


# Drop-in and Day Centre Timetable: February 2024

- These activities are available to **registered clients of Islington Mind only**, if you would like to register, please contact us (see last page) or complete the referral form on our website.
- Any adult who experiences mental distress and who lives in Islington, or is registered with an Islington GP, can refer themselves. You must meet staff before attending for the first time.
- If you need support making the journey to our daycentres or any other activities, our Hand in Hand service can help – please see last page.
- If you would like to suggest any activities, trips or changes to our timetable, please join one of our service user meetings – please see the third page for details.

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><b><u>Drop-in 10:30am-3:30pm:</u></b>  <b>Lunch served 1-1:45pm (£3):</b> eat in or takeaway  <b>Available all day:</b>            -Art room: materials provided            -Music room: instruments provided            -IT (computer) room            -Free tea and coffee            -Board games and pool table            -Volunteers to talk to and help with calls, emails, letters etc</p> <p><b>Gardening Drop-in 11am-1pm</b>  <b>Jewellery making group 11am-12:30pm:</b> Materials provided  <b>Paranoia, unusual beliefs and anxiety group 2-3pm:</b> Discussing experiences of paranoia or unusual beliefs and anxiety that it causes, contact Rebecca to join</p>	<p><b><u>Chance4Young</u></b>            Support for people aged 18-35:            -<b>1-3pm:</b> Social group            -Free drinks and snacks            -Art room, music room, computers, films, video games, board games available 10:30am-3:30pm            -Regular trips</p> <p><b>Qi Gong + Breathwork 10:30-11:30am:</b>            A mind and body exercise to increase energy and enabling the body to health</p> <p><b>Drama therapy:</b> Groups at 11am and 12pm, feel free to drop in</p> <p><b>Get Active Group 2:45-4pm:</b>            doing gentle activity like badminton, table tennis, walks – in the centre or the park.</p>	<p style="text-align: center;"><i>Building closed until 12pm</i></p> <p><b><u>Drop-in 12pm-3:30pm:</u></b>  <b>Lunch served 1-1:45pm (£3):</b> eat in or takeaway  <b>Available all day:</b>            -Art room: materials provided            -IT (computer) room            -Free tea and coffee            -Board games and pool table            -Volunteers to talk to and help with calls, emails, letters etc</p> <p><b>Monthly art lesson/workshop 10am-1pm:</b> Last Weds of the month, next date: Wed 31<sup>st</sup> Jan</p> <p><b>Meditation 2pm:</b> led by Zeina</p> <p><b>Music Therapy Jam Session 2:30-3:15pm:</b> Playing together, for those who already play an instrument</p> <p><b>Music Therapy Drop-in 3:30-4:15pm:</b> Play music and/or sing in a group led by the music therapist - no experience necessary</p>	<p><b>Art room 10:30am-3:30pm</b>  <b>IT room 10:30am-3:30pm</b>  <b>Piano practice 10:30am-3:30pm:</b> piano available in 1 hour slots for individual practice  <b>Music room 10:30am-3:30pm:</b> Available in 1 hour slots for individual practice</p> <p><b>Art Therapy:</b> 1:1 sessions offered throughout the day, please contact Lauren if interested</p>	<p><b><u>Drop-in 10:30am-3:30pm:</u></b>  <b>Lunch served 1-1:45pm (£3):</b> eat in or takeaway  <b>Available all day:</b>            -Art room: materials provided            -Music room: instruments provided            -IT (computer) room            -Free tea and coffee            -Board games and pool table            -Volunteers to talk to and help with calls, emails, letters etc</p> <p><b>Women's Comedy Course 11am-1pm:</b>            Running 26<sup>th</sup> Jan – 1<sup>st</sup> March</p> <p><b>Bereavement Support Group 12-1pm:</b>            sharing experiences of bereavement</p> <p><b>Film club 1:45-3:45pm:</b> a different film from around the world each week</p> <p><b>Hearing Voices group 2:30-3:30pm:</b>            Alternating in-person and online each week, contact Charles to join</p>	

