



# **BEXLEY RECOVERY COLLEGE Prospectus**

**July to September 2024**

**Improving Lives**

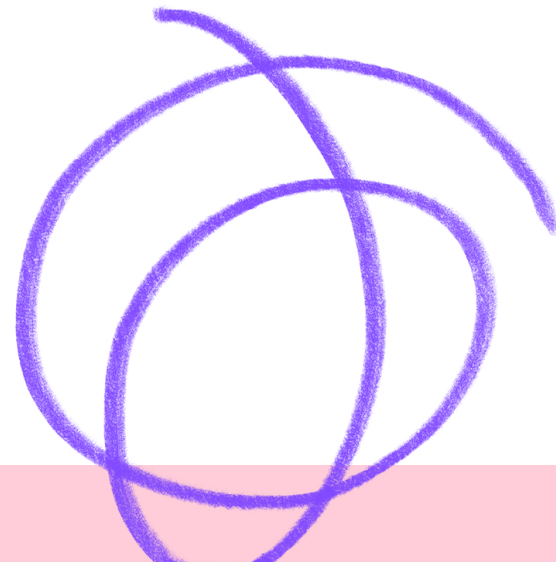
# Welcome to the Bexley Recovery College Prospectus

## July to September 2024

Our courses are free and open to anyone aged 18 or over, who either lives, works, volunteers or has a GP within the London Borough of Bexley.

To read more about the Recovery College and what we can offer, please visit: [mindinbexley.org.uk/recovery](https://mindinbexley.org.uk/recovery)

If you would like to register for any of the **Recovery College** courses, workshops or groups, the registration form is here: [Registration Form - July to September 2024](#)



# WAYS TO WELLBEING

The latest Bexley Recovery College prospectus has our groups, workshops and courses listed under the **Ways to Wellbeing** headings of:

- **Be Active**
- **Keep Learning**
- **Connect**
- **Take Notice**

These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves.

Trying these things could help you feel more positive and able to get the most out of life.

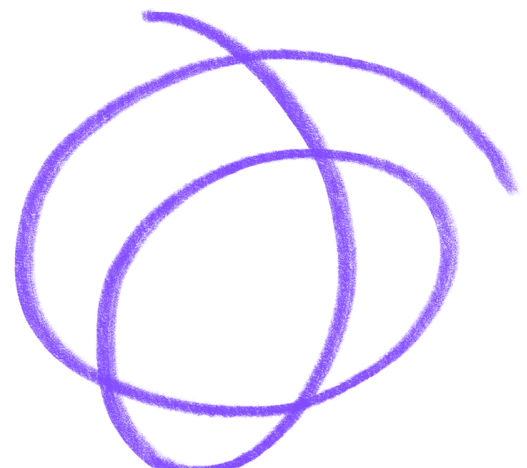
The **Ways to Wellbeing** are promoted by the NHS, Mind and other mental health organisations.

More information about the research can be found: [here](#)

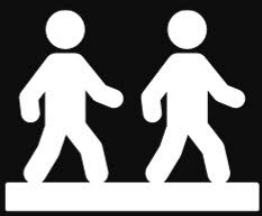
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# KEEP LEARNING


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To sign up to any of the courses, groups or workshops in this Prospectus, please click 'SIGN UP' below.

If you need any help signing up, please email: [recovery@mindinbexley.org.uk](mailto:recovery@mindinbexley.org.uk)

**SIGN UP**



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# TAKE NOTICE



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*Mind* in Bexley

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# BE ACTIVE

## Breath and Meditation

**Day:** Tuesdays

**Time:** 9.30am-10am

**Location:** Online



Breathing and Meditation is learning to relax and learning to integrate the mind and body to reduce any physical sensations that cause discomfort within the body.

Breathing techniques and meditation can help reduce stress, anxiety and negative emotions.

It can reduce physical and psychological tension, calming your emotions and improving focus and concentration.

Please register online and book your place.

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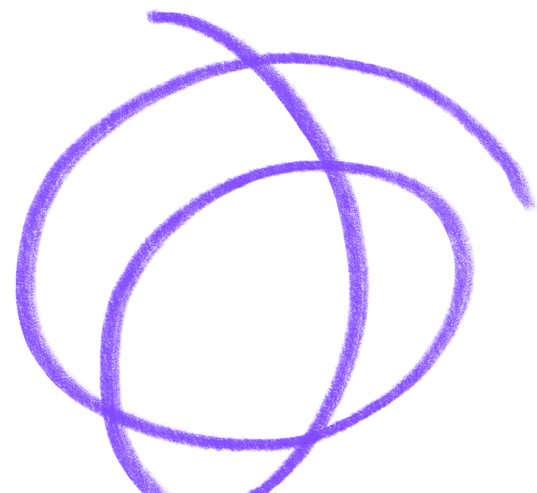
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# BE ACTIVE

## Eco Therapy and Open Spaces

### Days and times:

Mondays and  
Thursdays

(10am–1pm)

Fridays (12pm–2pm)

### Location:

Allers Road  
Bexleyheath  
DA6 8JT

[Google Maps](#)



Gardening and food growing has a range of benefits; it is physically active, mentally healthy, a place to meet people, and builds confidence. Plus, growing healthy nutritious food for you and your families.

Why not join our green spaces: Mind in Bexley has two food growing spaces and a garden. We will be arranging workshops throughout the growing season. Eco-therapy improves mental and physical wellbeing by supporting people to be active outdoors doing gardening, food growing or environmental conservation work and other activities in nature.

Please register online and book your place.

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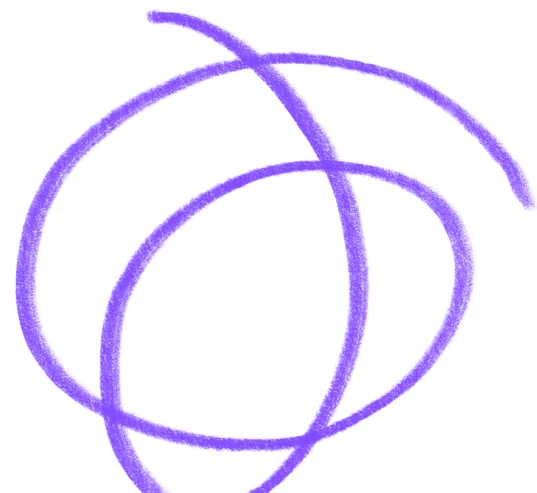
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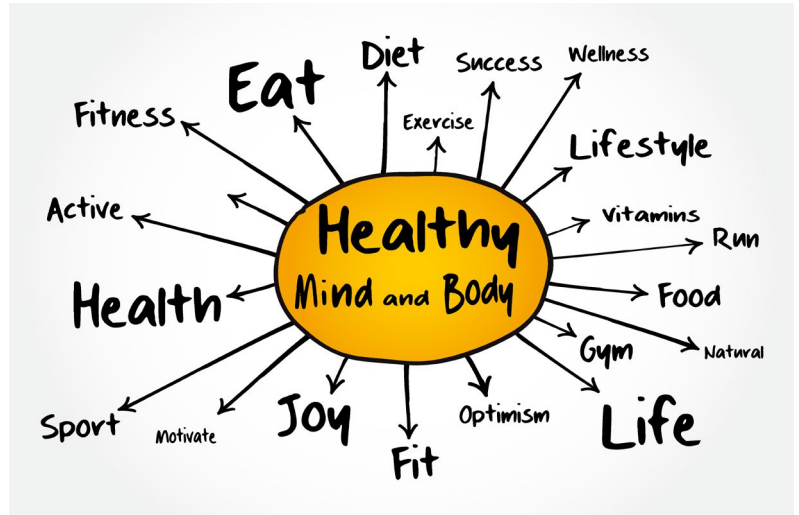
# BE ACTIVE

## Healthy Mind and Body

### Dates and times:

- Monday 1 July: 10am
- Monday 15 July: 6pm
- Monday 22 July: 10am
- Monday 19 August: 10am
- Monday 9 September: 6pm
- Monday 23 September: 10am

Online (1 hour)



In this one-hour workshop, you will be given ideas, inspirations and encouragements to help you live a more balanced lifestyle. Achieving optimal health and wellbeing requires taking care of both your body and mind.

We will look at what we can do and can avoid doing to bring balance into our lives.

