



# What's On

## Welcome to Islington Mind's Newsletter

Here you will find news and updates from across Islington Mind's services.  
You can also visit [www.islingtonmind.org.uk](http://www.islingtonmind.org.uk) for more info.

### Announcements

At the beginning of the pandemic we offered regular telephone calls due to the unprecedented change in circumstances and the support we could offer. Now that we know a bit more about how to stay safe, have developed our virtual services, and are working to open up the centres for bookings and activities, we are having to change the way we offer support. We will no longer be able to call everyone regularly. The member of staff who was calling you will still be your 'point of contact', but we will not have a formal Key Working system for everyone.

What does this mean?

It means that we can still support you with phone calls in addition to the face to face appointments, but you will need to contact the service directly using either the Head Office number (020 3301 9850) or the Despard Road number (020 7263 3397) when needed.

We can also be reached via email for those of you who have access to the internet, or at one of our virtual drop-ins.

### Contact Us

Islington Mind  
Unit 4, Archway Business Centre  
19-23 Wedmore Street  
London N19 4RU  
020 3301 9850

[amelia.wilkinson@islingtonmind.org.uk](mailto:amelia.wilkinson@islingtonmind.org.uk)

### Weekly Updates

If you would like more regular updates, we send out a weekly e-mail letting you know what's on, please e-mail [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk) or call 020 7263 3397

### Covid-19 service updates

We take the safety of everyone very seriously. Our priority is to minimise the risk of spreading the COVID-19 virus. We will continue to run activities virtually whilst we begin to open up some activities face to face at Despard Road following the current safety guidelines carefully. This is subject to change as the risk changes.  
48 Despard Road N19 5NW.

# Virtual Services

We are still running our virtual drop-in's and activities via Zoom. Let us know if you need support to connect!

We run a virtual drop-in from 2-4pm every Monday, Wednesday, Thursday and Friday. Our Out of Hours drop-ins are 7:30pm-8:30pm Mon-Fri and 4:30-5:30pm Sat-Sun

Our groups include, Art Appreciation group, Yoga, Self-Care Takeaways group, Men's group, Women's group, Hoarding and Decluttering groups, Paranoia Group and Hearing Voices Group.

To be added to our weekly mailing list for updates and to be sent the Zoom links for joining, please call us or e-mail [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)

Take a look at our timetable of activities on the next page. If you have any questions or would like to know more, please contact us.



# Face to Face Services

You can now come to 48 Despard Road, N19 5NW, for some in-person groups and activities.

For activities that require booking please ring Despard Road 020 7263 3397 or e-mail Lauren at [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)

### Art Room

Mondays and Fridays

10:00-12:30 or 1:00-3:30 in groups of 3

Booking Required

### Piano Practice

Wednesdays

11:00-12:00 or 2:00-3:00 for individual practice

Booking Required

### Walking Group

Thursdays

11:30-12:45 Meeting outside Despard Road, up to 29 people

No Booking Required

### Music Room

Fridays

10:15-11:15, 12:15-1:15 or 2:15-3:15 for individual practice

Booking Required

### Morning Drop-in

Mondays, Tuesdays, Thursdays and Fridays

11:00-12:45 for up to 5 people to chat and socialise in person.

You must stay in the drop-in and socially distance.

Booking Required

### Sit down lunch and afternoon drop-in

Mondays, Tuesdays, Thursdays and Fridays

1:00-3:30, for up to 8 people.

Lunch is served 1:00-1:30, please bring £3.00 for lunch. food will be served to you at the table and you must stay seated unless using the toilet.

Booking Required

### Takeaway Lunch

Every weekday Monday-Friday

1:00-1:30

Pick up from the door on Archway Road. £3.00 for main meal (veg or meat) pudding and drink.

No Booking Required



## Virtual Services Timetable: June

Here is a timetable of what open drop-ins and optional activities you can access.

For closed groups\*, let us know you are interested and we will support you to join. In joining, you are committing to support us in keeping our virtual spaces safe and respectful for all.

## Please Remember:

- Treat the virtual spaces as you would meeting in-person.
- You must be alone. Only join from a room or quiet open space where you can be sure to respect the confidentiality of others.
- To ensure confidentiality, please join with your camera on and let us know if this is not possible.
- If it is felt that the drop-in has become disrespectful, staff may mute or remove participants and speak to you in a break-out room about why.

**mon.** 2-4 pm: Open Drop-in → Art Appreciation @ 2.30 pm  
7.30-8.30pm: Out of Hours Drop-In

**tues.** 11.00-1.00pm: Collage Art Group\*  
2.30-3.30 pm: Paranoia Peer Support Group\*  
7.30-8.30 pm: Out of Hours Drop-In

**wed.** 2-4 pm: Open Drop-in → Yoga @ 2.45 pm  
7.30-8.30pm: Out of Hours Drop-In  
Transitioning out of Lockdown @ 3pm

**thur.** 11.30-12:30pm: Men's Group\*  
1-2pm: Decluttering Group\*  
2-4 pm: Open Drop-in → self-care takeaways @ 3 pm  
7.30-8.30pm: Out of Hours Drop-In

**fri.** 11.00-12 pm: Music Appreciation\*  
1-2pm: Hoarding Group\*  
2:15-3:15pm Hearing Voices Peer support Group\*  
2-4 pm: Open Drop-in → craft group @ 2.30 pm  
7.30-8.30pm: Out of Hours Drop-In

**sat/sun.** 4.30-5.30pm: Out of Hours Drop-In



## The Mental Health Recovery Pathway Currently Offers:

### Help connecting to community resources

Our team will help you connect with community resources. E.g. further online activities, legal support, advocacy, housing agencies etc.