48 Despard Road, N19 5NW

☎ 0207 263 3397

# 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>Key Changes:</b> Music production sessions – writing and producing songs with a producer, speak to Katie if interested</p>	<p><b>Drop-in 10:30am-3:30pm:</b>  <b>Lunch served 1-1:45pm (£3):</b> eat in or takeaway  <b>Available all day:</b>                      -Art room: materials provided                      -Music room: instruments provided                      -IT (computer) room                      -Free tea and coffee                      -Board games and table tennis                      -Volunteers to talk to and help with calls, emails, letters etc</p> <p><b>Mindful walking group 11:30am:</b>                      Walk to Waterlow Park with optional mindfulness techniques</p> <p><b>Mindfulness 12:30-1pm:</b> explore gentle mindfulness techniques</p> <p><b>Film club 2pm:</b> A different film each week chosen by you!</p>	<p><b>Psychosis Therapy Project</b>                      Providing therapy, support groups, activities and a drop-in for people experiencing psychosis.</p> <p>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 the ‘Psychosis Therapy project’ page of our website.</p>	<p><b>Drop-in 10:30am-3:30pm:</b>  <b>Lunch served 1-1:45pm (£3):</b> eat in or takeaway  <b>Available all day:</b>                      -Art room: materials provided                      -Music room: instruments provided                      -IT (computer) room                      -Free tea and coffee                      -Board games and table tennis                      -Volunteers to talk to and help with calls, emails, letters etc</p> <p><b>Men’s group 11:30am-12:30pm</b></p> <p><b>Music therapy 1:1 sessions:</b> 30-50 minute regular sessions, play/sing/make up music with a music therapist. Sign up with staff!</p> <p><b>Music Therapy group 2-3pm:</b> drop-in group to play/sing/make music. Sign up with staff!</p> <p><b>Creative Writing Course 2-3pm:</b> 1<sup>st</sup> Feb-23<sup>rd</sup> March</p> <p><b>Computer gaming group 2-3:30pm</b></p>	<p><b>Art lesson 10:30am-12pm:</b>                      Looking at different art techniques with Ashley. Beginning 10<sup>th</sup> Nov</p> <p><b>Drumming group 1:30-2:30pm:</b> Facilitated drumming and percussion group</p> <p><b>Art Therapy Group 1pm-2:20pm:</b> Group session with an art therapist, no art experience necessary.</p> <p><b>Piano practice 1-3:30pm:</b> 1 hour slots available for individual practice</p> <p><b>Art Therapy 1:1 sessions:</b> Please contact staff if interested</p>	<p><b>Saturday</b>  <b>Out-of-hours Crisis Café</b>  <b>2:30-5:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computer access                      -Board games                      -Staff and volunteer support                      -Adhoc counselling available  <b>-Lunch fortnightly</b></p> <p><b>Sunday</b>  <b>Out-of-hours Crisis Café</b>  <b>2:30-5:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computers                      -Board games                      -Staff and volunteer support                      -Adhoc counselling available  <b>- Living well group 4:30-5:30pm</b></p>
<p><b>Out-of-hours Crisis Café 5:30-9:30pm:</b>                      -Free drinks and snacks                      -Art materials, computer access, board games                      -Staff + volunteer support  <b>-6:30-7:30pm Therapy Group</b></p>	<p><b>Out-of-hours Crisis Café 5:30-9:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computer access                      -Board games                      -Staff and volunteer support                      -Adhoc counselling available</p>	<p><b>Out-of-hours Crisis Café 5:30-9:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computer access                      -Board games                      -Staff and volunteer support</p>	<p><b>Out-of-hours Crisis Café 5:30-9:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computer access                      -Board games                      -Staff and volunteer support</p>	<p><b>Out-of-hours Crisis Café 5:30-9:30pm:</b>                      -Free drinks and snacks                      -Art materials                      -Computer access                      -Board games                      -Staff + volunteer support</p>	

**Crisis Café activities in January: Every Friday - Quiz**

Thu 1st: Debate Club (8pm)

Sat 3rd: Lunch

Mon 5th: Karaoke

Sat 10th: Lunar New Year Celebration

Mon 12th: Movie

Wed 14th: Open Mic

Sat 17th: Lunch


Mon 19th: Bingo

Mon 26th: Movie

35 Ashley Road, N19 3AG

☎ 0207 272 6936

# Ashley Road

 Crouch Hill

Bus routes: 41, 91, 210, W7

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mother to Mother 11am-3:30pm:</b> support for mothers of children with mental health problems. Call 0207 272 6936 (Mon only)	<b>Outcome 11am-4pm:</b> LGBTQ+ drop-in; range of support groups & activities. See website for timetable. Lunch £3. Call 0207 272 5038 (Tues only) – please contact before coming for the first time	<b>Freedom from Fear to Love 11am-3pm:</b> Support for LGBTQ+ asylum seekers and refugees. Call 0207 272 5038 (Weds only)	<b>Women’s Day 11:30-3:30:</b> Women only drop-in, free tea and coffee. Lunch served at 1pm (£3). Call 0207 272 6936 (Thurs only) – please contact before coming for the first time	

