

Drop-In and Day Centre Timetable: April 2024

76-80 Isledon Rd
N7 7LB
0207 062 9890

Isledon Road

Tube: Finsbury Park
Bus: 4, 29, 153, 253,
254, 259

Monday Groups:

11am-1pm: Gardening

11am-12:30pm: Jewellery Making Group

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

Isledon Drop-in Times:

Monday: 10:30am-3:30pm

Wednesday: 12pm-3:30pm

Friday: 10:30am-3:30pm

Tuesday:

Qi Gong + Breathwork 10:30-

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

Chance4Young 18-35yrs Young Adults Social Group 1-3pm

Gentle Exercise Group 2:45-4pm: Doing gentle activity like table tennis, badminton or walks

Facilities such as the art and music room are available 10:30am-3:30pm for the Chance4Young group only

What's in the drop-in?

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

Thursday:

Art room, music room and IT room available 10:30am-3:30pm

Wednesday Groups:

Meditation 2pm: led by Zeina

Music Therapy Jam Session 2:30-3:15pm: Playing together, for those who already play an instrument, sign up with staff

Music Therapy Drop-in 3:30-4:15pm: Play music and/or sing in a group led by the music therapist - no experience necessary

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

48 Despard Rd
N19 5NW
0207 062 9890

Despard Road

Tube: Archway
Bus: 43, 143, 210,
263, 271, W5

What's in the drop-in?

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

Monday:

IT Training One-on-one

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!

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)**

Despard Drop-in Times:

Tuesday & Thursday:

10:30am-3:30pm

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

Computer gaming group 2-3:30pm

Friday:

Art lesson 10:30am-12pm:

Looking at different art techniques with Ashley.

Drumming group 1:30- 2:30pm:

Facilitated drumming and percussion group

Piano practice 1-3:30pm: 1 hour slots available for individual practice

Art Therapy 1:1 sessions: Please contact staff if interested

Crisis Cafe at Despard Road

48 Despard Rd, N19 5NW
0207 062 9890

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

Crisis Cafe Timetable:

Every Monday 6:30-7:30pm:

Therapy Group

Every Friday 8pm: Quiz followed
by Karaoke

**Fortnightly Saturday (13th +
27th):** Lunch

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

Upcoming Crisis Café Events:

Wednesday 10th: Supper in
Celebration of Eid

Thursday 11th: Debate Club -
How do we avoid falling victim
to quid pro quo

Thursday 22nd: Open Mic Night

Ashley Road

35 Ashley Road
N19 3AG
0207 272 6936

Train: Crouch Hill
Bus: 41, 91, 210,
W7

Monday: Mother to Mother 11am-
3:30pm: support for mothers of
children with mental health
problems.

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