

Drop-In and Day Centre Timetable: March 2024

Isledon Road: 0207 062 9890

Drop-in Times:

Monday: 10:30am-3:30pm

Wednesday: 12pm-3:30pm

Friday: 10:30am-3:30pm

Monday Groups:

11am-1pm: Gardening

11am-12:30pm: Jewellery Making Group

2pm-3pm: Paranoia, Unusual Beliefs
and Anxiety Group with Rebecca

Tuesday:

Chance4Young 18-35yrs Young Adults

Social Group 1-3pm

Dramatherapy: Groups at 11am and
12pm, feel free to drop- in!

Wednesday Groups:

Meditation 2pm: led by Zeina

Music Therapy Jam Session 2:30-

3:15pm: Playing together, for those who
already play an instrument

Music Therapy Drop-in 3:30-4:15pm:

Play music and/or sing in a group led by
the music therapist - no experience
necessary

What's in the drop-in?

- Lunch served between 1pm-1:45pm
- Art room with materials
- Computer Room and Games
- Free Tea and Coffee
- Volunteers to help with practical needs

Tuesday Get Active:

Qi Gong + Breathwork 10:30-

11:30am: A mind and body
exercise to increase energy and
enabling the body to health

**Gentle Exercise Group 2:45-
4pm**

Friday Groups:

Bereavement Support Group

12-1pm: sharing experiences of
bereavement

Film club 1:45-3:45pm: a
different film from around the
world each week

Hearing Voices group 2:30-

3:30pm: Alternating in-person
and online each week, contact
Charles to join

Despard Road: 0207 263 3397

Drop-in Times:
Tuesday & Thursday:
10:30am-3:30pm

Tuesday:
Mindful Walking Group
11:30am: Walk to Waterlow Park with optional mindfulness techniques
Mindfulness 12:30-1pm: explore gentle mindfulness techniques
Film Club 2pm: A different film each week chosen by you!

Thursday:
Men's group 11:30am-12:30pm
Music therapy 1:1 sessions: 30-50 minute regular sessions, play/sing/make up music with a music therapist, no experience necessary! Sign up with staff
Music Therapy group 2-3pm: drop-in group to play/sing/make up music, no experience necessary! Sign up with staff
Creative Writing Course 2-3pm: 1st Feb-23rd March
Computer gaming group 2-3:30pm

Monday:

- **IT Training One-on-one**
- **Key Changes:** Music production sessions – writing and producing songs with a producer, speak to Katie if interested

Wednesday:
Psychosis Therapy Project
Providing therapy, support groups, activities and a drop-in for people experiencing psychosis.
Please contact the Psychosis Therapy Project directly:
0207 263 3397 (Weds only)

Friday:
Art lesson 10:30am-12pm: Looking at different art techniques with Ashley.
Drumming group 1:30- 2:30pm: Facilitated drumming and percussion group
Art Therapy Group 1pm-2:20pm: Group session with an art therapist, no art experience necessary.
Piano practice 1-3:30pm: 1 hour slots available for individual practice
Art Therapy 1:1 sessions: Please contact staff if interested

Crisis Cafe
Despard Road
0207 263 3397

Weekdays: 5:30pm-9:30pm
Weekends: 2:30pm-5:30pm

What's in the Crisis Cafe?

- **Free drinks and snacks**
- **Art materials, computer and board games**
- **Staff and volunteer support**
- **Monday, Saturday and Sunday: Adhoc Counselling Available**

Every Monday 6:30-7:30pm:
Therapy Group

Every Tuesday: Cooking Lesson -
please sign up with staff

Every Friday 8pm: Quiz

Fortnightly Saturday
(2nd,15th,30th): Lunch

Every Sunday 4:30pm-5:30pm:
Living Well Group

Tuesday 5th: Karaoke Night

Thursday 7th: Debate Club for
International Women's Day -
What would a gender equal
world look like?

Monday 18th: Bingo

Friday 22nd: Easter Egg Hunt

Ashley Road
0207 272 6936

Monday: Mother to Mother
11am-3:30pm: support for
mothers of children with mental
health problems. Call 0207 272
6936 (Mon only)

Tuesday: Outcome 11am-4pm:
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

Wednesday: Freedom from Fear
to Love 11am-3pm: Support for
LGBTQ+ asylum seekers and
refugees. Call 0207 272 5038
(Weds only)

Thursday: Women's Day 11:30-
3:30: 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

Online Services

**Monday 2-3pm: Paranoia, Unusual
Beliefs and Anxiety Group**

Thursday:

**11:30am-12:30pm: Men's Support
Group**

1-1:45pm: Meditation

**Fortnightly Friday 2:30-3:30pm:
Hearing Voices Group**

One-to-One Support

Hand in Hand: Peer-Buddy travel support volunteers to help make journeys to attend activities, appointments, shopping, walks and more.

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.

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.

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 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/

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