**Held on Zoom** – please contact us for how to join

## Online

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Paranoia, Unusual Beliefs and Anxiety Group 2-3pm:</b> contact Rebecca to join			<b>Men’s group 11:30am-12:30pm:</b> Online and in person <b>Meditation 1-1:45pm:</b> Online meditation group led by Nile	<b>Hearing Voices group 2:30-3:30pm:</b> Alternating each week online and in person

**Laundry:** Laundry facilities are available at all three sites. Despard Road only has a washing machine not a dryer. Please bring your own laundry detergent.

**Shower:** Shower facilities are available at all three sites. Ashley Road also has a bath, Despard Road has a shower seat. Please bring your own toiletries and towel.

### 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:** For day centre/drop-in enquiries please email Lauren [lauren.blenkinsop@islingtonmind.org.uk](mailto:lauren.blenkinsop@islingtonmind.org.uk)

**Mailing list:** We send a weekly email with updates from the day centres, please email Rebecca [rebecca.moon@islingtonmind.org.uk](mailto:rebecca.moon@islingtonmind.org.uk) if you’d like to join the mailing list.

### Get involved:

**Service User Meetings:** If you would like to suggest additions to the timetable or changes to the day centres, e.g activities, groups or trips, please attend and put forward your ideas.

**Co-Production Group:** If you would like to help decide how our services are run, please ask Gemma [gemma.watts@islingtonmind.org.uk](mailto:gemma.watts@islingtonmind.org.uk) about joining

### Upcoming Trips/Events

- Saturday 24<sup>th</sup> February: Boxing for Mental Health event at Islington Boxing Club, speak to Dan if interested

## Other services at Islington Mind

We have a range of services outside of the drop-ins, that offer structured time limited one-to-one support – referral forms all on our website.

**Hand in Hand:** Peer-Buddy travel support volunteers to help make journeys to attend activities, appointments, shopping, walks and more, including coming to Islington Mind Day centres and other services.

- **Referrals:** Please refer yourself via the referral form on the 'Hand in Hand' page on our website or call 0203 301 9850.

**Counselling:** 10-20 weeks of low-cost counselling sessions; cost begins from £5 depending on income.

- **Referrals:** Referrals to our counselling service are currently closed, when the waiting list re-opens this will be advertised in our day centres and on our website.

**Covid Recovery Enablement Service:** 1-1 support for up to 8 weeks to help resolve practical issues.

- **Referrals:** Please refer yourself using the referral form on the 'Covid Recovery Enablement' page on our website or call 0203 301 9850.

**Get Active:** Support to get into sport or gentle exercise – regular groups and one off events, as well as financial and emotional support to access sport

- **Referrals:** Contact Dan Lett on 0207 062 9890 (Tues or Weds) or [dan.lett@islingtonmind.org.uk](mailto:dan.lett@islingtonmind.org.uk)

**Psycho-Social Support (PSS):** 1-1 support for 3-12 months, offering emotional and practical support for people with high or complex need.

- **Referrals:** Referral only from mental health wards, crisis houses, or mental health teams in the borough of Islington (including Islington Mind staff).

**Reablement Service:** 6 weeks of 1-1 support on discharge from mental health ward, crisis house etc to help resettle in the home or in the community.

- **Referrals:** Referral from NHS professionals only.

**Welfare Benefits Clinic:** Support with benefits advice, applications and reviews; appointments on Tuesdays at Despard Rd, or Fridays at Wedmore St.

- **Referrals:** Only available to existing clients of Islington Mind, please speak to a staff member in the service you use (eg the Day Centres) for a referral.

Full information about all our services are on our website, and referral forms can be found here: [www.islingtonmind.org.uk/how-to-refer-to-our-services/](http://www.islingtonmind.org.uk/how-to-refer-to-our-services/)

For all enquiries about services outside of the day centres, or general enquiries, please call our head office on **0203 301 9850** or email [admin@islingtonmind.org.uk](mailto:admin@islingtonmind.org.uk)