

WHAT'S ON?

Register your interest now! All our services are FREE

Call 0203 154 9539 or email us at info@croydonhws.co.uk

<p>Welfare Benefits Advice:</p> <p>Book a phone appointment with Mind Welfare Benefits team</p> <p>9:30am – 3:30pm</p> <p>Every Monday and Thursday</p> <p>BOOK NOW!</p>	<p>Department of Work and Pensions</p> <p>Get some advice and guidance at our drop-in session with a DWP specialist.</p> <p>Every Other Friday</p> <p>10am– 1pm</p> <p>14th April 28th April</p> <p>DROP IN!</p>	<p>Working Homes Employment Support</p> <p>Start your journey towards finding a job that works for you.</p> <p>10:30am –2pm</p> <p>5th April 19th April</p> <p>DROP IN!</p>	<p>Mindfulness</p> <p>Run by Active Minds. This is an online zoom session, for those without access to a computer we will be providing access here at the Croydon Health and Wellbeing Space.</p> <p>Every Friday 11am-12pm</p> <p>BOOK NOW!</p>	<p>Be Kind to Yourself: Self-Compassion Therapy Group</p> <p>New group run by our Psychology team. Dates to be announced.</p> <p>REGISTER YOUR INTEREST NOW!</p>
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Turn over to find out more about what we do!

IN PARTNERSHIP WITH



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.

How do I access the service?

You can register for our service by dropping in during our opening hours. We will have an initial chat (up to 15 minutes) to discuss your support needs. If you require more in depth support we will book you in for a 1:1 appointment with one of our support workers. If you'd like to sign up to one of our groups please drop in or call. For information on current groups/ drop ins please see other side of leaflet!

Who are we?

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

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

Clinical Psychologist: Help you to identify your psychological, emotional and behavioural needs and helps you to work through these issues. They will help you to learn coping skills and manage difficult emotions.

Did you know?

April is stress awareness month meaning it's time to have an open conversation about the impact of stress on our personal and professional lives. Stress can lead to various health problems such as heart disease, immune system problems, digestive problems, insomnia, depression and anxiety. The most important thing to do when we recognise we are stressed is to look after ourselves. Self-care can come in many forms; make sure you take time out of your day to do something relaxing that you enjoy and ensure regular exercise and eating well.

Open 7 days a week, excluding bank holidays

Monday- Saturday 10:00-17:00 (last walk in 16:45)

Sunday 11:00-16:00 (last walk in 15:45)

4th April- Open 14:00-17:00

7th April- CLOSED (Bank Holiday)

8th April- CLOSED (Bank Holiday)

9th April- CLOSED (Bank Holiday)

10th April- CLOSED (Bank Holiday)

18th April- CLOSED (Staff Training)

CONTACT US

Croydon Health and Wellbeing Space, Unit 1101-1102 Whitgift Centre, 1 N End, Croydon (Next to Holland and Barrett)

020 3154 9539

info@croydonhws.co.uk