

The Hub - Somewhere to go, Something to do

On Friday 20 June we launched "Somewhere to Go, Something to Do"; Mind in Croydon's survey of the views of people using mental health day services in Croydon.

The busy event was attended by two of our local MPs, Gavin Barwell and Steve Reed. We also welcomed Vanessa Hosford of Healthwatch and members of the Clinical Commissioning Group. Speakers included service users and Dr Deji Ayorinde.

This detailed survey enabled service users to describe how changes in Day Services had affected their physical and mental health, their social inclusion and quality of life. Service users also said what help they felt they needed but were not currently receiving.

The survey was very revealing, out of it came four recommendations:

1. That local commissioners should listen to service users about the kind of services and support they find helpful and ensure they have commissioned a sufficient level and quality of these services locally. This should include specialist support around welfare benefits, debt and housing problems.
2. Local providers should work with commissioners to develop monitoring processes that evidence the value of services in terms of maintaining people's well-being and recovery and preventing relapse and unnecessary use of GP services, Accident and Emergency Services, Walk-in centres and secondary mental and physical health services.
3. Funding should be available for a mental health social prescribing service.
4. Commissioners should work with local NHS Trusts, service users, carers and local voluntary sector agencies to ensure that robust data is collected about why people are being admitted to mental health in-patient beds from the service users' perspective.

After discussions with the Clinical Commissioning Group, Mind in Croydon has developed a service in response to the survey. The "Hub at Fairfield" is open on Saturdays and provides the services that people said they would find helpful including: somewhere to go at the week-end to prevent loneliness and isolation, help with form filling, practical help and advice and the chance to have a meal eaten in the company of others.



To contact the service please call 020 8588 1210 or email hub@mindincroydon.org.uk. Full details and a leaflet about the service with a referral form can be found on our website at www.mindincroydon.org.uk

"By opening the hub on Saturdays I have a place to go for a good meal. All of my friends are there and the hub brings everyone together. The hub makes my Saturdays pleasant and relaxing".

Sandra Maynard

Want to STOP Smoking?

We're excited to be able to offer a new Smoking Cessation Service as part of Active Minds which is operating at Orchard House. We are also carrying the project into our Social Networking Service in East Croydon. We understand that giving up smoking is no easy task, so we are able to offer regular consultations to make sure you have all the tools necessary to give up.



We offer an initial consultation with a trained member of our team to discuss reasons why you may feel you want to give up and what

the decision will mean for you. We will not only provide weekly and bi-weekly consultations but the service allows us to provide nicotine replacement products such as nicotine patches, gums and lozenges.

All we need you to be is READY and MOTIVATED. We are very grateful to Public Health Croydon who provided valuable training for us to carry out this work.

For more information please contact
Email: activeminds@mindincroydon.org.uk
Tel: 020 82538205/6

or if you're with our Social Networking Service, or you have joined our Hub at Fairfield House in East Croydon speak to any of the staff there about getting help.

Full Summer Programme at The Hub

One of the things our new Hub which meets on Saturdays, and our Social Networking Service which operates during the week seeks to do is to get people out and about. We have set up a full programme of interesting and fun visits which take place not just on Saturdays, but on some weekdays too. These include:

- Picnics in the Park
- Brighton
- River Cruise – Kew Gardens to Hampton Court
- Eastbourne
- The Lambeth Festival
- Windsor river cruise with cream tea
- Longleat Safari Park
- Olympic Park and picnic
- Natural History Museum
- Bognor Regis
- Bruges, Belgium

Some events are free and some attract a reasonable charge. Don't worry if you miss the summer programme as we will be putting on events throughout the year. It's easy to become part of the Hub by filling in a simple application form available to download from our website (www.mindincroydon.org.uk) and getting it signed by a GP or other professional involved in your care.

You can get more details of these summer events and all the other activities available by calling 020 8588 1210 or emailing hub@mindincroydon.org.uk.

Brit School Theatre Project

Service Users from Mind worked on a 5 week theatre project with students from the Brit School.



The theatre piece about stigma and discrimination in mental health culminated in a performance on 11th July at the Britschool.

