


# Drop-in and Day Centre Timetable: June 2022



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 moving around indoors (unless exempt) and we will check temperatures on arrival. Some activities need to be booked in advance, to book please **contact us** – contact details on last page.

| 76-80 Isledon Road, N7 7LB<br>☎ 0207 062 9890                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Isledon Road  Finsbury Park<br>Bus routes: 4, 29, 153, 253, 254, 259                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p><b><u>Drop-in 10:30am-3:30pm:</u></b><br/>Drop-in includes</p> <ul style="list-style-type: none"> <li>• <b>Art room</b></li> <li>• <b>IT room</b></li> <li>• <b>Lunch 1-1:30pm (£3)</b> to eat in or takeaway</li> <li>• Board games and pool/snooker table available</li> <li>• Tea and coffee</li> </ul> <p><b>Help with letter opening 11am-12pm</b></p> <p><b>Jewellery Group 11am-12:30pm</b></p> <p><b>Gardening 11am-1pm</b></p> <p><b>Art Appreciation group 2-3pm</b></p> <p><b>Paranoia group 2-3pm:</b><br/>Alternates between being in-person and online, please contact about joining</p> <p><b>Music room:</b> Available in 1 hour slots for individual practice</p> | <p><b>Chance4Young:</b> Activities and one-to-one appointments available through the day for younger people aged 18-35. To find out more please contact Corinna on 0207 062 9890 (Mon, Tue, Fri)</p> <p><b>Upcoming Chance4Young events (age 18-35 only):</b><br/> <b>3<sup>rd</sup> May 1-3pm:</b> Trip to Hampstead Heath and Kenwood House<br/> <b>10<sup>th</sup> May 2-3pm:</b> Social group at Isledon Rd<br/> <b>17<sup>th</sup> May 1-3pm:</b> Trip to Tottenham Hale Wetlands<br/> <b>24<sup>th</sup> May 2-3pm:</b> Social group at Isledon Rd<br/> <b>7<sup>th</sup> June 1-3pm:</b> Trip to Kew Gardens<br/> <b>14<sup>th</sup> June 2-3pm:</b> Social group at Isledon Rd</p> | <p><u>Building closed until 12pm</u></p> <p><b><u>Drop-in 12-3:30pm:</u></b><br/>Drop-in includes</p> <ul style="list-style-type: none"> <li>• <b>Art room</b></li> <li>• <b>IT room</b></li> <li>• <b>Lunch 1-1:30pm (£3)</b> to eat in or takeaway</li> <li>• Board games and pool/snooker table available</li> <li>• Tea and coffee</li> </ul> <p><b>Music room:</b> Available in 1 hour slots for individual practice</p> | <p><b>Art room 10:30am-3:30pm</b></p> <p><b>IT room 10:30am-3:30pm</b></p> <p><b>Piano practice:</b> One hour slots available through the day for individual practice</p> <p><b>Music therapy drop-in 3-4pm:</b><br/>Beginning Thurs 28<sup>th</sup> April, running until Thurs 14<sup>th</sup> July. Drop-in and play music in a group together with a music therapist. No experience necessary, instruments provided. Up to 12 people, no need to book.</p> <p><b>British Museum Tours 2-4pm:</b><br/>Monthly tours around the British Museum with a different theme each month. Contact for details</p> | <p><b><u>Drop-in 10:30am-3:30pm:</u></b><br/>Drop-in includes</p> <ul style="list-style-type: none"> <li>• <b>Art room</b></li> <li>• <b>IT room</b></li> <li>• <b>Lunch 1-1:30pm (£3)</b> to eat in or takeaway</li> <li>• Board games and pool/snooker table available</li> <li>• Tea and coffee</li> </ul> <p><b>Music room:</b> Available in 1 hour slots for individual practice</p> <p><b>Film club 1:45-3:45pm:</b><br/>watching a different film each week</p> <p><b>Hearing Voices group 2:30-3:30pm:</b> Alternates between being in-person and online, please contact about joining</p> |