We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

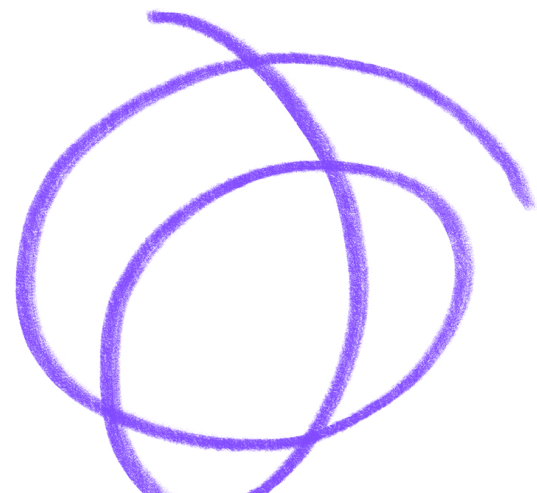
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# BE ACTIVE

## Pilates

### Days:

Tuesdays (face-to-face and online)  
Thursdays (online only)

**Time:** 12pm-12.45pm

### Location:

The Pilates Studio  
Bexley Village DA5 1BF  
Book through the Recovery College.  
There is a fee of £3 [Google Maps](#)



The exercises in Pilates help improve our mental as well as physical wellbeing. Pilates mat-work classes are fun and designed to help you improve flexibility and strength.

Small equipment such as bands, toning circles and balls are used during mat-work classes to help you achieve better movement patterns and provide you with more awareness of your body – and of course to challenge you!

Our instructors cater to each individual, offering alternative movements if needed - so there is never a reason to worry about your ability.

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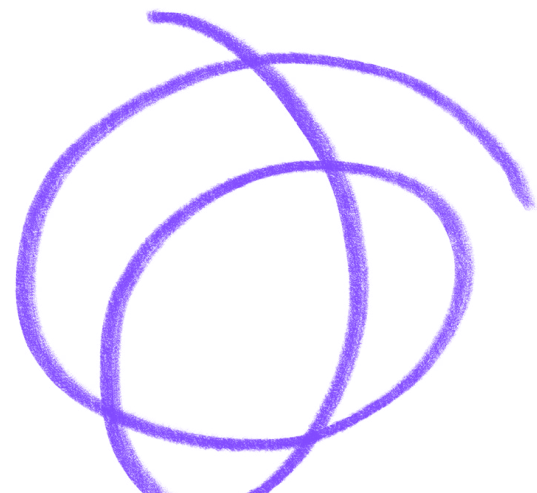
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# BE ACTIVE

## Tai Chi

**Day:** Tuesdays

**Time:** 9.30am-10.30am

**Location:** Online



Tai chi is an ancient Chinese tradition that is practised as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a non-competitive, self-paced system of gentle physical exercise and stretching.

Each posture flows into the next without pause, ensuring that your body is in constant motion.

Please register online and book your place.

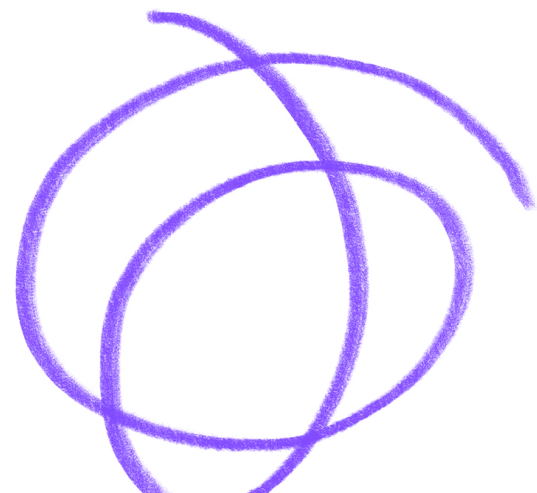
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# BE ACTIVE

## Walk and Talk Group

**Day:** Thursdays  
(weather permitting)

**Time:** 2pm-3.30pm

**Location:**

Danson Park  
Bexleyheath  
DA6 8HL

[Google Maps](#)



Come along to Danson Park every Thursday afternoon for our Walk and Talk group (weather permitting).

The group is an opportunity to get some physical exercise walking around the park, while also socialising and meeting new people. Being physically active improves our mental wellbeing as well as our fitness. The activity causes chemical changes which can help to positively change your mood. Connecting with others builds good relationships which are important for our mental wellbeing.

Please register online and book your place.

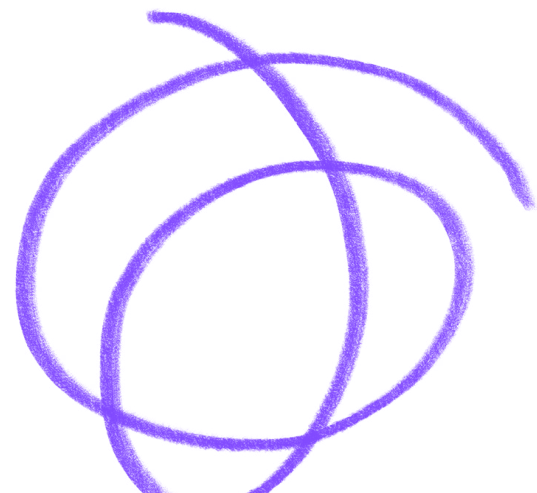
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# BE ACTIVE

## Wellbeing and Physical Health Checks

### Days and Times:

Thursday and Friday mornings - by appointment only

### Location:

Mind in Bexley  
2a Devonshire Road  
Bexleyheath  
DA6 8DS

[Google Maps](#)



Looking after our physical health improves our wellbeing.

Mind in Bexley is able to offer wellbeing and health checks at our building in Bexleyheath.

Please register online if you are interested in booking an appointment or finding out more.

Please register online and book your appointment.

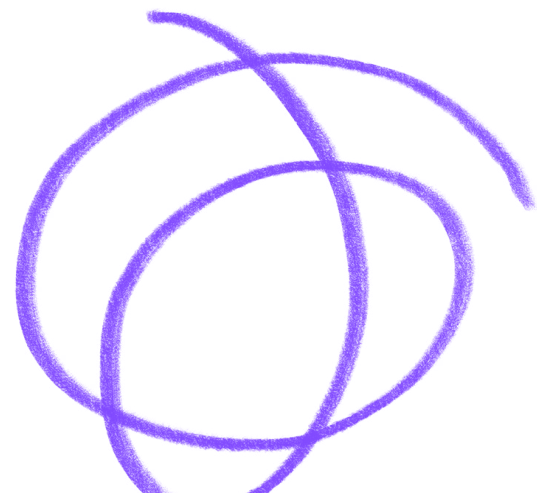
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# BE ACTIVE

## Yoga

### Online only:

Mondays (9am-10am)

### Online and In-person:

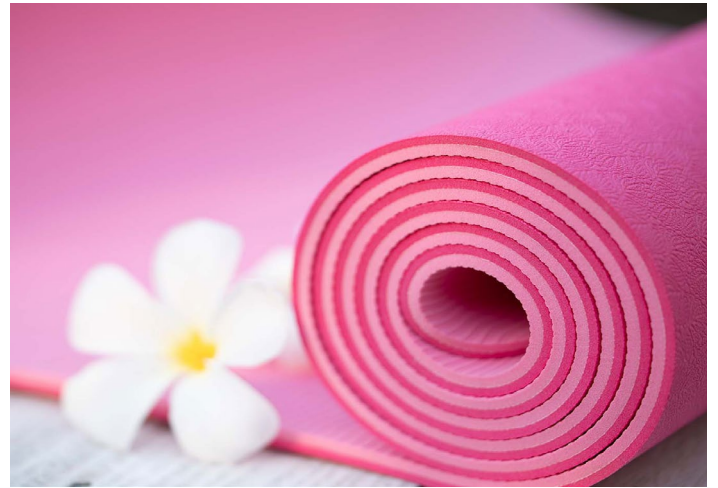
Tuesdays (6pm-6.45pm)

Fridays (9am-9.45am)

In-person at: Bexley Studio

1-2 Bourne Parade, Bexley

DA5 1LQ [Google Maps](#)



A gentle but energising all levels practice. Focusing on mindful movements, connection to breath, refreshing stretches and some strengthening poses, this practice will set you up for whatever your day brings. Open to all, including beginners.

