

Enterprise Shop Closing for Refurbishment

Our Enterprise shop in Crystal Palace will close after Christmas trading for a full re-fit to take place in the New Year. This exciting refurbishment will also include a flat at the top of the building which will be rented out to provide much needed funds for the charity and ensure that we are using the buildings we own in the most effective way.

We have been operating a shop on the site in Westow Street since 1986. As well as a small retail area we started off with a dining room and kitchen and carried out craft and relaxation groups. This was because the shop was originally part of a project of Mind in Croydon where service users could gain retail experience and the confidence gained through training for a customer service role facing the public. Many people moved from Enterprise to other voluntary work or paid jobs. A tea shop was established at the back of the shop which was originally called 'The Attic'. For many years Enterprise worked in conjunction with our furniture service using our removals van to deal with donations of chairs, tables etc. and we even had a small workshop to carry out repairs. Over the years we have suffered



the trials and tribulations of floods in the basement, break-ins (through the roof!) and shutters which stubbornly refused to be raised even though it was five minutes before opening time. The building is an old one and a refurbishment will help with many of the issues which have proved challenging in the past.

Times have moved on and the shop has grown into a fantastic resource for us to raise much needed funds. We would like to take this opportunity to thank our many loyal customers. We could not have traded successfully without the help over the decades of a vast team of hard working volunteers and managers. All these people continue to contribute greatly to the shop's success and we would like to thank them for the huge efforts they have made on the charity's behalf. We look forward to a new era for the shop in 2017 and anticipate that the works should be completed by the summer.

Mind in Croydon would like to take this opportunity to thank all our customers and donors for their support and we wish everyone a very

Merry Christmas
and a
Happy New Year!



Calling all Carers

Do you live, work or attend college in Croydon?

Do you care for someone who lives, works or attends college in Croydon?

Are you 18 years or over?

If you can answer yes to the above then you may benefit from our Carer Support Groups.

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

Managing Challenging Behaviour

Monday 23rd January 2017

2.30pm-3.45pm

Managing and Working with Worry

Monday 27th February 2017

2.30pm-3.45pm

Managing Thoughts and Keeping Positive

Monday 13th March 2017

2.30pm-3.45pm

Raising Self Esteem

Monday 3rd April 2017

2.30pm-3.45pm

For more information or to register an interest in joining a group please contact the Counselling Team on 020 8763 2064 or counselling@mindincroydon.org.uk

Friends in Need

The Friends in Need team have been busy since joining Mind in Croydon.

We have been up to all sorts of activities such as:

- We attended a Christmas Fair at St Mildred's on Saturday 3rd December where we sold a lot of craft items and gave everyone who attended a festive welcome.



Our stall at St Mildred's Christmas Fair

- A group of 12 enjoyed some 'Animal Therapy' at Vauxhall City Farm in early November
- The men of the group continue to enjoy 'Man Chat' on Friday mornings at the Clocktower in Croydon
- The Mind and Friends in Need stop smoking service, 'Smoking? Vaping? Still Craving?' is underway each Thursday from 3pm-4pm at

Fairfield House. We hope to see lots and lots of new people in the new year!

We also recently completed our Friends in Need annual survey and discovered the following:

Nearly
55%
of our referrals
came through
Croydon IAPT

81%

of our members
say their mental
health has
improved/stayed the same
since joining Friends in Need



80%

say they feel less isolated

75%

say their
relationships
have
improved



This survey was completed by 35 members. If you would like to see the full report please get in touch.

Contact us on:

Katie on 07815 412872 / Sarah on or email
friendsinneed@mindincroydon.org.uk

Smoking? Vaping? Still Craving?

Stopping completely, improves your mental health, adds years to your life and puts more £££ in your pocket!

Let us help you with free support and advice.

We run a drop in Thursdays 3-4pm Fairfield House.

Trained advisors will listen to you and discuss your smoking history and current patterns. Based on this information they will work with you to set up your personalised plan. The aim is to stop smoking completely whether you cut down gradually, or bite the bullet and stop altogether.

The advisors will give you free, safe products to replace the nicotine

and will also meet with you or be in touch with you every week to cheer you on and help pick you up on tough days.

It's a drop-in, so other smokers will also be there to support you...and you can support them!

Help is available for up to 12 weeks...who knows, you might not even need this long!

When can I start?

NOW!

Runs every Thursday at Fairfield House, 10 Altyre Road, East Croydon, Surrey, CR0 5LA

Keen to join?

Let us know 020 8688 1210 or email
hub@mindincroydon.org.uk

First Give Programme

A group of boys from Class 8P at Carshalton Boys School delivered a fantastic presentation about depression and Friends in Need, encouraging conversations and ways to support one another.



This was part of the First Give Programme, set up to encourage students to identify social issues and engage with local charities that address them.



Christmas and New Year Opening and Closing Times



Active Minds

Active Minds will be closed from:

Friday 23rd December 2016

until

Tuesday 3rd January 2017

If you have been referred to Active Minds please be aware some activities will have longer breaks over the Christmas period.

Please do contact Active Minds team on 020 82538208 or email activeminds@mindincroydon.org.uk for individual group running information.

