himself and joined the Military Police as a Dog Handler and was promoted to Corporal. He spent eighteen months of his service in Malta. This was a very happy time for Jim and he went back to spend many, many holidays back in Malta. He met his wife at the Fairfield Club and they married in 1969 in Edenbridge. For much of Jim's life

he attended Fairfield Club seven days each week both as a member and in later years as a volunteer. Jim volunteered to welcome visitors, make them a cup of tea and keep them entertained until they could be seen by a member of staff. Jim took every opportunity to let Jacqui know that he was an unpaid volunteer and as such he should be doing as little as possible. Jim will be missed by all the members and staff at Fairfield House.

Charity no: 1073880

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