The benefits of practicing Yoga include, but are not limited to:

- Reduce stiffness and tension
- Reduction in anxiety, stress and worry
- Increased strength and flexibility
- Take time for yourself
- Increase focus
- Prepare the body and mind for your day
- Connection to breath and calming techniques

Please register online and book your place.

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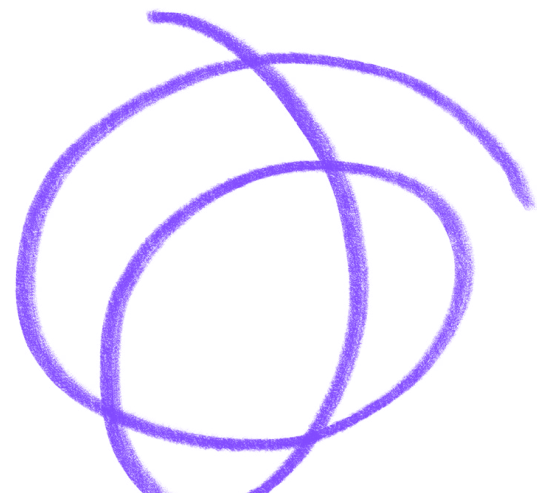
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# KEEP LEARNING

## Anger Management

**Date:** Tuesday 23 July

**Time:** 10am-12pm

**Location:** Online



This workshop helps people to understand the cycle of anger and when certain types of anger become problematic.

During this workshop you will identify the causes of anger, the effects of anger on your health and your relationships and most importantly a variety of coping strategies to deal with anger. We help promote the use of self-awareness and self-reflection to aid anger management. Sometimes the simplest coping strategies are the most effective!

The workshop also promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of the thoughts and patterns that surround anger.

Please register online and book your place.

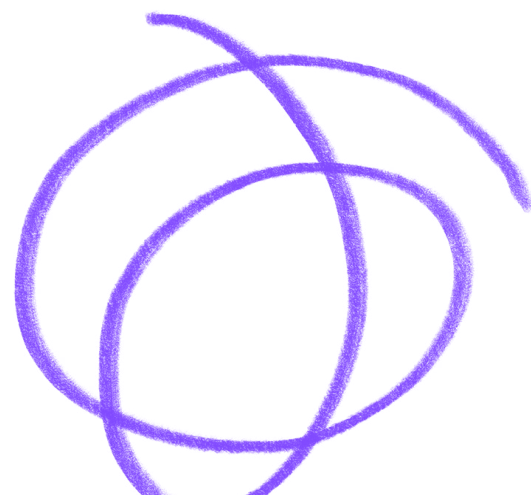
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# KEEP LEARNING

## Body Image

**Dates:** Tuesday 6 August (part one)  
Tuesday 13 August (part two)

**Times:** 10am-12pm **Location:** Online



The workshop runs over a two-week period, split into two two-hour sessions. It will adjust how you think about body-image and challenge the images of idealised bodies shown in the media that can negatively impact people's perceptions of themselves.

The course aims to help you achieve:

- An improved self-image
- A more realistic approach to body-image

During the course we explore:

- Body image and how it is affected
- How external/internal factors influence how we think and feel
- Body image in men and women
- How to accept your body and not aspire to unrealistic ideals
- How not everything in the media is as it seems
- How body image affects mental health
- Ways to overcome negative body image
- Body image and eating disorders

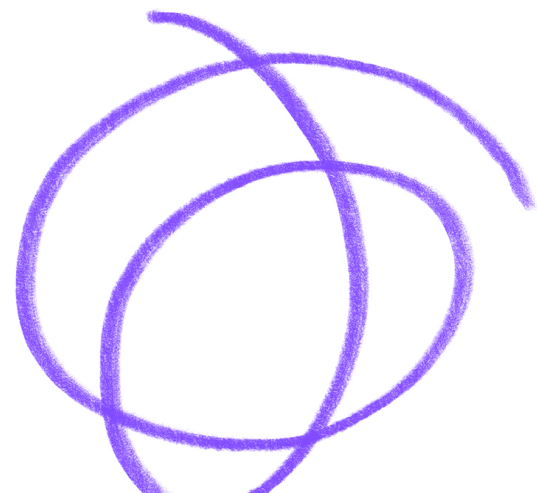
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# KEEP LEARNING

## Confidence and Assertiveness

**Day:** Thursdays

**Time:** 10am-12pm

**Location:** Online



The course aims to increase group members' self-awareness, coping mechanisms in stressful situations and teach techniques to enable individuals to plan positively for the future.

The course is in modules and covers:

- Building confidence
- Self-awareness and building positive self-image
- Stress management
- Assertiveness
- Goal planning

The course runs for six weeks.

Please register online and book your place.

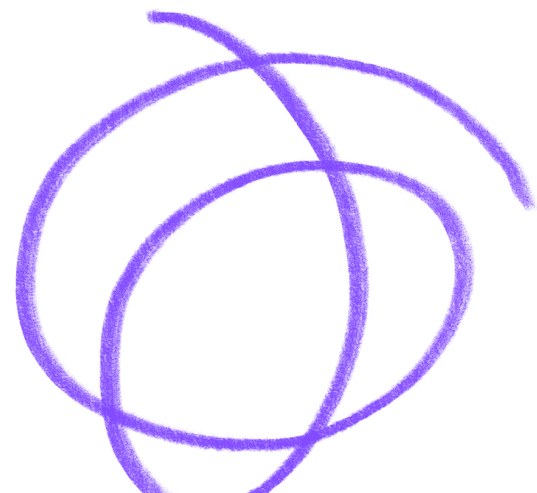
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# KEEP LEARNING

## Creative Writing

**Day:** Mondays

**Time:** 12pm-1.30pm

**Location:** Online



Would you like to experience gentle learning and give time to developing your writing skills? Maybe you sense you have a short story or poem you would like to write. Learning new skills can improve our mental wellbeing giving us a sense of purpose and helping us connect to others.

In this group, there is guided learning such as an inspiring thought or theme or discussion and a variety of activities to help us express ourselves. These may include reading a story, sharing a poem or playing word games.

This is an online group so, for our own writing, either have pen, paper or laptop at the ready.

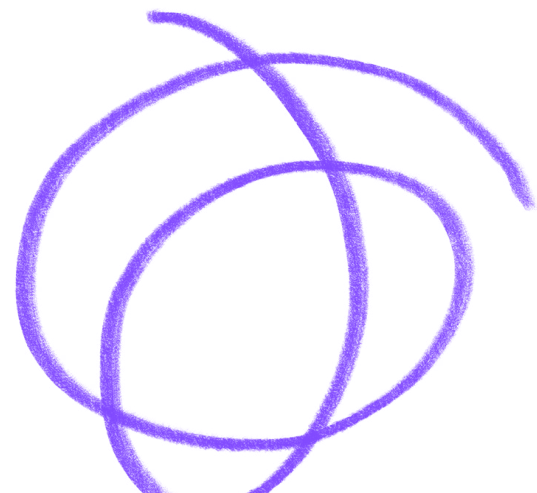
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# KEEP LEARNING

## Digital Hub in the Community

**Day:** Wednesdays

**Time:** 11am-1pm

**Location:**

Blackfen

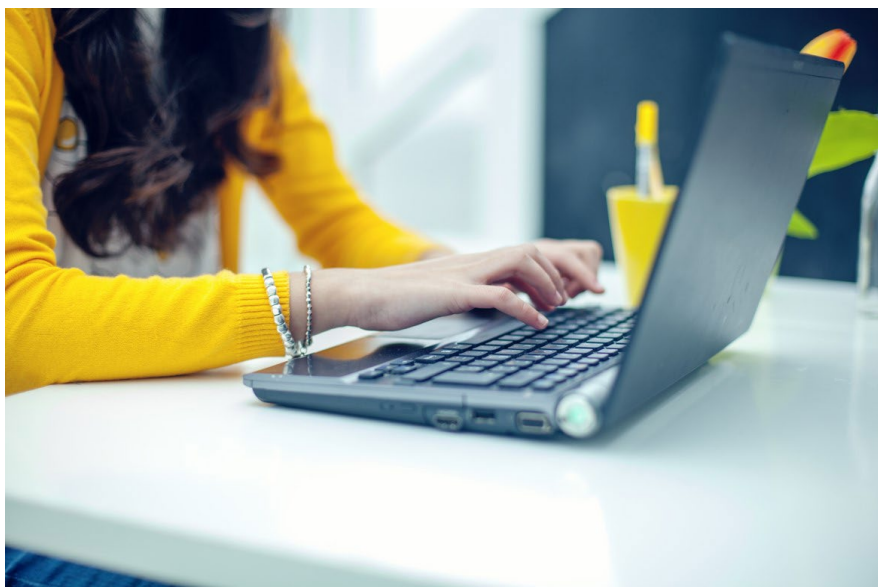
Community Library

7-9 Blackfen Parade

Sidcup

DA15 9LU

[Google maps](#)



Grow your digital skills at Mind in Bexley's weekly session in Blackfen Library. Meet new people and find out about how computers work in a safe and friendly space.

