

# Drop in and Day Centre Services: Temporary Timetable from January 2022



PLEASE NOTE that from 10<sup>th</sup> January 2022 we will be temporarily be reducing the numbers of people for each activity to enable safer social distancing, due to the rise in Covid-19 cases. We will regularly review this as things change. We will continue to see clients one-to-one as needed, please call us if you'd like to make an appointment.

The activities on this timetable 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 all of our activities have to be **booked in advance** unless otherwise stated. To book please **contact us** – contact details on last page.

76-80 Isledon Road, N7 7LB Finsbury Park ☎ 0207 062 9890				
Whilst capacity is limited, you can attend each activity at Isledon Road once per week				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Drop-in 10:30-3:30:</b> 15 people, option to have lunch at 1pm (£3)</p> <ul style="list-style-type: none"> <li>Including help with letter opening 11-12</li> </ul> <p><b>Art room 10-12:30 or 1-3:30:</b> 3 people</p> <p><b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, can use provided instruments or bring your own</p> <p><b>Takeaway lunch 1-1:30:</b> No need to book (£3)</p> <p><b>Walking group 2-3:</b> No need to book, meet outside</p>		<p><u>Building closed until 12:30pm</u></p> <p><b>Art room 1-3:30:</b> 3 people</p> <p><b>Music room 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, can use provided instruments or bring your own</p> <p><b>Takeaway lunch 1-1:30:</b> No need to book (£3)</p> <p><b>Drop-in 12:30-3:30:</b> 15 people, option to have lunch at 1pm (£3)</p>	<p><b>Art room 10-12:30 or 1-3:30:</b> 3 people</p> <p><b>Piano practice 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice</p> <p><b>Music therapy:</b> Individual and small group music therapy sessions happening through the day. Please contact if interested</p>	<p><b>Drop-in 10:30-3:30:</b> 15 people, option to have lunch at 1pm (£3)</p> <p><b>Art room 10-12:30 or 1-3:30:</b> 3 people</p> <p><b>Music room 11:15-12:15, 12:30-1:30:</b> Individual practice, can use provided instruments or bring your own</p> <p><b>Takeaway lunch 1-1:30:</b> No need to book (£3)</p>

48 Despard Road, N19 5NW

 Archway  0207 263 3397

Whilst capacity is limited, you can attend each activity at Despard Road once per week

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IT Training:</b> one-to-one IT training appointments through the day</p>	<p><b>Drop-in 10:30-3:30:</b> 10 people, option to have lunch at 1pm (£3)</p> <p><b>IT room 10:30-1 or 1-3:30:</b> 2 people</p> <p><b>Art room 10-12:30 or 1-3:30:</b> 2 people</p> <p><b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, can use provided instruments or bring your own</p> <p><b>Takeaway lunch 1-1:30:</b> No need to book (£3)</p>	<p><b>Psychosis Therapy Project:</b> Please contact the Psychosis Therapy Project directly for details of their services – 0207 263 3397 (Weds only) – or refer yourself via the referral form on our website.</p> <p><b>Out-of-hours drop-in 6:15-8:15:</b> 5 people, call 0207 263 3397 after 6pm to book</p>	<p><b>Drop-in 10:30-3:30:</b> 10 people, option to have lunch at 1pm (£3)</p> <ul style="list-style-type: none"> <li>Including help with letter opening 11-12</li> </ul> <p><b>Art room 10-12:30 or 1-3:30:</b> 2 people</p> <p><b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Can use provided instruments or bring your own</p> <p><b>Walking group 11:30-12:45:</b> No need to book, meet outside</p> <p><b>Takeaway lunch 1-1:30:</b> No need to book (£3)</p> <p><b>Out-of-hours drop-in 6:15-8:15:</b> 5 people, call 0207 263 3397 after 6pm to book</p>	<p><b>IT room 10:30-1 or 1-3:30:</b> 2 people</p> <p><b>Art room 10-12:30 or 1-3:30:</b> 2 people</p> <p><b>Music room 10-11, 11:15-12:15, 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice, can use provided instruments or bring your own</p> <p><b>Piano practice 12:30-1:30, 1:45-2:45, or 3-4:</b> Individual practice</p> <p><b>Art lesson 11-12:</b> 10 people, looking at different art techniques with a tutor</p>

35 Ashley Road, N19 3AG

 Crouch Hill  0207 272 6936

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mother to Mother:</b> drop-in 11-12:30 for mothers of children with mental health problems, plus walking group 1-2. Call 0207 272 6936 (Mon only)</p>	<p><b>Outcome:</b> LGBTIQ+ only drop-in + lunch, book in advance to come 11-1, 2-4 or 11-4. Up to 10 people, lunch is £2.50. Call 0207 272 5038 (Tues only)</p>		<p><b>Women's only drop-in + lunch 11:30-3:30:</b> Up to 10 people, booked in advance. Lunch is £3. Call 0207 272 6936 (Thurs only)</p>	<p><b>Learning disability groups:</b> Music group 11-12:30, Relaxation group 2-3. Up to 10 people. Call 0207 272 6936 (Fri only)</p>

Online				
Held on Zoom - contact us for how to join				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Paranoia Peer Support Group 2-3:</b> Please contact about joining</p> <p><b>Art Appreciation 2-3:</b> No booking required</p> <p><b>Virtual drop-in 3-4:</b> No booking requires</p> <p><b>Medication group 3-4:</b> fortnightly, please contact about joining</p> <p><b>Out-of-hours virtual drop-in 7:30-8:30:</b> No booking required</p>	<p><b>Out-of-hours virtual drop-in 7:30-8:30:</b> No booking required</p>	<p><b>Yoga 2-3:</b> No booking required</p> <p><b>Virtual drop-in 3-4pm:</b> No booking required</p> <p><b>Out-of-hours virtual drop-in 8:30-9:30:</b> No booking required</p>	<p><b>Men's group 11:30-12:30:</b> Please contact about joining</p> <p><b>Self-care Takeaways (meditation) 2-3:</b> No booking required</p> <p><b>Virtual drop-in 3-4:</b> No booking required</p> <p><b>Decluttering group 3-4:</b> Please contact about joining</p> <p><b>Out-of-hours virtual drop-in 8:30-9:30:</b> No booking required</p>	<p><b>Music Appreciation group 11-12:</b> Please contact about joining</p> <p><b>Hoarding group 1-2:</b> Please contact about joining</p> <p><b>Hearing Voices group 2:30-3:30:</b> Please contact about joining</p> <p><b>Out-of-hours virtual drop-in 7:30-8:30:</b> No booking required</p>

**Additional services:**

**Laundry:** Laundry facilities (washing machine and dryer) are available to book at Isledon Road and Despard Road. Detergent is provided, or you can bring your own.

**Shower:** Shower facilities are available to book at Isledon Road and Despard Road. Please bring your own toiletries and towel.

**Weekends:** The **out-of-hours online drop in** runs 4:30-5:30pm on Saturday and Sunday, please contact us for the zoom link. The **out-of-hours drop-in (in person)** runs 3pm-5pm on Saturday and Sunday at Despard Road, for 10 people by appointment only – please call 0207 263 3397 between 2pm and 6pm on Saturday or Sunday to book.

**Contact details:**

**Phone** – Monday/Wednesday/Friday: **0207 062 9890** (Isledon Road) or Tuesday/Thursday: **0207 263 3397** (Despard Road). Phones are answered 10am-4pm.

**Email** – Please email Lauren: [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)

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, along with referral forms for our different services: [www.islingtonmind.org.uk](http://www.islingtonmind.org.uk)