

Wandsworth & Westminster  mind
for better mental health

Communities of Recovery



Wellbeing in the Community

- Recovery support
- Improving health & wellbeing
- Developing interests & skills
- Peer support & development
- Education, training, volunteering & work

 mind
for better mental health

Wandsworth &
Westminster



“There has been a lot of support from staff to become proactive and to enable me to become independent and more empowered. This is a very positive thing...”

Wellbeing in the Community

Wandsworth & Westminster Mind (WW Mind) offers a range of community based programmes and activities to enable anyone experiencing mental health problems to get the support they need to take control of their wellbeing and recover meaningful, productive and enriched lives in the community. These take place at our wellbeing hubs in Wandsworth & Westminster and at venues throughout the boroughs and in some neighbouring boroughs, such as Camden.

To find out more about our Community Programmes you can contact us at:

Wandsworth & Westminster Mind
The Basement
Hopkinson House
6 Osbert Street
London SW1P 2QU

Tel: **020 7259 8122**
Email: **community@wwmind.org.uk**
Web: **www.wwmind.org.uk**

Our Wellbeing Hubs

Our Wellbeing Hubs are safe supportive and vibrant centres where you can meet with people in a social setting and take part in activities that help build confidence, skills, connections and independence.

What can we offer you?

We will help you to identify your needs and aspirations and develop a plan of support and action to achieve them. You will receive one to one support and a menu of activities to help you to:

- Develop your interests and become more active
- Connect with peers and the wider community
- Manage particular psychological and emotional challenges
- Get into education, training, volunteering or work
- Have more say about the support you receive in the community
- Move towards independence and life beyond services

- Relaxation, mindfulness, drama and movement
- Benefits and debt advice and money management support
- Health trainers support for long term conditions
- Expert patients and trainer programmes
- Advocacy
- Physical fitness and active wellbeing programmes
- The Wednesday Club: meeting in Wandsworth every Wednesday evening, offering a programme of activities and events throughout the year which support recovery through social inclusion and participation

What kinds of activities are available?

- Arts and crafts, photography, music appreciation, creative writing, patchwork and quilting
- Self-help and therapeutic groups
- Internet café, IT training, cooking courses, French language classes
- Managing on a budget

To find out more about our Wellbeing Hubs and how to access them please go to our website or contact us at:

Tel: **020 7259 8122**

Email:

wandsworthwellbeing@wwmind.org.uk

or

westminsterwellbeing@wwmind.org.uk

Web: **www.wwmind.org.uk**

Community Befriending

Our community befriending (formerly known as Flexicare) teams up befrienders with people who often find it hard to cope, to manage day to day matters or to take an active part in community life.

What we do

Whether you need support with basic household tasks, to deal with official letters, help with shopping and appointments, going to the gym, or just going out for a coffee and a chat, the activities are many and varied and are tailored to meet your individual requirements.

Community Befrienders or Volunteer Befrienders will help you make the most of your talents and strengths,

build up your confidence and skills and lead the life you want to lead.

To find out more about our Community Befriending or Volunteer Befriending and how to apply or make a referral you can contact us at:

Tel: **020 7259 8122**

Email:

communitybefriending@wwmind.org.uk

or

volunteerbefriending@wwmind.org.uk

Website: www.wwmind.org.uk

Charity Shop

Our charity shop offers good value clothing, books, music, toys and household items as well as general information and advice on local services and how to access them.

We also provide the opportunity to develop retail skills to anyone who would like to contribute to the local community and the charity's aims by volunteering.

WW Mind Charity Shop

91 Danebury Avenue
London SW15 4DQ

Tel: **020 8788 0070**

Email: retail@wwmind.org.uk

Website: www.wwmind.org.uk



“Wellbeing coaching training and supervision has been an excellent idea”



Education Training Volunteering & Employment

Our Westminster-based Support4Volunteering service offers a range of individual programmes of coaching, learning and training to suit your particular requirements and to support your personal and practical skills development.

How can we help you?

Whether you are looking for a new direction in your life, want to pick up where you left off, are interested in supporting others or are ready to give something back, we can help you to get there.

Volunteering is a great way to try something new, discover your strengths, learn or brush up on your workplace skills, make a contribution to your community and use your own experience to help others.

Our peer support services also deliver

wellbeing coaching programmes, training and supervising people with mental health problems to become wellbeing coaches and peer mentors who volunteer in the community to help others in their recovery.