Each week will have a different theme and include time for a coffee and connecting with others. Activities are suitable for all abilities. Complete beginners welcome. We also offer 1-2-1 digital support sessions at our Bexleyheath office on a Monday. To register for the Digital Hub, please see below:

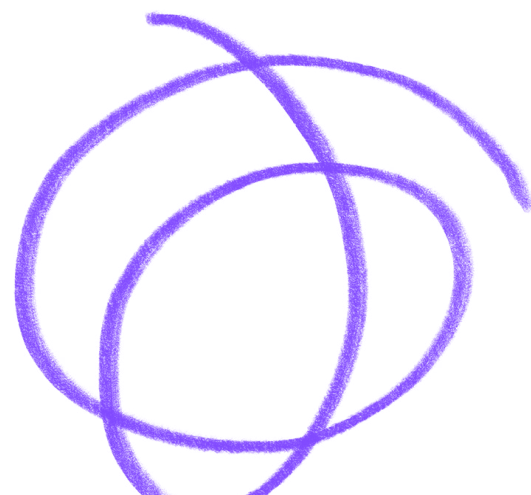
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# KEEP LEARNING

## Emotional Intelligence

### **Date and time:**

Thursday 22 August (5pm-7pm)

**Location:** Online



This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including empathy and understanding different perspectives.

Overall, the suggested tips and coping strategies should help you to start challenging your learnt behaviours; become more in tune with your emotions and in time build up your resilience. This workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of emotional intelligence. Please register online and book your place.

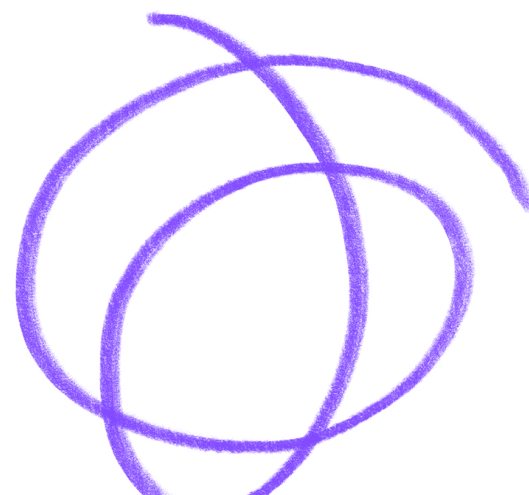
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# KEEP LEARNING

## Low Mood and Depression

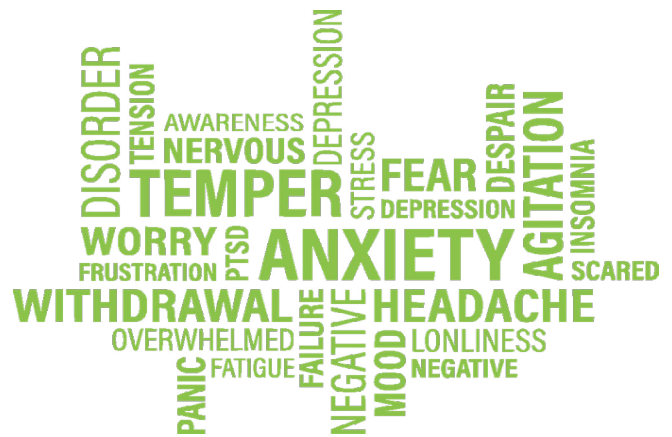
### Dates and times:

Wednesday 14 August (10am-12pm)

Tuesday 3 September (10am-12pm)

Thursday 26 September (5pm-7pm)

**Location:** Online



This workshop looks at the key differences between low mood and depression and the psychological, physical, emotional, social and behavioural symptoms linked to both.

The main focus is looking at the many causes of depression and understanding them fully and the most effective coping strategies to help manage depression in daily life.

The workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of low mood and depression.

Please register online and book your place.

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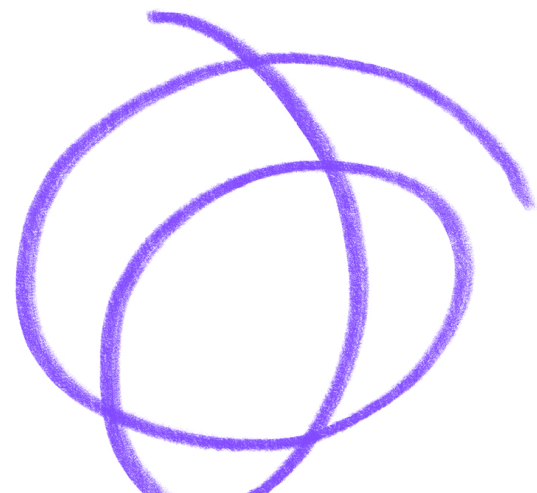
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# KEEP LEARNING

## Mental Health in the Workplace

**Dates:** Wednesday 17 July  
Wednesday 18 September

**Times:** 10am-12pm

**Location:** Online

In this workshop, we explore the relationship between mental health and work, focusing on how to create a mentally healthy workplace and how to be supportive of colleagues, while still looking after oneself.



We will also look at why mental health is just as important as physical health, and share information about local mental health services.

Please register and book your place online.

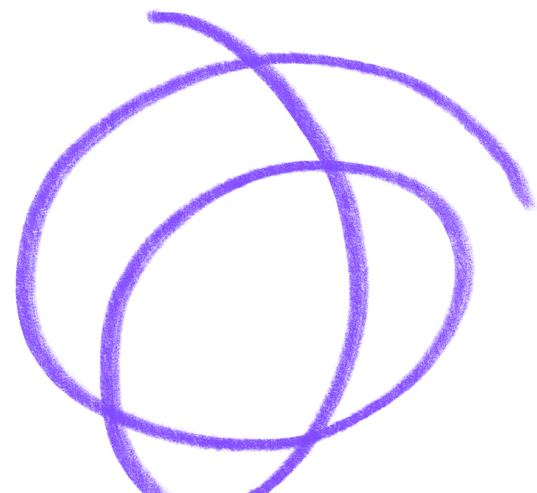
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# KEEP LEARNING

## Mental Wellbeing with Nutrition and Lifestyle Intervention

**Dates:** Wednesday 10 July  
Wednesday 14 August  
Wednesday 11 September

**Times:** 2pm-3.30pm

**Location:** Online



We can achieve so much for our mental and physical health with just a few diet and lifestyle adjustments, without too much effort or drastic changes. The workshops look at the impact of our food habits and what more nourishing simple choices we can integrate to support mental and physical wellbeing.

Diving into our human nature to gain a better understanding of some fundamental internal interactions and what can trigger a disharmonious state in order to have more control over our health. Full of practical tips, easy to implement for long-lasting changes, working with the greatest gifts nature has to offer.

Please register online and book your place.

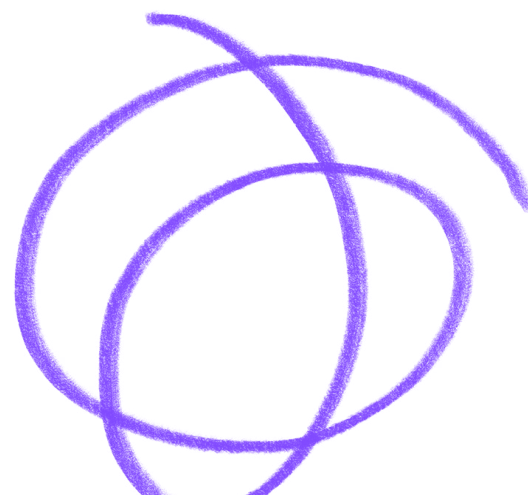
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# KEEP LEARNING

## Money Management

### Dates and times:

Monday 8 July (10am-11am)  
Monday 29 July (6pm-7pm)  
Monday 5 August (10am-11am)  
Monday 9 September (10am-11am)  
Monday 23 September (6pm-7pm)  
Monday 30 September (10am-11am)



### Location: Online

In the Money Management workshop, you will learn the importance of knowing where your money goes each month.

