

# Drop in and Day Centre Services: Temporary Timetable from September 2021



This timetable is temporary and subject to change in line with coronavirus guidelines. These activities are available to clients of Islington Mind, if you would like to refer yourself please contact us. Masks need to be worn indoors (unless exempt) and you will be asked to complete a track and trace form. To limit numbers, the majority of our activities have to be **booked in advance**. You can phone on the day or ask at the door, however if we're fully booked we won't be able to accommodate you. To book please **contact us**:

Email [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk) or call Isledon Road: **0207 062 9890** (Mon, Weds, Fri) or Despard Road: **0207 263 3397** (Tues, Thurs)

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<b>76-80 Isledon Road</b> N7 7LB	<b>Drop-in + lunch 10:30-3:30:</b> 18 people, booked in advance. Lunch is £3, served 1-1:30pm <b>Art room 10-12:30 or 1-3:30:</b> 4 people, booked in advance <b>IT room 10-11:30, 12-1:30, or 2-3:30:</b> 3 people, booked in advance <b>Takeaway lunch 1-1:30:</b> No need to book, £3 <b>Walking group 2-3:15:</b> No need to book, meet outside	<b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, booked in advance <b>Piano practice 10-11, 1-2 or 2:30-3:30:</b> Individual practice, booked in advance	<u>Building closed until 12pm</u> <b>Drop-in + lunch 12:30-3:30:</b> 18 people, booked in advance. Lunch is £3, served 1-1:30pm <b>Art room 1-3:30:</b> 4 people, booked in advance <b>IT room 12-1:30 or 2-3:30:</b> 3 people, booked in advance <b>Takeaway lunch 1-1:30:</b> No need to book, £3		<b>Drop-in + lunch 10:30-3:30:</b> 18 people, booked in advance. Lunch is £3, served 1-1:30pm <b>Art room 10-12:30 or 1-3:30:</b> 4 people, booked in advance <b>IT room 10-11:30, 12-1:30, or 2-3:30:</b> 3 people, booked in advance <b>Takeaway lunch 1-1:30:</b> No need to book, £3
<b>48 Despard Road</b> N19 5NW	<b>IT training:</b> Individual IT training through the day, by appointment only	<b>Drop in + lunch 10:30-3:30:</b> 12 people, booked in advance. Lunch is £3, served 1-1:30pm <b>Art room 10-12:30 or 1-3:30:</b> 3 people, booked in advance <b>Music room 10-11, 11:15-12:15 or 12:30-1:30:</b> Individual practice, booked in advance <b>Takeaway lunch 1-1:30:</b> No need to book, £3	<b>IT training:</b> Individual IT training through the day, by appointment only	<b>Drop-in + lunch 10:30-3:30:</b> 12 people, booked in advance. Lunch is £3, served 1-1:30pm <b>Art room 10-12:30 or 1-3:30:</b> 3 people, booked in advance <b>Music room 10-11, 11:15-12:15 or 12:30-1:30:</b> Individual practice, booked in advance <b>Walking group 11:30-12:45:</b> no need to book, meet outside <b>Takeaway lunch 1-1:30:</b> No need to book, £3 <b>Gaming 2-3:</b> Part of drop-in	<b>Art room 10-12:30 or 1-3:30:</b> 3 people, booked in advance <b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, booked in advance <b>Piano practice 10-11, 1-2 or 2:30-3:30:</b> Individual practice, booked in advance <b>Art lessons 11:30-12:30:</b> 8 people, booked in advance
<b>35 Ashley Road</b> N19 3AG	<b>Mothers of children with mental health problems:</b> drop-in 11-12:30, walking group 1-2. 10 people, call 0207 272 6936 (Mon only)	<b>LGBTIQ+ only drop-in + lunch 11-4:</b> Book in advance to come 11-1, 2-4 or all day. 10 people, lunch is £2.50. Call 0207 272 5038 (Tues only)		<b>Women's only drop-in + lunch 11:30-3:30:</b> 10 people, booked in advance. Lunch is £3. Call 0207 272 6936 (Thurs only)	<b>Learning disability groups:</b> Music group 11-12:30, Relaxation group 2-3. 10 people, booked in advance. Call 0207 272 6936 (Fri only)

<b>Online</b> Held on Zoom - contact us for how to join	<b>Art Appreciation 2-3:</b> No booking required <b>Virtual drop-in 3-4:</b> No booking requires <b>Medication group 3-4:</b> fortnightly, please contact about joining <b>Out-of-hours virtual drop-in 7:30-8:30:</b> No booking required	<b>Paranoia Peer Support group 2:30-3:30:</b> Please contact about joining	<b>Yoga 2-3:</b> No booking required <b>Virtual drop-in 3-4pm:</b> No booking required	<b>Men's group 11:30-12:30:</b> Please contact about joining <b>Decluttering group 1-2:</b> Please contact about joining <b>Self-care Takeaways (meditation) 2-3:</b> No booking required <b>Virtual drop-in 3-4:</b> No booking required	<b>Music Appreciation group 11-12:</b> Please contact about joining <b>Hoarding group 1-2:</b> Please contact about joining <b>Hearing Voices group 2:15-3:15:</b> Please contact about joining <b>Out-of-hours virtual drop-in 7:30-8:30:</b> No booking required
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**Weekends:** The out-of-hours online drop in runs 4:30-5:30pm on both Saturday and Sunday. Please contact us for the zoom link.

If you have any questions about our services, or this timetable, please contact us:

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