### Digital exclusion support

We can help people who are keen to access our virtual social groups and activities with purchasing the necessary IT equipment and provide assistance to familiarise with Zoom and connect virtually.

### Our Reablement Service

Continues to offer support to people in transitions (e.g at discharge from hospital)

### Our Enablement Service

Volunteers offer support to tackle practical and emotional issues emerging from the Covid-19 crisis.

### Face-to-Face appointments

A limited number of in-person appointments are offered (when it is safe to do so) to people who for any reason cannot access remote support.

Psychosocial support up to 12 months (for those with complex/urgent/acute support needs)

### Our Specialist Services

Outcome (LGBTQ+), Women's Day, Mother to Mother, Chance4young continue to operate remotely, offering specialist individualised support as well as social spaces and activities. The Psychosis Therapy Project also run specialist groups with Mind.

### Virtual Drop-in

A programme of virtual activities and peer support groups run on Zoom. Out of Hours Virtual Drop-ins are open every evening and during the weekends. A woman only virtual group on Thursdays. A Mother to Mother group (for women caregivers) is offered on Mondays. A Chance4Young Virtual drop-in is offered on Thursdays. LGBTQ+ Virtual activities are offered Tuesday and Wednesdays.

### Help with Emergency Needs

Support in accessing basic goods and emergency wellbeing needs. We will connect you to food banks, food vouchers, food parcels or a grant to buy food if you need it.

To access any of the above, please call our Head Office on 020 3301 9850 or email [admin@islingtonmind.org.uk](mailto:admin@islingtonmind.org.uk)



## i-BUG

The Islington Borough User Group (i-BUG) represents all residents of Islington who access mental health services.

The group campaigns on your behalf for better services and a better understanding of your needs. The group meets monthly for 90 minutes (currently via Zoom) on the first Thursday of the month. The next i-BUG meeting will be held on Thursday July 1st at 2pm.

At the last meeting we met with Islington Council's Repairs Team and a representative from Clarion Housing. The Chair is hoping to invite the Medical Director for Camden and Islington to talk about the reshaping of future mental health services in the borough.

This is your opportunity to learn about what is being proposed and share your views. If you would like to attend the meeting please speak to a member of staff or email [sallie.fellowes@islingtonmind.org.uk](mailto:sallie.fellowes@islingtonmind.org.uk) and you will be sent a Zoom invite.

## Co-Production Group

For anyone who would like to be a member of the co-production group the first meeting is taking place via Zoom on Tuesday 15th June 2pm – 3pm. If you are interested in being a member please contact Anna Ware at [Anna.ware@islingtonmind.org.uk](mailto:Anna.ware@islingtonmind.org.uk)

## Volunteering Opportunities

We currently have volunteering opportunities in the kitchens, art rooms, and on reception. Staff support will be available when needed for volunteers during their shift and a free lunch is offered on the day that you volunteer. If you would like to know more information and be given the role descriptions and further details, please contact us on 020 7263 3397 or email [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)



## Newsletter Submissions

If there is something you would like to share or celebrate, this could be something you have done, some art or writing, or something about your experiences over lockdown or about what's going on locally, let us know and we will work with you to showcase it here in this newsletter.

We would like this Newsletter to be lead by you. Please contact Tomaso or Saskia if you are interested in supporting the creation of this Newsletter at [saskia.tansy@islingtonmind.org.uk](mailto:saskia.tansy@islingtonmind.org.uk)

## Get in Touch

We want to know what you think and welcome all feedback, comments and suggestions. If you have a contribution or idea for the service and would like to let us know, or if there is something you would like to see in this newsletter which isn't here, please get in touch with Saskia or Tomaso at [tomaso.quaini@islingtonmind.org.uk](mailto:tomaso.quaini@islingtonmind.org.uk)

## Service Consultation Meeting

Come to our monthly open meeting held on Zoom to discuss the service. For the date of the next meeting please call or email.

If you would like to be sent the link or minutes of the last meeting please contact

[lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)

## Get Support if you need it

Islington Head Office phone line:  
020 3301 9850 & Despard Road: 020 7263 3397 (Mon-Fri 10am-5pm)

Crisis Café Out of Hours phone line: 020 7263 3397

(Mon-Fri 6pm-10pm) & (Sat-Sun 2pm-6pm)

We are Islington: 020 7527 8222

Samaritans 24 hour free helpline: 116 123