To find out more about Support4Volunteering and how to apply or make a referral please contact us on:

Tel: **020 7259 8122**

Email:

support4volunteering@wwmind.org.uk

Website: www.wwmind.org.uk

Portugal Prints

Portugal Prints is a creative arts project based in Camden Town offering a range of support, activities and development opportunities.

What's on offer at Portugal Prints?

Creative arts workshops

We run a wide variety of creative workshops throughout the week: painting • drawing • crafts • sculpture • printing • photography • creative writing • digital art

Art therapy

We provide a supportive environment where you can communicate how you are feeling through making art in groups or in one to one sessions.

We have also developed an art therapy programme aimed specifically at young people in schools.

Key working

Monthly key work sessions will support you to identify, set and achieve your goals.

Commercial design - work experience

We run a commercial design business and you can get involved in designing anything from greetings cards to commissioned books, leaflets and posters.

Computer skills training

You can take up training courses in Adobe Photoshop, Indesign and Illustrator. We also offer an introduction to computers and internet skills.

Personal development

We specialise in supporting you to follow up on the many opportunities offered through our partnerships with other organisations: gallery visits • outings and workshops • education, training • paid work • volunteering • exhibiting and selling art work.

Our partners

Some of the partner organisations supporting our programme are:
The Royal Academy of Arts • TATE • Victoria & Albert Museum • Mind in Camden • The National Theatre • One Housing Group • Westminster Academy • Paddington Academy • Pallant House Gallery • Royal Botanic Gardens at Kew • The Whitechapel Gallery.

To find out more about Portugal Prints and to apply or make a referral please contact us at:

Portugal Prints
Arlington House
220 Arlington Road
London NW1 7HE

Tel: **020 7267 7809**
Email: pp@wwmind.org.uk
Website: www.wwmind.org.uk

“Coming to Portugal Prints gives a structure to my week”

Service User Involvement

WW Mind is committed to supporting people who use mental health services to have a greater say and influence over the services and treatment they receive.

Westminster Forum for Mental Health & Go4MentalHealth

In Westminster we host the Westminster Forum for Mental Health - the mental health service user network which listens to the views and experiences of people using mental health services in Westminster and feeds back to the people who commission and deliver them.

The forum is also responsible for co-ordinating and supporting the service user led online directory, **Go4MentalHealth**.

If you use mental health services in Westminster and would like to get involved, the Westminster Forum has a number of ways that you can do that such as:

- Attending focus groups on relevant issues
- Taking part in surveys
- Getting and sharing regular information updates and newsletters
- Attending consultation and social events
- Attending the monthly forum meeting
- As a Go4MentalHealth directory administrator

To find out more about how to get involved please contact us on:

Tel: **020 7259 8122**

Email:

westminsterforum@wwmind.org.uk
or go4mh@wwmind.org.uk

We also work closely with and support **Voicing Views**, the mental health service user voice in Wandsworth. Contact details for Voicing Views can be found on our website under 'Get Involved'.



'London' by Chris Bird - you can see more of Chris's work in his online gallery at: outsidein.org.uk

Specialist Community & Group Activities

We offer a number of specialist activities, usually in community settings and often outside normal working hours, which are aimed at particular groups. These include:

The Active Wellbeing Programme
Provides a 12 week programme of one to one physical activity and exercise for people with mental health problems living in Wandsworth.

The All Colours Rainbow Club
Provides a safe and friendly place where carers of service users living in Westminster and their cared for people can come together to relax, socialise, have fun and share information.

Band in the Lift Offers weekly engagement and music for mental health service users from Black and Minority Ethnic Communities who live in Westminster or North Kensington.

SW18 to 35 Club A Wandsworth based group for young adults with mental health problems which helps to combat isolation, provide peer support and build resilience.

To find out more about our specialist community groups and activities please contact us on:

Tel: **020 7259 8122**

Email: community@wwmind.org.uk

Website: www.wwmind.org.uk

Community Training

We deliver expert training in mental health and wellbeing to help local groups, organisations, businesses and employers to improve understanding and knowledge of mental health, spot signs of distress, support someone in crisis and access services & support.

Who is it for?

- Staff and volunteers in community organisations and groups

- Young people in schools and colleges
- Managers and employees in workplaces
- Emergency Services

To find out more about costs and availability please contact us on:

Tel: **020 7259 8122**

Email: training@wwmind.org.uk

Website: www.wwmind.org.uk

Design and typography: Portugal Prints



Wandsworth &
Westminster



Quality

We operate quality standards that comply with the Charity Commission's Hallmarks of an Effective Charity.

Connect with us:

