

Goodbye Spring welcome Summer ☀️. The sun has finally been shining down (it had been feeling like spring at the time of writing, but now summer has arrived and we're enjoying warmer days), and our doors are open to members more often than in a long time, there have been changes to our calendar and members can now attend for full days multiple times a week, with some tasty new refreshments available (more details below).

NEW CALENDAR

Members no longer need to book in advance to attend or take part in our activities as they wish; however, if going on an outing, members need to book in advance. We offer Creative and therapeutic activities during the week:

- Mindful art group runs on a Friday.
- Our singing group continues to run on a Saturday
- We have Active Minds/carers group.
- Other services that work From Fairfield are MHPIC, Recovery Space and Mental Health In-Reach service.



We have had amazing trips out and, as always, wonderful experiences in our building. We have had staff successes and member successes and so wanted to share a

little of what we have been up to so far this year. Wishing everyone a joyful Summer full of renewal and possibility.

In May as part of Mental Health Week we held our Art exhibition with plenty of fun, creativity and excitement. Overall, the event was a wonderful experience for all of us and to also showcase our talent and praise each other's works, while most importantly having fun and enjoying the day.

Our Diamond Art, helped many to showcase their creative, time management and imagination skills of everyone who took part in this. The exhibition mostly celebrated artwork and brought people together to share their skills, the stories behind those amazing art pieces and more. Finally, it gave people the opportunity to recognise the talent within the "Mind in Croydon" community.

MENTAL HEALTH AWARENESS WEEK

May 10th to May 19th

During Mental Health Awareness Week, Mind in Croydon helped raise awareness of mental health and wellbeing by encouraging conversations, connecting with the local community, and sharing information about the support available. They promoted activities that helped people improve their wellbeing, reduce isolation, and access help when needed, highlighting the importance of looking after mental health and supporting others.



ART GROUPS



VOLUNTEERS WEEK

1st to 7th June

During Volunteers' Week, Mind in Croydon celebrated and recognised the valuable contribution made by its volunteers. The organisation thanked volunteers for the time, skills and support they provide in helping local people with their mental health and wellbeing. They highlighted the different ways volunteers make a difference, including supporting activities, befriending, helping people access services and reducing isolation within the community. The week was an opportunity to show appreciation for volunteers and encourage others to get involved in supporting Mind in Croydon's work.



CARERS WEEK



8th to 14th June

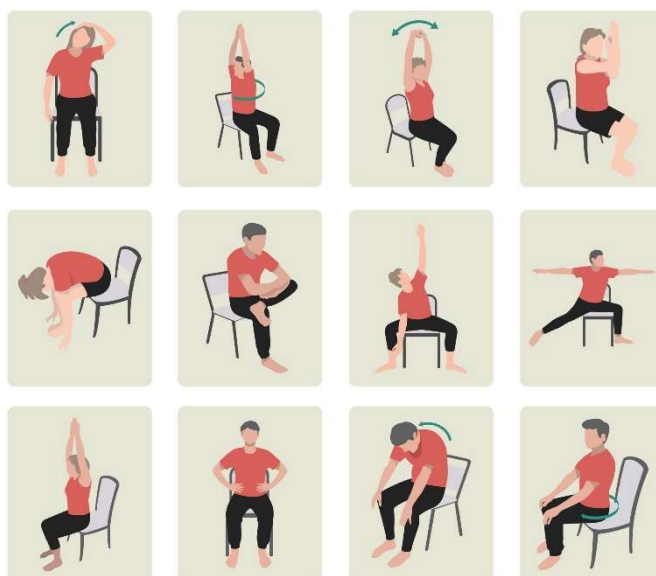
Carers week is a campaign that happens once a year and raises awareness of caring, and highlights the challenges faced by unpaid carers. It also helps people who may not see themselves as carers to recognise their "caring" role and access the support which is available for them.

Our carers support service was pleased to attend the carers information Event at Braithwaite Hall, where we had the opportunity to showcase the support we provide and share information with residents. We were also delighted to meet other members from Croydon Council, who welcomed

the range of services available to carers in the borough. We also attended the Carers Centre in George Street for their Cream Tea event for Carers and, we visited the Home Office who held an event for their working staff who also have caring responsibilities. Back at Fairfield House we treated the Carers group to a special afternoon tea with our best China crockery and laid the table and provided snacks and gave carers a day to remember in recognition of the efforts as unpaid carers for their family and friends.

CHAIR EXERCISES

Our Chair exercises sessions consist of seated exercises and if preferred can be done standing, which helps us stay in shape and work muscles which are essential for daily life activities, many of these exercises are enjoyed by our members and help promote wellbeing and staying physically active.



UPCOMING SUMMER TRIPS 🌞 🏠

JULY

Wednesday 1st July	BBQ
Friday 3rd July	Brighton
Friday 10th July	Greenwich
Tuesday 14th July	Horniman museum
Thursday 16th July	River cruise
Tuesday 21st July	O2 and young people's outing
Friday 24th July	Painting in the park
Tuesday 28th July	Dog Walk



AUGUST

Thursday 6th August	Margate
Tuesday 11th August	Picnic and games in the park
Friday 14th August	Dog Walk
Thursday 20th August	Wellbeing Day 11am-2pm
Tuesday 25th August	Cake and bread making day
Wednesday 26th August	BBQ (free for trip attendees)

LUNCH AT FAIRFIELD HOUSE

