

Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

DROP IN OR CALL FOR AN INITIAL 20 MINUTE CHAT OR TO BOOK AN APPOINTMENT

UPCOMING CLOSURES

We will be closed on the following dates due to staff training:
Wednesday 2nd October
Thursday 10th October
Wednesday 16th October

Volunteering

Volunteering at CHWS

Volunteering is a great way to gain experience and to connect with others. We currently have the below vacancies:

- Reception volunteer
- Form Filling volunteer
- Support volunteer

If you are interested, please send your CV and a cover letter to our volunteer lead:

rachel@mindincroydon.org
.uk

Sound Healing Sessions

Sound Healing is a powerful therapy that combines different healing sounds, music, and instruments to trigger a relaxation response and helps with symptoms of chronic stress.

Sessions on **Fridays** starting on **4th October** from **1pm – 1.45pm.**

SIGN UP NOW!

Groups and Peer Support

Qigong Sessions

Qigong is a set of slow, gentle exercises for improving Health, Energy and Awareness. It is suitable for all ages and levels of mobility. Many of the exercises can be done sitting down and no previous experience is needed.

Sessions running on **Fridays** from **11am – 12.30pm.**

SIGN UP NOW!

Connect & Cope Group

Run in collaboration with the Recovery Space and Advice Team. Sessions cover anxiety, sleep, bereavement, stress, low mood, and self-esteem.

This group will be ongoing so sign up for a place now!

Sessions running on **Thursdays - 14:30-16:00**

SIGN UP NOW!

Psychoeducation groups

In collaboration with our clinical psychology team, we run a series of psychoeducation groups throughout the year, covering topics such as:

- Managing Emotions,
- Compassion-focused Therapy,
- and Acceptance and Commitment Therapy (ACT).

If you are interested in signing up for any of our future groups, **please enquire with our advice team!**

Drop in support

Domestic Abuse Support

Did you know that we are a safe space to access if you are experiencing domestic abuse? We will be joined on **Thursday 31st October** by a representative from FJS.

CONTACT TO FIND OUT MORE!

Status Employment Drop in

Get advice and support from mental health supported employment specialists.

Every Other Monday
7th and 21st October

10:00-13:00

DROP IN!

Mind in Croydon Carer's Support drop in

If you are looking after someone with a mental health condition and want to find out what support is available to you

Thursday 31st October

10:00-13:00

DROP IN!

Department of Work and Pensions

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

No appointment required.

Every Other Friday
11th and 25th October

10:00-13:00

DROP IN!

Benefits Support

Form filling support

Do you need support to complete an application form?

- Benefit forms e.g. Personal independence Payment
- Travel concession forms e.g. Blue Badge

We are now able to offer form filling support via **appointment only!**

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team.

Book a phone appointment now for support with any benefit queries.

Phone appointments available every **Monday** and **Thursday**

9:30-15:30





SUN	MON	TUE	WED	THU	FRI	SAT
		1 Drop in 10:00-13:00	2 Closed	3 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	4 Drop in 10:00-13:00 11:00 – 12.30: Qigong 13:00: Sound Healing	5 Drop in 10:00-13:00
6 Closed	7 Drop in 10:00-13:00 10-1 Status Employment Welfare Benefits	8 Drop in 10:00-13:00	9 Drop in 10:00-13:00	10 Closed 14:30: Connect & Cope Welfare Benefits	11 Drop in 10:00-13:00 10-1: DWP Drop in 11:00 – 12.30: Qigong 13:00: Sound Healing	12 Drop in 10:00-13:00
13 Closed	14 Drop in 10:00-13:00 Welfare Benefits	15 Drop in 10:00-13:00	16 Closed	17 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	18 Drop in 10:00-13:00 11:00 – 12.30: Qigong 13:00: Sound Healing	19 Drop in 10:00-13:00
20 Closed	21 Drop in 10:00-13:00 10-1 Status Employment Welfare Benefits	22 Drop in 10:00-13:00	23 Drop in 10:00-13:00	24 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	25 Drop in 10:00-13:00 10-1: DWP Drop in 11:00 – 12.30: Qigong 13:00: Sound Healing 14:00: Carer's Forum	26 Drop in 10:00-13:00
27 Closed	28 Drop in 10:00-13:00 Welfare Benefits	29 Drop in 10:00-13:00	30 Drop in 10:00-13:00	31 Drop in 10:00-13:00 10-1: Carer's drop in 10-1: FJC Drop in 14:30: Connect & Cope Welfare Benefits	<p>Drop in 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) 020 3154 9539 chws@mindincroydon.org.uk</p>	