We will look at ways to save on spending, and how to budget our money, as well as how to manage debt, and where to seek help.

We are living through 'a cost of living crisis', and we can offer you the information you need to get your money in order and control your debts.

Please register online and book your place.

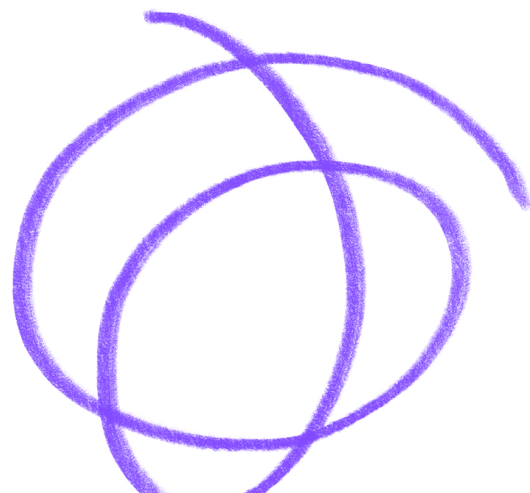
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# KEEP LEARNING

## Positivity

**Day:** Tuesdays

**Time:** 2pm-4pm

**Location:** Online



A positive self-image is key to living a happy and healthy life. Research shows that people who feel confident in themselves can problem solve and make better decisions, take more risks, assert themselves and strive to meet their personal goals.

Aims of the workshop:

- Provide the participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable a greater self-awareness
- Equip the participants in effective techniques for changing attitudes
- Support wellbeing

Course content:

- What is positive thinking?
- Why is positive thinking the key to a successful life?
- How to develop the skill of positive thinking

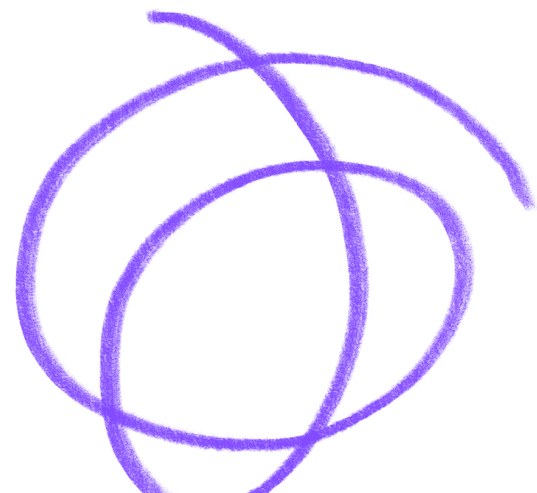
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# KEEP LEARNING

## Routine Builders

### Dates and times:

- Monday 1 July (6pm-7pm)
- Monday 15 July (10am-11am)
- Monday 12 August (10am-11am)
- Monday 12 August (6pm-7pm)
- Monday 16 September (10am-11am)

**Location:** Online



Would you like to start making the most of your time?

Maybe you don't know how or where to start?

If so, this workshop is for you.

During these session, you will be shown the benefits and importance of having a routine. We will then discuss methods for building and sticking to the routine that you really want.

Please register online and book your place.

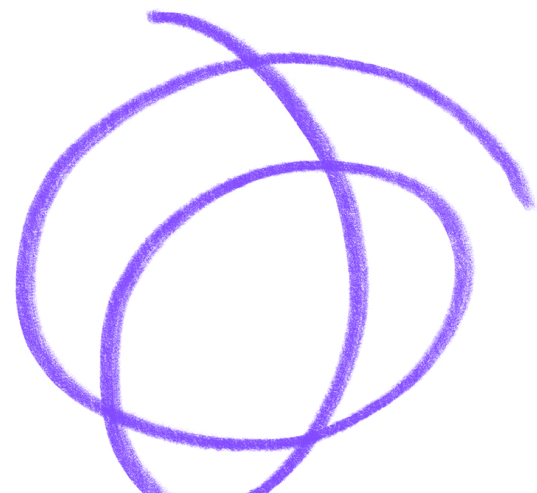
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# KEEP LEARNING

## The Self-Care Hour

**Day:** Mondays  
(fortnightly)

**Time:** 6pm-7pm

**Location:** Online

TO DO LIST:

- SELF CARE
- SELF CARE
- SELF CARE



This group will run every two weeks.

It is your time to learn new and exciting ways to care for yourself.

You will be shown a variety of different methods and ways to add them into your routine, all the while having the support and encouragement from other group members.

Please register online and book your place.

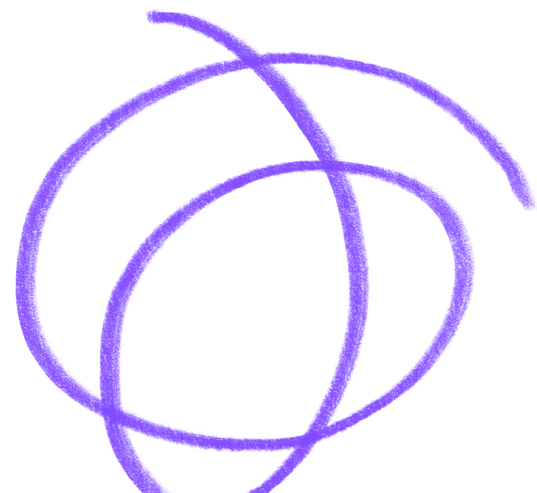
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# KEEP LEARNING

## Stress and Anxiety

### Days and times:

Tuesdays (6pm-8pm)

Thursdays (2pm-4pm)

**Location:** Online



Anxiety and stress cause more sick days and illness than physical ailments. Discover the difference between stress and anxiety and why in combination they are a cause of concern for many.

### Aims of the workshop:

- Provide participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable greater self-awareness
- Equip participants in techniques for changing attitudes
- Support wellbeing

### Course content:

- Typical causes of anxiety
- How to become familiar with triggers
- How to select coping strategies that work for you

Please register online and book your place.

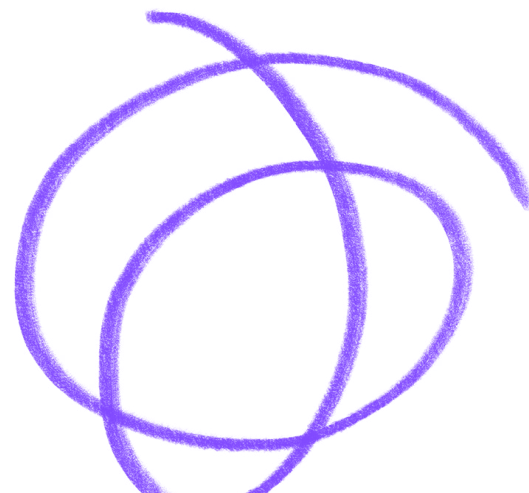
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# KEEP LEARNING

## Understanding Anxiety and Panic

**Date:** Tuesday 2 July

**Time:** 10am-12pm

**Location:** Online



This workshop is for those who would like to learn more about anxiety and panic.

We learn about different types of negative thinking patterns and share our own experiences of how we can relate to these.

We will explore different ideas on how we can turn negative reactions and thought patterns into positives by incorporating different healthy ways to wellbeing into our lives.

Please register online and book your place.

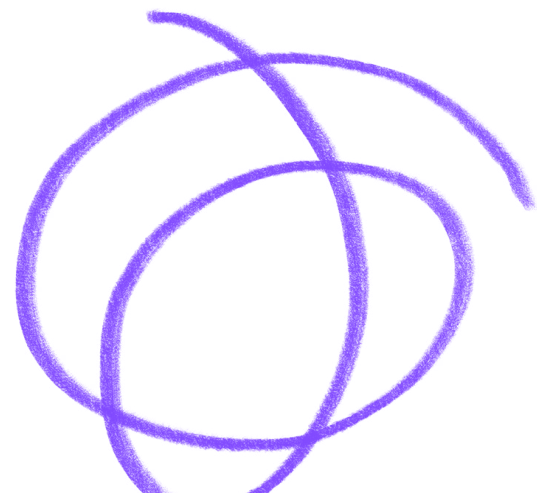
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# KEEP LEARNING

## Understanding Self-Harm

**Date** Thursday 25 July

**Time:** 5pm-7pm

**Location:** Online



The Understanding Self-Harm Workshop is aimed at those wishing to increase their awareness of self-harm and for those that wish to learn how to develop better coping strategies.

The workshop looks at self-harm facts and myths, how and why people may self-harm and how to best manage and control urges.

The workshop promotes the use of cognitive coaching, self-awareness and personal reflection. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life.

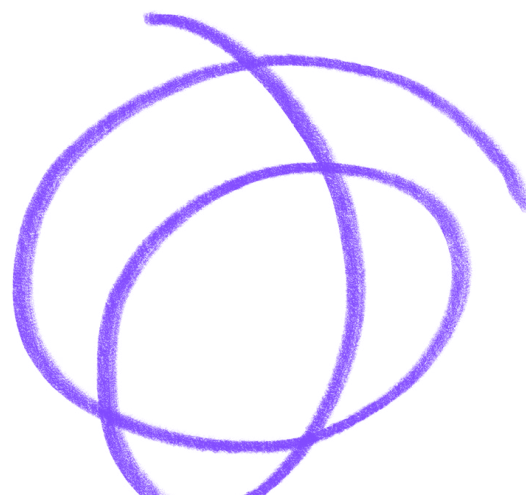
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# CONNECT

## Autism Awareness

**Dates:**

Wednesday 21 August  
Tuesday 10 September

**Time:** 10am-12pm

**Location:** Online



This workshop has been designed to explore and understand how an autistic person experiences the world, in ways that a non-autistic person doesn't.

It will also help for a better understanding of those differences, and disadvantages, autistic people endure as they navigate the non-autistic world.

Please register online and book your place.

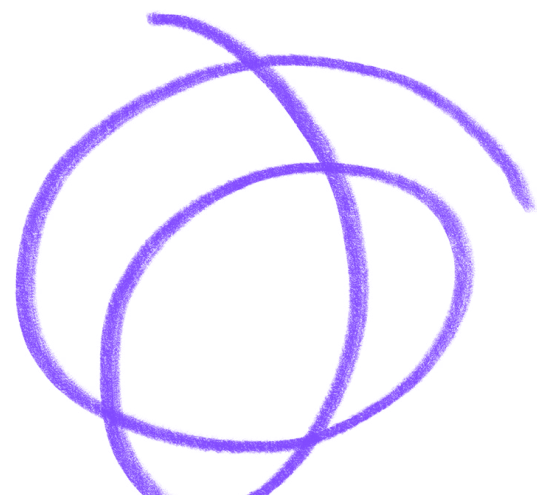
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# CONNECT

## Hearing Voices Group

**Day:** Wednesdays

**Time:** 1pm-2pm

**Location:**

Mind in Bexley  
2a Devonshire Road  
Bexleyheath DA6 8DS

[Google Maps](#)



A support workshop group for people who are experiencing hearing voices or seeing visions.

These supportive workshops provide an opportunity to exchange information and learn from each other. These are held weekly in a comfortable and confidential space.

The workshop is open to those who have experience of hearing voices or seeing visions whether past or present.

Please register online and book your place.

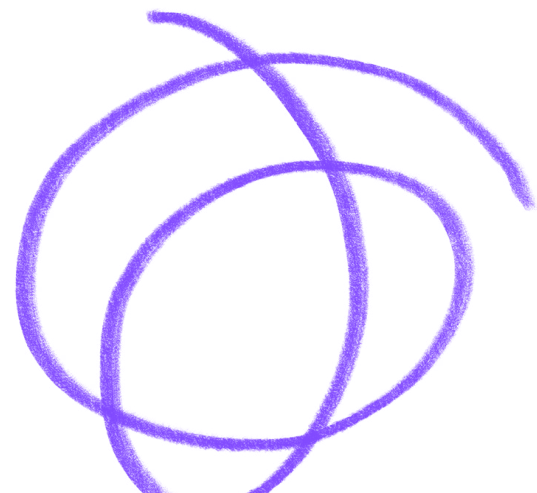
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# CONNECT

## Make, Mend and Motivate

**Day:** Wednesdays

**Time:** 11am-1pm

**Location:** Online



This group is your time to put aside two hours for arts, craft, making, mending and DIY. Grab a cup of tea and the project you are working on to meet likeminded crafters for inspiration, tips and giggles. Don't know what to bring? Still come along to get the motivation.

Creating is a form of selfcare, it benefits you and those around you. It can help you feel more able to cope with situations.

To register for Make, Mend and Motivate, please see below:

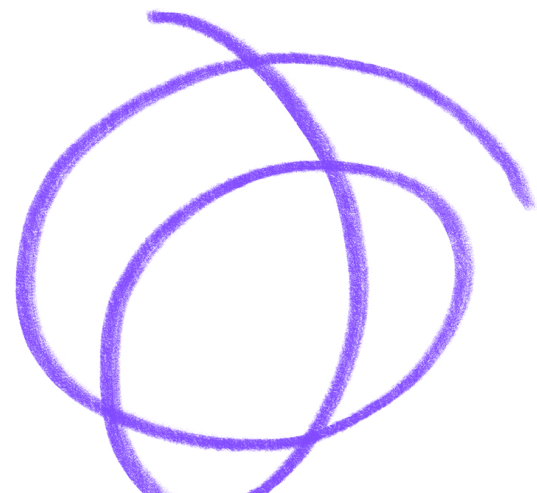
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# CONNECT

## Menopause Group

**Day:** Tuesdays

**Time:** 6pm-7.30pm

**Location:**

The Pantry  
301c Broadway  
Bexleyheath DA6 8DT  
[Google Maps](#)



The Menopause Group is an informal and friendly group giving you the opportunity to connect with other women from Bexley who are also going through the stages of the menopause. Different symptoms of the menopause are discussed and practical solutions and ways of coping are shared. Women attending the group also feel emotionally supported and affirmed through their shared experiences of the menopause.

To register your interest for the menopause support group, please email: [recovery@mindinbexley.org.uk](mailto:recovery@mindinbexley.org.uk)

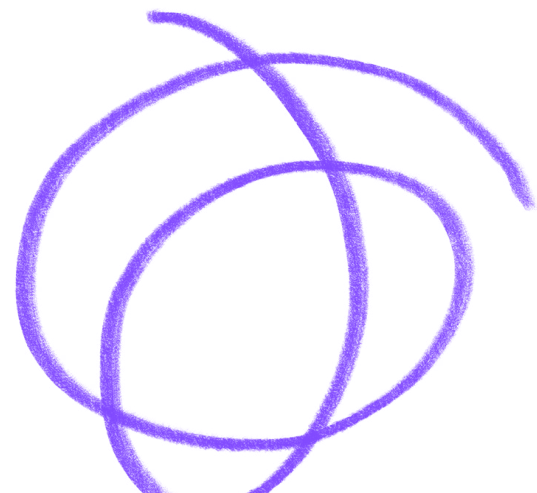
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# CONNECT

## Men's Group

**Day:** Tuesdays

**Time:** 10.30am-12pm

**Location:**  
Online



The men's group is an informal, friendly and supportive group where you meet others to talk about a range of topics including your own wellbeing.

This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share positive experiences and provide emotional support.

Please register online and book your place.

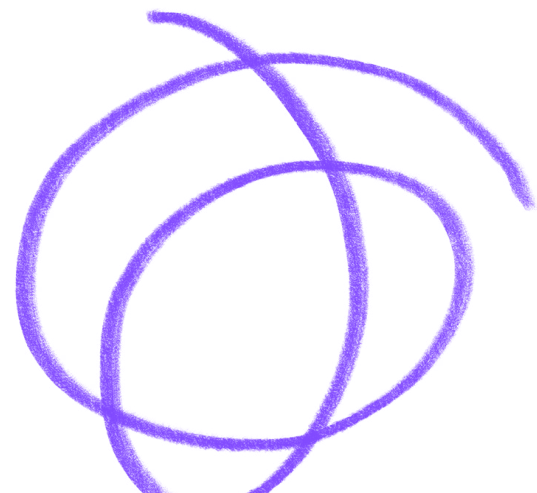
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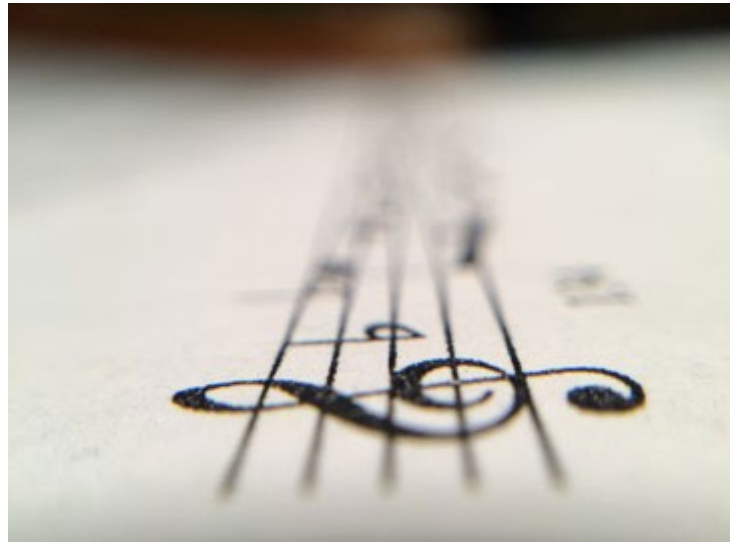
# CONNECT

## Music for Fun

**Day:** Fridays

**Time:** 2pm-4pm

**Location:** Online



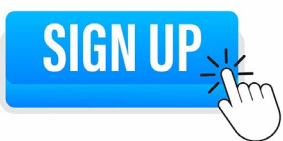
Music for Fun is an opportunity for people to come together and pick a piece of music.

Every participant gets a chance to select a song of their choice to be played to the group and are given time to talk about their selection.

This is a relaxed group with great discussion.

Please register online and book your place.

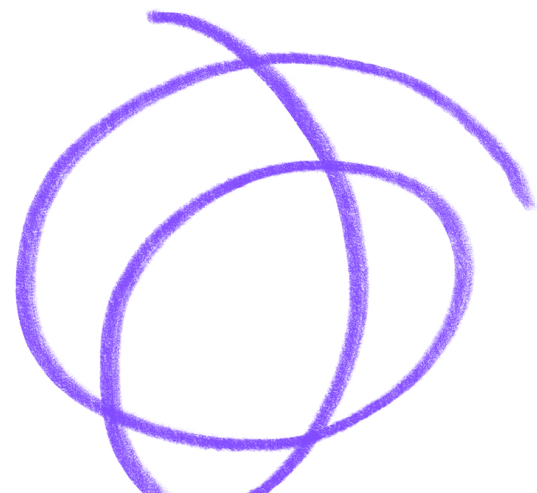
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# CONNECT

## Overcoming Loneliness

**Dates:**

Wednesday 31 July  
Wednesday 25  
September

**Times:** 10am-12pm

**Location:** Online



This workshop will define what is meant by loneliness, including the causes of loneliness and how it relates to mental health problems.

There will also be advice on how to manage the feelings of loneliness and things you can do to develop yourself and feel content in your own company.

Please register online and book your place.

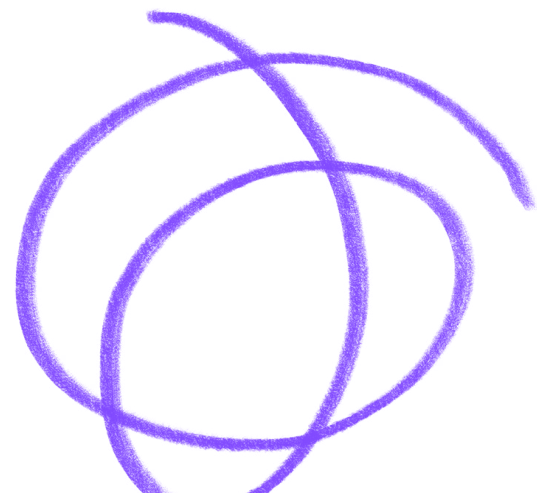
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# CONNECT

## Stitch the Mind

**Day:** Tuesdays

**Time:** 10am-11.30am

**Locations:**

Various locations in and around Bexleyheath

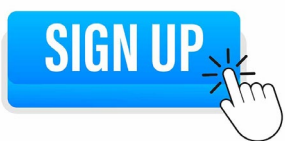


Are you a keen knitter?

Perhaps you like to crochet or stitch? This face-to-face group incorporates stitching with connecting with others. It is held at a variety of locations in and around Bexleyheath.

Please bring along any projects you have and we can socialise over a cup of tea while working on our creations. A lovely social group and setting to get creative and improve your wellbeing. Please register online and book your place.

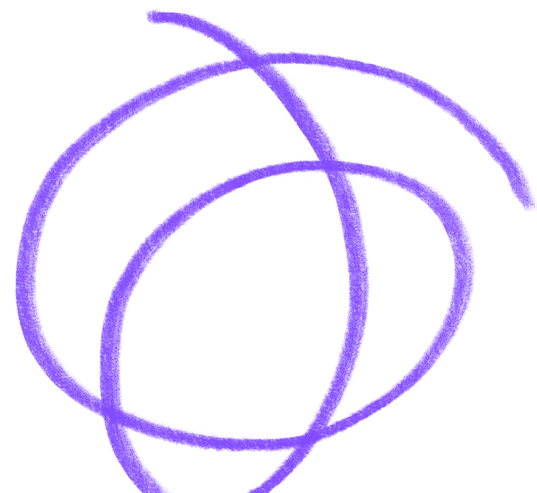
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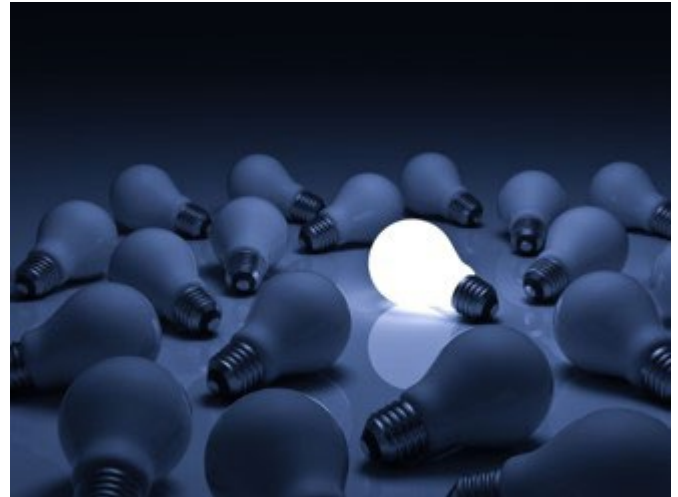
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## Test Your Brain for Fun

**Day:** Fridays

**Time:** 10am-11am

**Location:** Online



You are invited to join us online for quizzes, memory games, spelling tests, boggle, spot the difference, maths problems and much more...

All you need is a pen and paper.

No scores are read aloud, this is all for fun!

Please register online and book your place.

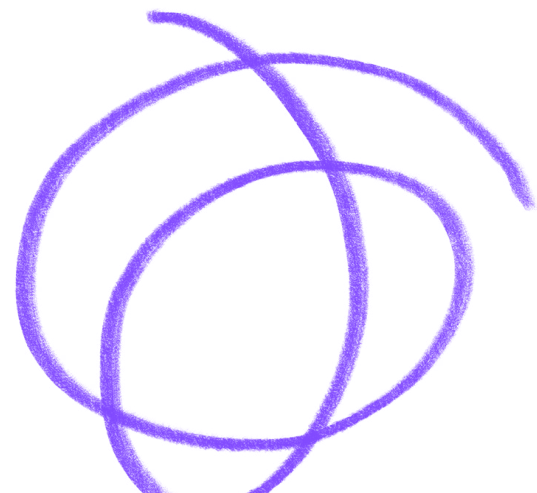
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# CONNECT

## Together We Can

**Day:** Wednesdays

**Time:** 4pm-5.30pm

**Location:** Online



In this group, we are going to encourage each other to get those jobs done!

Whatever is on your To Do List bring it along (with a cup of tea) and get tips from your peers on the best way to achieve what you want, as you are doing it!

From sorting your bills/benefits, decluttering, craft projects, homework from another group or a course you are doing, DIY, selfcare/glow ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more... Please register online and book your place.