Positive Steps towards Mental Health in Croydon

On 24 May this year, Mind in Croydon held another successful charity walk to raise funds and to emphasise the importance of physical activity in helping to maintain mental well being. The whole route was 15km around Lloyd Park but participants were free to do as little or as much of the walk as they chose. Sponsored again this year by LV= the walk started with a lively zumba session to warm everyone up on a slightly chilly spring day. Everyone was encouraged in



their efforts by local comedian comedy writer and sports presenter, Kevin Day who kindly said some words to welcome people and send them on their way. We are still getting in the final sponsorship money but last year's walk raised £3,500 and we are very grateful to everyone who helped make the walk a success.



Richard and Kevin Day opening the walk

Welfare Benefit Team move to South Croydon

Extra demand on our services meant that Pampisford Road was becoming very crowded. We carried out a space audit and as a result Welfare Benefits have moved to Orchard House.

Unfortunately during the partitioning of the building, dry rot was discovered under nearly all of the floors. To repair this damage has cost the charity in excess of £50,000.

This unfortunate situation delayed the move of Welfare Benefits to Orchard House. In addition, for the last two months all Mind staff at Orchard House had to be relocated to Fairfield House in East Croydon.

Now the work has been completed, finally the staff have moved back to Orchard House including the Welfare Benefits Team.

The premises house Welfare Benefits, Employment Support and Active Minds and also Hear Us who have been our tenants for many years.

We hope that all the team are pleased with the newly refurbished environment.

The phone number for Welfare Benefits remains the same (020 8763 2037).

The full address for Orchard House is: 15 A Purley Road, South Croydon, CR2 6EZ.



Sad News

It's with very great sadness that we have to let you know that Maurice Blaevoet passed away on Monday, 9th June after a long illness.

He had been associated with Mind in Croydon for decades and had been a loyal Trustee on our board for many years. He will be remembered for his sense of humour and kindness to all. He will be much missed by those who knew him.



Late Maurice at Sailing trip

Goodbye Annie

We sadly said goodbye in June to Annie Grimwade who had been with Mind for nearly 8 years. During that time, Annie increased the profile of Mind in Croydon particularly through social media, promoting the charity through Twitter and Facebook accounts. Annie also initiated fund-raising activities such as Wills Week, our charity walk Positive Steps, and Mind Rocks which took place on 4 April. This last event brought together service users, professionals in the care and health industry, carers and friends to see twelve acts perform a variety of music and entertainment. This year the event was held at Matthews Yard in Croydon and was a very real example of social inclusion at its best in an excellent central Croydon venue. Annie's energy and commitment brought these events into being and this is also an opportunity for Mind to thank the many volunteers, service users and staff who helped her turn these events from ideas to reality.



Annie's farewell bash with her colleagues at Lingfield Race Course

Please Volunteer, We Need You.....

For the following roles:

Our Buddies at Orchard House in South Croydon help people who want to try a new activity but lack motivation and confidence. Buddies who are members of our Active Minds Service have an interest in working one to one with clients to help them achieve their goals. A typical session with a buddy might be going swimming, walking, cycling, to the gym etc. We try to match people up so they are both interested in the same things. We're also open to suggestions for new activities. We are looking for people to volunteer two to three hours a week.

Phone: 020 8253 8205/6

Reception duties at Orchard House in South Croydon – this busy building needs people on the desk for general meeting and greeting of visitors, reception and admin duties, phoning round to remind people about appointments and events, some light computer duties, photocopying, stuffing envelopes etc. We are looking for one or two sessions a week either afternoon or morning.

Phone: 020 8253 8200

Our charity shops, one in Crystal Palace and one in Lower Addiscombe Road always need volunteers. We look for a commitment of at least half a day a week. There are a range of duties including steaming, sorting clothes, working the till, shop display, organising collections and deliveries. A good shop volunteer is someone with creative flair, committed and reliable, with customer-facing skills. Being able to use your initiative and being flexible are all ideal traits.

For more information phone:

The Addiscombe shop : 020 8662 9383

The Crystal Palace Shop: 020 8771 5950

The Hub, our new service which operates on Saturdays at Fairfield House in East Croydon needs volunteers to support clients to do community activities, and to socialise. Volunteers chat to people, help them with form filling, and perhaps run a group or activity – let us know what skills you have and we'll see if it might be possible for you to run your own group.

Phone Arlene on: 020 8688 1210

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