

## Groups and Peer Support

### UPCOMING CLOSURES

We will be closed to drop ins on **bank holidays**.

### Volunteering

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](mailto: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** from **1pm – 1.45pm**.

**SIGN UP NOW!**

### 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.

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

**SIGN UP NOW!**

### Tranquil Tuesdays

Run in collaboration with the Recovery Space. Sessions focus on mindfulness and meditation techniques to help you to relax, reduce anxiety, lower stress levels, achieve a state of calmness, and improve overall emotional wellbeing.

Sessions running on **Tuesdays - 15:30-16:30**

**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 30<sup>th</sup> January** by a representative from FJS.

**DROP IN!**

### Status Employment Drop in

Get advice and support from mental health supported employment specialists.

Every Other Monday **13<sup>th</sup> and 27<sup>th</sup> January**

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 23<sup>rd</sup> January**

10:00-13:00

**DROP IN!**

### Mind in Croydon Mental Health Advocacy Awareness drop in

Speak to an Independent Mental Health Advocate about your rights.

**Tuesday 14<sup>th</sup> January**

11:00-12:00

**DROP IN!**

### Department of Work and Pensions drop in

Expert advice and guidance with a DWP specialist.

Every Other Friday **3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> January**

10:00-13:00

**DROP IN!**

### 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 offer form filling support via **appointment only!**

## Benefits Support

### Welfare Benefits Advice

In partnership with Mind Welfare Benefits team.

Phone appointments available every **Monday and Thursday**

9:30-15:30



IN PARTNERSHIP WITH



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Drop in 10:00-13:00 Monday-Saturday</b>                      Phone line open 10:00-17:00 Monday-Saturday                      Unit 1101-1102 Whitgift Centre, Croydon (next to Holland &amp; Barrett)                      020 3154 9539 <a href="mailto:chws@mindincroydon.org.uk">chws@mindincroydon.org.uk</a></p>			<p><b>1 BANK HOLIDAY</b></p>	<p><b>2</b> Drop in 10:00-13:00</p> <p>Welfare Benefits</p>	<p><b>3</b> Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p>	<p><b>4</b> Drop in 10:00-13:00</p>
<p><b>5 Closed</b></p>	<p><b>6</b> Drop in 10:00-13:00</p> <p>Welfare Benefits</p>	<p><b>7</b> Drop in 10:00-13:00</p> <p>3.30pm: Tranquil Tuesday</p>	<p><b>8</b> Drop in 10:00-13:00</p>	<p><b>9</b> Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p><b>10</b> Drop in 10:00-13:00</p> <p>11:00 – 12.30: Qigong</p> <p>13:00: Sound Healing</p>	<p><b>11</b> Drop in 10:00-13:00</p>
<p><b>12 Closed</b></p>	<p><b>13</b> Drop in 10:00-13:00</p> <p>10-1 Status Employment</p> <p>Welfare Benefits</p>	<p><b>14</b> Drop in 10:00-13:00</p> <p>11am-12pm: Advocacy Awareness drop in</p> <p>3.30pm: Tranquil Tuesday</p>	<p><b>15</b> Drop in 10:00-13:00</p> <p>1pm-2pm: ACT intro session</p>	<p><b>16</b> Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p><b>17</b> Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p> <p>11:00 – 12.30: Qigong</p> <p>13:00: Sound Healing</p>	<p><b>18</b> Drop in 10:00-13:00</p>
<p><b>19 Closed</b></p>	<p><b>20</b> Drop in 10:00-13:00</p> <p>Welfare Benefits</p>	<p><b>21</b> Drop in 10:00-13:00</p> <p>3.30pm: Tranquil Tuesday</p>	<p><b>22</b> Drop in 10:00-13:00</p> <p>1pm-2.30pm: ACT group</p>	<p><b>23</b> Drop in 10:00-13:00</p> <p>10-1: Carer's drop in</p> <p>Welfare Benefits</p>	<p><b>24</b> Drop in 10:00-13:00</p> <p>11:00 – 12.30: Qigong</p> <p>13:00: Sound Healing</p>	<p><b>25</b> Drop in 10:00-13:00</p>
<p><b>26 Closed</b></p>	<p><b>27</b> Drop in 10:00-13:00</p> <p>10-1 Status Employment</p> <p>Welfare Benefits</p>	<p><b>28</b> Drop in 10:00-13:00</p> <p>3.30pm: Tranquil Tuesday</p>	<p><b>29</b> Drop in 10:00-13:00</p> <p>1pm-2.30pm: ACT group</p>	<p><b>30</b> Drop in 10:00-13:00</p> <p>10-1: FJS Drop in</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p><b>31</b> Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p> <p>11:00 – 12.30: Qigong</p> <p>13:00: Sound Healing</p> <p>14:00: Carer's Forum</p>	