





Drop in and Day Centre Services: Temporary Timetable from November 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 when indoors (unless exempt) and 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** – contact details on second page.

76-80 Isledon Road, N7 7LB  Finsbury Park  0207 062 9890					You can attend each activity at Isledon Road twice per week				
Monday	Tuesday	Wednesday	Thursday	Friday					
Drop-in + lunch 10:30-3:30: 24 people, booked in advance. Lunch is £3, served 1-1:30pm. Includes: <ul style="list-style-type: none"> • Letter opening help 11-12 Art room 10-12:30 or 1-3:30: 6 people, booked in advance IT room 10-11:30, 12-1:30, or 2-3:30: 4 people, booked in advance Takeaway lunch 1:15-1:45: No need to book, £3 Paranoia Peer Support Group 2-3: Please ask about joining, alternates in person and online	Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4: Individual practice, booked in advance Piano practice 10-11, 1-2 or 2:30-3:30: Individual practice, booked in advance	Building closed until 12:30pm Drop-in + lunch 12:30-3:30: 24 people, booked in advance. Lunch is £3, served 1-1:30pm Art room 1-3:30: 6 people, booked in advance IT room 12:30-2 or 2-3:30: 4 people, booked in advance Takeaway lunch 1:15-1:45: No need to book, £3		Drop-in + lunch 10:30-3:30: 24 people, booked in advance. Lunch is £3, served 1-1:30pm Art room 10-12:30 or 1-3:30: 6 people, booked in advance IT room 10-11:30, 12-1:30, or 2-3:30: 4 people, booked in advance Takeaway lunch 1:15-1:45: No need to book, £3 Hearing Voices Group 2:30-3:30: Please contact about joining, alternates in person and online					
48 Despard Road, N19 5NW  Archway  0207 263 3397					You can attend each activity at Despard Road once per week				
Monday	Tuesday	Wednesday	Thursday	Friday					
IT training: Individual IT training through the day, by appointment only	Drop in + lunch 10:30-3:30: 14 people, booked in advance. Lunch is £3, served 1-1:30pm Art room 10-12:30 or 1-3:30: 4 people, booked in advance Music room 10-11, 11:15-12:15 or 12:30-1:30: Individual practice, booked in advance Takeaway lunch 1:15-1:45: No need to book, £3	IT training: Individual IT training through the day, by appointment only	Drop-in + lunch 10:30-3:30: 14 people, booked in advance. Lunch is £3, served 1-1:30pm. Includes: <ul style="list-style-type: none"> • Letter opening help 11-12 • Computer games group 2-3 Art room 10-12:30 or 1-3:30: 4 people, booked in advance Music room 10-11, 11:15-12:15 or 12:30-1:30: Individual practice, booked in advance Walking group 11:30-12:45: no need to book, meet outside	Art room 10-12:30 or 1-3:30: 4 people, booked in advance Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4: Individual practice, booked in advance Piano practice 10-11, 1-2 or 2:30-3:30: Individual practice, booked in advance Art lessons 11-12: 14 people, no need to book					

			Takeaway lunch 1:15-1:45: No need to book, £3	
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35 Ashley Road, N19 3AG
 Crouch Hill  0207 272 6936

Monday	Tuesday	Wednesday	Thursday	Friday
Mother to Mother: drop-in 11-12:30 for mothers of children with mental health problems, plus walking group 1-2. Call 0207 272 6936 (Mon only)	Outcome: LGBTQ+ only drop-in + lunch, book in advance to come 11-1, 2-4 or 11-4. 13 people, lunch is £2.50. Call 0207 272 5038 (Tues only)		Women's only drop-in + lunch 11:30-3:30: No need to book. Up to 13 people, Lunch is £3. Call 0207 272 6936 (Thurs only)	Learning disability groups: Music group 11-12:30, Relaxation group 2-3. 13 people, booked in advance. Call 0207 272 6936 (Fri only)

Online
 Held on Zoom - contact us for how to join

Monday	Tuesday	Wednesday	Thursday	Friday
Paranoia Peer Support Group 2-3: Please contact about joining, alternates in person and online Art Appreciation 2-3: No booking required Virtual drop-in 3-4: No booking requires Medication group 3-4: fortnightly, please contact about joining Out-of-hours virtual drop-in 7:30-8:30: No booking required		Yoga 2-3: No booking required Virtual drop-in 3-4pm: No booking required	Men's group 11:30-12:30: Please contact about joining Decluttering group 1-2: Please contact about joining Self-care Takeaways (meditation) 2-3: No booking required Virtual drop-in 3-4: No booking required	Music Appreciation group 11-12: Please contact about joining Hoarding group 1-2: Please contact about joining Hearing Voices group 2:30-3:30: Please contact about joining, alternates in person and online Out-of-hours virtual drop-in 7:30-8:30: No booking required

Laundry and shower facilities are also available to book at Isledon Road and Despard Road.

Weekends: The out-of-hours online drop in runs 4:30-5:30pm on Saturday. Please contact us for the zoom link.

Contact details:

Email - lauren.blenkinsop@islingtonmind.org.uk

Phone - Isledon Road: **0207 062 9890** (Mon, Weds, Fri) or Despard Road: **0207 263 3397** (Tues, Thurs) – phones are answered 10am-4pm (12-4pm on Wednesdays).

If you have any questions about our services or this timetable, or would like to refer yourself, please contact us.

Details of the full range of services offered by Islington Mind can be found on our website: www.islingtonmind.org.uk