48 Despard Road, N19 5NW

☎ 0207 263 3397

Archway



# Despard Road

Bus routes: 43, 143, 210, 263, 271, W5

| Monday                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                      | Weekends                                                                                                               |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <p><b>IT Training:</b> one-to-one IT training appointments through the day</p>                        | <p><b>Drop-in 10:30am-3:30pm:</b><br/>Drop-in includes</p> <ul style="list-style-type: none"> <li>• <b>Art room</b></li> <li>• <b>IT room</b></li> <li>• <b>Lunch 1-1:30pm (£3)</b> to eat in or takeaway</li> <li>• Board games and table tennis table available</li> <li>• Tea and coffee</li> </ul> <p><b>Music room:</b> Available in 1 hour slots for individual practice</p> <p><b>Medication group 2-3pm:</b><br/>Discussing experiences of medication and mental health services, please contact about joining</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>Drop-in 10:30am-3:30pm:</b><br/>Drop-in includes</p> <ul style="list-style-type: none"> <li>• <b>Art room</b></li> <li>• <b>IT room</b></li> <li>• <b>Lunch 1-1:30pm (£3)</b> to eat in or takeaway</li> <li>• Board games and table tennis table available</li> <li>• Tea and coffee</li> </ul> <p><b>Music room:</b> Available in 1 hour slots for individual practice</p> <p><b>Men's group 11:30am-12:30pm:</b> Please contact about joining</p> <p><b>Walking group 12-1pm</b></p> <p><b>Computer gaming group 2-3:30pm</b></p> | <p><b>IT room 10:30am-3:30pm</b></p> <p><b>Art room 10:30am-3:30pm</b></p> <p><b>Music tutoring:</b> Tutoring on guitar, piano, drums and music recording available</p> <p><b>Piano practice:</b> One hour slots available for individual practice</p> <p><b>Art lesson 11am-12pm:</b> looking at different art techniques with a tutor</p> | <p><b>Saturday</b></p> <p><b>Out-of-hours drop-in 3-5pm:</b> Up to 15 people, call 0207 263 3397 after 2pm to book</p> |
| <p><b>Out-of-hours drop-in 6:15-9:30pm:</b> Up to 15 people, call 0207 263 3397 after 6pm to book</p> | <p><b>Out-of-hours drop-in 6:15-9:30pm:</b> Up to 15 people, call 0207 263 3397 after 6pm to book</p>                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Out-of-hours drop-in 6:15-9:30pm:</b> Up to 15 people, call 0207 263 3397 after 6pm to book</p>                                                                                                              | <p><b>Out-of-hours drop-in 6:15-9:30pm:</b> Up to 15 people, call 0207 263 3397 after 6pm to book</p>                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Out-of-hours drop-in 6:15-9:30pm:</b> Up to 15 people, call 0207 263 3397 after 6pm to book</p>                                                                                                                                                                                                                                       | <p><b>Sunday</b></p> <p><b>Out-of-hours drop-in 3-5pm:</b> Up to 15 people, call 0207 263 3397 after 2pm to book.</p>  |

35 Ashley Road, N19 3AG

☎ 0207 272 6936

# Ashley Road



Crouch Hill

Bus routes: 41, 91, 210, W7

| Monday                                                                                                                          | Tuesday                                                                                    | Wednesday                                                                                                               | Thursday                                                                                            | Friday                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <p><b>Mother to Mother:</b> drop-in 11-2 for mothers of children with mental health problems. Call 0207 272 6936 (Mon only)</p> | <p><b>Outcome:</b> LGBTQ+ only drop-in. Lunch is £2.50. Call 0207 272 5038 (Tues only)</p> | <p><b>Freedom from Fear to Love:</b> Support for LGBTQ+ asylum seekers and refugees. Call 0207 272 5038 (Weds only)</p> | <p><b>Women's only drop-in + lunch 11:30-3:30:</b> Lunch is £3. Call 0207 272 6936 (Thurs only)</p> | <p><b>Learning disability groups:</b> Drop-in and groups 11-3. Call 0207 272 6936 (Fri only)</p> |

# Online

Held on Zoom – please contact us for how to join

| Monday                                                                                                                      | Tuesday | Wednesday         | Thursday                                                                                                                                                              | Friday                                                                                                                                        | Weekends                                                           |
|-----------------------------------------------------------------------------------------------------------------------------|---------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>Paranoia Peer Support Group 2-3pm:</b> Alternates between being in-person and online<br><br><b>Virtual drop-in 3-4pm</b> |         | <b>Yoga 2-3pm</b> | <b>Men's group 11:30am-12:30pm:</b> Simultaneously online and in person<br><br><b>Meditation 2-3pm</b><br><br><b>Virtual drop-in 3-4pm (Suspended until end June)</b> | <b>Hearing Voices group 2:30-3:30pm:</b> Alternates between being in-person and online<br><br><b>Out-of-hours virtual drop-in 8:30-9:30pm</b> | <u>Saturday</u><br><b>Out-of-hours virtual drop-in 4:30-5:30pm</b> |
|                                                                                                                             |         |                   |                                                                                                                                                                       |                                                                                                                                               | <u>Sunday</u><br><b>Out-of-hours virtual drop-in 4:30-5:30pm</b>   |

**Laundry:** Laundry facilities (washing machine and dryer) are available at Isledon Road, Despard Road and Ashley Road. Please bring laundry detergent.

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

## One-to-One services at Islington Mind:

**Counselling:** 10 to 20 weeks of low-cost counselling sessions. The waiting list is currently closed to new referrals, to know when it re-opens please join our mailing list.

**Enablement Service:** 1-1 support for up to 8 weeks to help resolve practical issues. Please refer yourself via our website.

**Hand in Hand:** Support from peer volunteers to attend activities or appointments. Please refer yourself via our website.

**Psycho-Social Support (PSS):** 1-1 goal-oriented support for 3-12 months, to help explore solutions to practical and emotional issues. Please refer yourself via our website.

**Reablement Service:** 6 weeks of support after leaving hospital/crisis house. Referral must come from a professional, e.g a psychiatric nurse/social worker/psychiatrist.

## 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 Saskia: [saskia.tansy@islingtonmind.org.uk](mailto:saskia.tansy@islingtonmind.org.uk)

**Mailing list:** We send out updates and the latest timetable by email each week, if you'd like to be added to this mailing list please email Saskia (above).

More information on the full range of services offered by Islington Mind, and referral forms for our services, are on our website: [www.islingtonmind.org.uk](http://www.islingtonmind.org.uk)