Counselling

The Counselling Service will be closed from:

Wednesday 21st December 2016

until

Tuesday 3rd January 2017

Charity Shops

The Addiscombe and Enterprise Shops will be closed from 2pm Saturday 24th December 2016 with the Addiscombe Shop opening Tuesday 3rd January 2017

Enterprise will remain closed for refurbishments.

Advocacy

Mind in Croydon Advocacy Service will be closed for new referrals from:

Monday 19th December 2016

until

Tuesday 3rd January 2017

The last day for allocation of referrals will be Monday 12th December 2016.

There will be a limited service available over the phone for queries however no new referrals will be allocated until Tuesday 3rd January 2017.

The IMHA's will be present on the Units as usual up to and including Thursday 15th December 2016.

A limited service will be available over the telephone for enquiries.

Employment Support

The Employment Support Service will be closed from:

Friday 23rd December 2016

until

Tuesday 3rd January 2017

Welfare Benefits

The Welfare Benefits Service will be closed from:

Friday 23rd December 2016

until

Tuesday 3rd January 2017

The Hub

Saturday 17th December
Strictly Come Hub – Dancing Competition

Monday 19th December
Maths, Choir, Drama & Chess

Tuesday 20th December
Hub Assessments Only

Wednesday 21st December
Christmas Dinner – Croydon Park Hotel (Meeting 11.30pm here at Fairfield House)

Thursday 22nd December
Carol Singing (From 12.30pm here at Fairfield House)

Friday 23rd December
Hub Christmas Party (10am-2pm)

Saturday 24th December
Hub Opening - (10am-2pm)

Sunday 25th December
Christmas Day - Hub Closed

Monday 26th December
Bank Holiday – Hub Closed

Tuesday 27th December
Bank Holiday – Hub Closed

Wednesday 28th December
Hub Opening - (10am-4pm)

Thursday 29th December
Hub Assessments Only

Friday 30th December
Hub Assessments Only

Saturday 31st December
New Year's Eve Roast - (10am-2pm)

January 2017

Sunday 1st January
New Year Day - Hub Closed

Monday 2nd January
Bank Holiday – Hub Closed

Tuesday 3rd January
Staff Meeting - Hub Closed

Wednesday 4th January
Hub Day - (10am-4pm)

Croydon Eagles Season Review 2015-2016

The Croydon Eagles have just completed another successful season; we completed the double in the Surrey Community Inclusion League.

We began the season by retaining the Community Cup coming top in a round robin format. We followed this up with a highly impressive league campaign giving a number of top drawer performances and almost going the whole season with a 100% record. We got to the second to last game before losing to Guildford and Waverley.

However we were content to have achieved a second successive league and cup double. We would like to thank all at the Surrey League for their warm welcome and the graciousness of the other teams. For the 2016/17 season we have decided to also enter a team into the South London Grassroots Football League and we look forward to what we know will be a highly competitive season for both teams.

We had a very busy time away from the league entering quite a few tournaments around the south of the country visiting Arsenal, Portsmouth, Brighton, Lewes and Charlton. The most successful of these were our trips to Lewes and Brighton. We

unluckily lost the final in Lewes on penalties after a tight 1-1 draw with an Everton team as tough as they come but our lads gave it their all.

In Brighton we went all the way beating the hosts in their own backyard with Dan Butler getting the winner. We won't gloat too much but know The Seagulls don't like to lose to a team connected to Palace. That aside we left as friends and they were, as always, fantastic hosts.

We also for the second year hosted our own tournament at The Dome in Crystal Palace Park where we were joined by old friends from QPR, Arsenal, Lawn Court, Status and others. We had two teams on the day and both gave a good account of themselves. One of our teams reached the final before losing to Brixton Pumas. We led the game through a Jamie Singers goal until the dying seconds and it was heart-breaking when Brixton equalised. Brixton eventually won 2-1 in extra time through a goal worthy of winning any match. Brixton had just won a very competitive Grassroots League so no great shame in losing to them, everyone said they enjoyed the tournament so that was what counted.

We gave out a few individual trophies at the end of the season:



Dan Butler top goal scorer and player of the year. James Prins and Kelvin Olugbosun drew in the voting for most improved player and our budget just stretched to a trophy each. Marlon Hobbs won the managers award for being an ambassador for the club when playing for other teams.

We would like to thank all our players and opponents, our management team of old codgers Jel Clifford and James Cregan, Mind in Croydon's Peter Rogers and all at the Crystal Palace Foundation.

Croydon Eagles are the Mind in Croydon and CPFC Foundation mental health football team.

By Tim Mattias

In loving memory..

Of Roz Carey, who sadly passed away on 20th November 2016.

Her funeral took place at Croydon Crematorium on 9th December 2016.

More than a young lady, Roz also had a generous soul. She never



met a person in need that she didn't find some way of helping. Her volunteer work at the mind shop, craft group and women's group at Fairfield House became

her greatest passion and she put in hours looking into activities and places where the various groups could go.

Roz loved music, Karaoke and dancing. The one thing that we all shared about Roz is her good nature. Fairfield House will not be the same without Roz, we will miss her.

Charity no: 1073880

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Email: admin@mindincroydon.org.uk
Call: 020 8668 2210

Write: 26 Pampisford Road, Purley, Surrey, CR8 2NE