

### What do we do?

Whether you are struggling with your mental health or having trouble understanding how the benefits system works, we at the Croydon Health and Wellbeing Space will connect you to the support and advice you need.

We offer support on a variety of issues ranging from social isolation to welfare benefits, physical activity to housing advice and much more.

### Did you know?

1 in 8 men suffer from a mental health problem but are significantly less likely than women to access support. With measurably lower access to the social support of friends, relatives and community, isolation can be a major factor in men not seeking support for their mental health. Stigma around mental health and expressing emotions can also be barriers to men in accessing the support they need.

### Who are we?

**Support Workers:** Assist you in accessing all support services available to them in Croydon relevant to their individual needs.

**Crisis Team:** Support people to manage their crisis, identify crisis triggers, identify strengths & effective coping methods, and improve self-confidence, esteem & independence.

**Clinical Psychologist:** Helps their client identify their psychological, emotional and behavioural needs and work through these issues. They will often help people to learn coping skills and manage difficult emotions

# WHAT'S ON?

## Reserve your place (All Free to Attend)

Call 0203 154 9539 or email us at [chws@mindincroydon.org.uk](mailto:chws@mindincroydon.org.uk)

### Coping Skills Workshops:

Six sessions to build your coping skills around self-esteem, stress and sleep.

**Dates for the new year coming soon!**  
**12pm – 1pm**

12<sup>th</sup>  
December

19<sup>th</sup>  
December

### Carers Counselling Group:

Educational sessions with a counsellor.

**10:30am – 11:45am**

13<sup>th</sup>  
December –  
Christmas  
Coffee  
Morning

9<sup>th</sup> January –  
Compassion  
Fatigue

### Carers Advice Group:

Network with other Carers and build your expertise.

**10:30am – 11:45am**

13<sup>th</sup> December  
– Christmas  
Coffee Morning

17<sup>th</sup> January –  
Care Co-ordinators

### Welfare Benefits Advice:

Book a phone appointment with the welfare benefits team

**9:30am – 3:30pm**

Every Monday

### Healthy Homes:

Tailored support to manage the cost of energy in your home.

**12 – 4pm**

25<sup>th</sup> January

### Dance Movement Therapy:

Take part in 1 to 1 sessions with Dance Movement Therapy students and explore your feelings and emotions through movement. No dance/movement experience required.

**Saturdays**

Call us to book your place!

## FREE Drop-In Sessions

Call 0203 154 9539 or email us at [chws@mindincroydon.org.uk](mailto:chws@mindincroydon.org.uk)

### Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist.

**Every Other Friday  
Adjusted Christmas  
timetable below**

**10am– 1pm**

9<sup>th</sup> December

6<sup>th</sup> January

### Working Homes:

Start your journey towards finding a job that works for you.

**Coming to CHWS in the  
January!**

**Please contact us to  
find out more.**

## FORM FILLING

### How can we help?

**What we do:** At CHWS we know sometimes forms and applications can be overwhelming, we can help with reducing anxiety around form filling and help to build your confidence promoting independence with future form filling.

Our support workers will spend up to an hour at time with you to problem solve where you are having difficulties and provide guidance where you feel you need it. Unfortunately, we are unable to complete the form fully except in exceptional circumstances.

**When can I receive support:** When at all possible we will provide support when you first contact CHWS. However, it may be appropriate to book an appointment with a support worker in order to dedicate sufficient time to providing tailored support to you.

**What if my form needs completing before my appointment:** The team will provide information and support on different options available, such as other organisations providing support for form filling in Croydon or applying for an extension.

## CHRISTMAS HOURS

**Throughout the festive period we will have amended opening times, please see below:**

14<sup>th</sup> December 1pm **Closed**

24<sup>th</sup> December 10:00-2:00 (last appointment 1.45)

25<sup>th</sup> December **Closed**

26<sup>th</sup> December **Closed**

27<sup>th</sup> December **Closed**

28<sup>th</sup> December 10:00-17:00 (last appointments 16.45)

29<sup>th</sup> December 10:00-17:00 (last appointments 16.45)

30<sup>th</sup> December 10:00-17:00 (last appointments 16.45)

31<sup>st</sup> December 10:00-2:00 (last appointment 1.45)

1<sup>st</sup> January **Closed**

2<sup>nd</sup> January **Closed**

# NEWS FROM NOVEMBER

Throughout November Max and Tim – support workers here at the Space – grew out their moustaches in support of men’s mental health and raised over £200.

Our first cohort of **Coping Skills** participants have finished their sessions with Dr Kevin Vento and left great feedback about the skills they have learnt around sleep, worry and self-esteem. The sessions were so popular that Dr Vento is now running the sessions again, so be sure to call us and sign up if you would like to join!

The team here at the Space went along to the “**Can You C Me?**” conference run by the Croydon BME Forum in partnership with Macmillan. With speeches by cancer specialist and survivors, as well as workshops and stalls from local organisations, the team gained a wealth of knowledge and awareness around cancer.

On the 1<sup>st</sup> December the Space was visited by **Sarah Jones MP**, member of Parliament for Croydon Central, who held a surgery at which her constituents could come and speak to her about issues they have been facing.



*The moustache twins sporting their hard work.*

**WISHING YOU A MERRY  
CHRISTMAS AND A  
HAPPY NEW YEAR FROM  
EVERYONE AT THE  
CROYDON HEALTH AND  
WELLBEING SPACE!**

**Croydon Health and Wellbeing Space, Unit  
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**020 3154 9539**

**info@mindincroydon.org.uk**

IN PARTNERSHIP WITH

