


Drop-in and Day Centre Timetable: August 2022



The activities on this timetable are available to **registered clients of Islington Mind**, if you would like to refer yourself please contact us. We will check your temperature on arrival – it must be less than 37.5°C to enter the building. Some activities need to be booked in advance, to book please **contact us** – contact details on last page.

76-80 Isledon Road, N7 7LB ☎ 0207 062 9890		<h2>Isledon Road</h2>			 Finsbury Park Bus routes: 4, 29, 153, 253, 254, 259
Monday	Tuesday	Wednesday	Thursday	Friday	
<p><u>Drop-in 10:30am-3:30pm:</u> Drop-in includes</p> <ul style="list-style-type: none"> • Art room • IT room • Lunch 1-1:30pm (£3) to eat in or takeaway • Board games and pool/snooker table available • Tea and coffee <p>Help with letter opening 11am-12pm</p> <p>Gardening 11am-1pm</p> <p>Paranoia group 2-3pm: Alternates between being in-person and online, please contact about joining</p> <p>Music room: Available in 1 hour slots for individual practice</p> <p>Welfare benefits clinic 12-4pm: Appointments with a benefits specialist every other Monday, please ask staff to book.</p>	<p>Chance4Young: Activities and one-to-one appointments available through the day for younger people aged 18-35, including regular trips out. Please contact Corinna on 0207 062 9890 (Mon, Tue, Fri)</p> <p><u>Upcoming Chance4Young trips:</u> Mon 8th Aug 3-5pm: Highgate Woods Mon 15th Aug 1-5pm: Horniman Museum Mon 5th Sept 1-5pm: Tottenham Hale Wetlands Tues 13th Sept 2-5pm: Camden Arts Centre Mon 19th Sept 2-5pm: Hampstead Heath and Kenwood House Tues 27th Sept 2-5pm: Museum of the Home and Gardens Mon 3rd Oct 1-5pm: Kew Gardens</p>	<p><u>Building closed until 12pm</u></p> <p><u>Drop-in 12-3:30pm:</u> Drop-in includes</p> <ul style="list-style-type: none"> • Art room • IT room • Lunch 1-1:30pm (£3) to eat in or takeaway • Board games and pool/snooker table available • Tea and coffee <p>Music room: Available in 1 hour slots for individual practice</p> <p>Music Therapy: Beginning in September, please speak to a member of staff if you'd be interested. Individual, group and drop-in sessions available.</p>	<p>Art room 10:30am-3:30pm</p> <p>IT room 10:30am-3:30pm</p> <p>Piano practice: One hour slots available through the day for individual practice</p> <p>British Museum Tours 2-4pm: Monthly tours around the British Museum with a different theme each month. Contact for details</p>	<p><u>Drop-in 10:30am-3:30pm:</u> Drop-in includes</p> <ul style="list-style-type: none"> • Art room • IT room • Lunch 1-1:30pm (£3) to eat in or takeaway • Board games and pool/snooker table available • Tea and coffee <p>Music room: Available in 1 hour slots for individual practice</p> <p>Film club 1:45-3:45pm: watching a different film each week</p> <p>Hearing Voices group 2:30-3:30pm: Alternates between being in-person and online, please contact about joining</p>	

48 Despard Road, N19 5NW

☎ 0207 263 3397



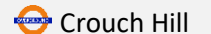
Bus routes: 43, 143, 210, 263, 271, W5

Despard Road

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p>IT Training: one-to-one IT training appointments through the day</p>	<p>Drop-in 10:30am-3:30pm: Drop-in includes</p> <ul style="list-style-type: none"> • Art room • IT room • Lunch 1-1:30pm (£3) to eat in or takeaway • Board games and table tennis table available • Tea and coffee <p>Choir 2:30-3:30: No experience necessary</p> <p>Music room: Available in 1 hour slots for individual practice</p> <p>Drama therapy: Group drama therapy beginning in September, please speak to a member of staff if you're interested.</p>	<p>Psychosis Therapy Project: 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>Drop-in 10:30am-3:30pm: Drop-in includes</p> <ul style="list-style-type: none"> • Art room • IT room • Lunch 1-1:30pm (£3) to eat in or takeaway • Board games and table tennis table available • Tea and coffee <p>Music room: Available in 1 hour slots for individual practice</p> <p>Men's group 11:30am-12:30pm: Please contact about joining</p> <p>Walking group 12-1pm</p> <p>Computer gaming group 2-3:30pm</p>	<p>IT room 10:30am-3:30pm</p> <p>Art room 10:30am-3:30pm</p> <p>Music tutoring: Tutoring on guitar, piano, drums and music recording available</p> <p>Piano practice: One hour slots available for individual practice</p> <p>Art lesson 11am-12pm: looking at different art techniques with a tutor</p>	<p>Saturday</p> <p>Out-of-hours drop-in 3-5pm: Crisis prevention café</p>
<p>Out-of-hours drop-in 6:15-9:30pm: Crisis prevention café</p>	<p>Out-of-hours drop-in 6:15-9:30pm: Crisis prevention café</p>	<p>Out-of-hours drop-in 6:15-9:30pm: Crisis prevention café</p>	<p>Out-of-hours drop-in 6:15-9:30pm: Crisis prevention café</p>	<p>Out-of-hours drop-in 6:15-9:30pm: Crisis prevention café</p>	<p>Sunday</p> <p>Out-of-hours drop-in 3-5pm: Crisis prevention café</p>

35 Ashley Road, N19 3AG

☎ 0207 272 6936



Bus routes: 41, 91, 210, W7

Ashley Road

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mother to Mother: drop-in 11-2 for mothers of children with mental health problems. Call 0207 272 6936 (Mon only)</p>	<p>Outcome: LGBTQ+ only drop-in. Lunch is £2.50. Call 0207 272 5038 (Tues only)</p>	<p>Freedom from Fear to Love: Support for LGBTQ+ asylum seekers and refugees. Call 0207 272 5038 (Weds only)</p>	<p>Women's only drop-in + lunch 11:30-3:30: Lunch is £3. Call 0207 272 6936 (Thurs only)</p>	<p>Learning disability groups: 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
Paranoia Peer Support Group 2-3pm: Alternates between being in-person and online Virtual drop-in 3-4pm		Yoga 2-3pm	Men's group 11:30am-12:30pm: Simultaneously online and in person Meditation 2-3pm	Hearing Voices group 2:30-3:30pm: Alternates between being in-person and online Out-of-hours virtual drop-in 8:30-9:30pm	<u>Saturday</u> Out-of-hours virtual drop-in 4:30-5:30pm
					<u>Sunday</u> Out-of-hours virtual drop-in 4:30-5:30pm

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 at Isledon Road and Despard Road. Please bring your own toiletries and towel.

One-to-One services at Islington Mind:

Counselling: 10-20 weeks of low-cost counselling sessions. The waiting list is currently closed to new referrals – when it reopens this will be announced in the day centres.

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 speak to staff about referral.

Reablement Service: 6 weeks of support after leaving hospital/crisis house. Referral must come from a professional, e.g a 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 Lauren lauren.blenkinsop@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 Lauren (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