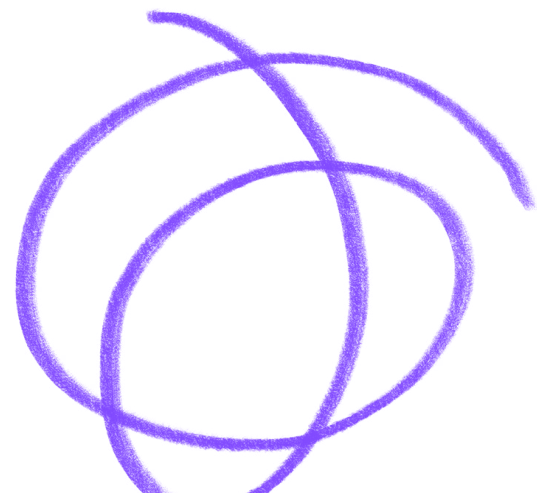
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# CONNECT

## Women's Groups



**Day and time:** Mondays - 10.30am-12pm

**Location:** The Pantry, 301c Broadway  
Bexleyheath DA6 8DT [Google Maps](#)

**Day and time:** Tuesdays - 1pm-2.30pm

**Location:** Belvedere Community Centre, Mitchell Close  
Belvedere DA17 6AA [Google Maps](#)

The women's groups provide a safe environment where women feel comfortable to connect and talk together over a coffee. This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share and provide emotional support. Please register online.

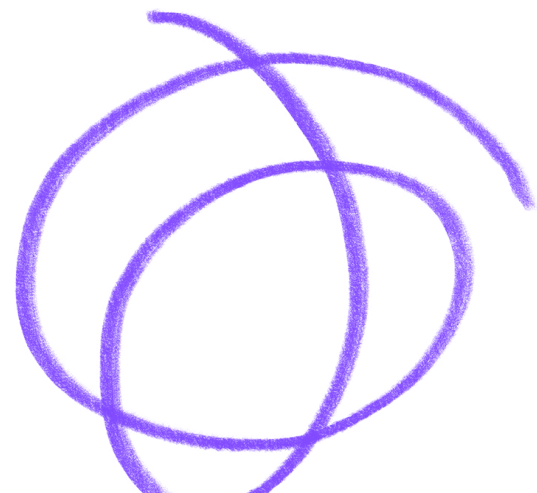
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# CONNECT

## Young Adults' Project

**Day:** Tuesdays

**Time:** 1.30pm-2.45pm

**Locations:**

Various locations in and around Bexleyheath.



The Young Adults' Project (YAP) is a person-centred informal social support group which allows those aged 18-28 to express themselves and to also gain the skills and confidence to empower themselves and others.

The group is facilitated by a Mind in Bexley staff member with lived experience and is held on a weekly basis at various locations in Bexleyheath. This can include visiting different cafes, doing activities such as bowling, visiting exhibitions and also guest speakers from various organisations. The group decides where they would like to go and collaborate on ideas.

Please register online and book your place.

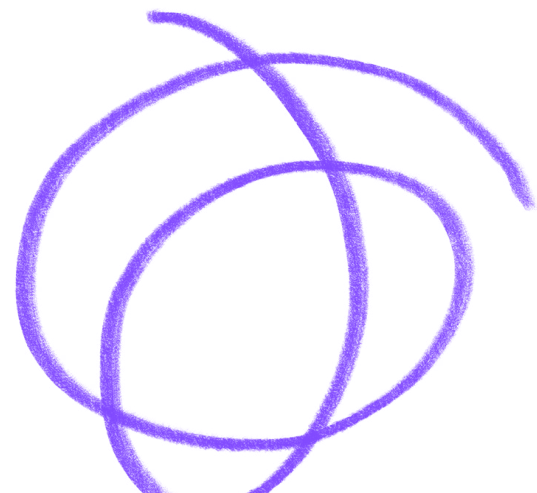
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# TAKE NOTICE

## Art Club



**Day:** Thursdays

**Time:** 11am-1pm

**Location:**

Mind in Bexley  
2a Devonshire Road  
Bexleyheath DA6 8DS

[Google Maps](#)



Bring along your own arts and crafts to make progress on your project while socialising with like-minded peers.

We are a relaxed and friendly group and we enjoy connecting with each other and sharing creative ideas, tips and techniques. We find the creativity and connecting helps to improve our wellbeing.

This group is not the same as Art Therapy.

Please contact us to book or to be put on the waiting list.

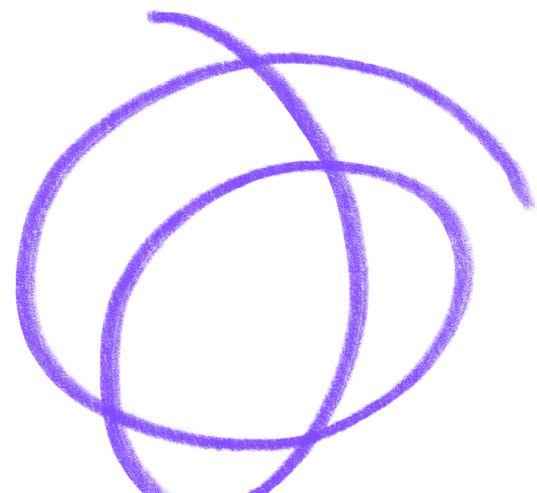
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# TAKE NOTICE

## Goal Setting



**Day:** Mondays

**Time:**  
11.30am-12pm

**Location:**  
Online



Together we will turn your goals into plans and your plans into actions by thinking big but taking small doable actions towards our goals.

You will be asked what you would like to achieve over the coming week and, through discussion with your peers, we will try to find what method would suit you best.

Then, you can come back the next week to celebrate “you did it!”.

Please register online and book your place.

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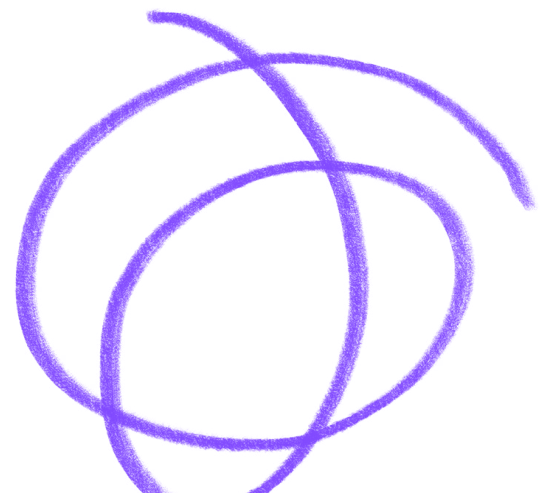
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# TAKE NOTICE

## Journaling



### Dates:

Wednesday 10 July  
Wednesday 21 August

**Times:** 10am-11.30am

**Location:** Online



In this workshop, we can learn to journal by expressing thoughts, feelings, inspirations or emotions through writing.

We will look at different journaling methods and how to get started.

You will need a pen and notebook to journal in.

Please register online and book your place.

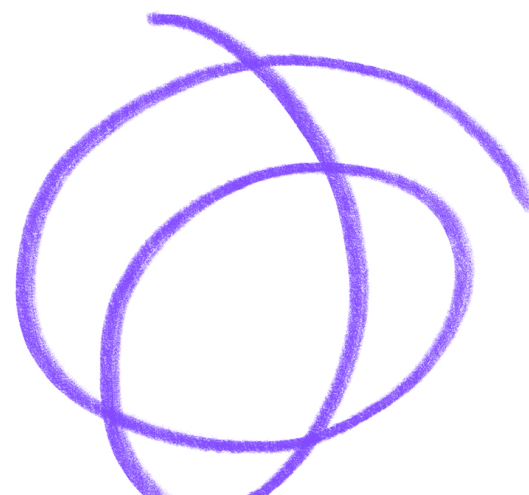
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# TAKE NOTICE

## Mindfulness Workshop



**Dates:**

Wednesday 7 August  
Wednesday 18 September

**Times:** 10am-11.30am

**Location:** Online



Mindfulness is a way to incorporate calmness into your life to support your wellbeing. This mindfulness workshop encourages a positive mindful approach.

Through practical tools to gain understanding, it helps us develop an open mind and forgiveness of and acceptance towards ourselves and others.

The workshop includes a short guided mindful breathing meditation which can be used as a coping strategy when under stress or pressure from life, work or relationships.

Please register online and book your place.

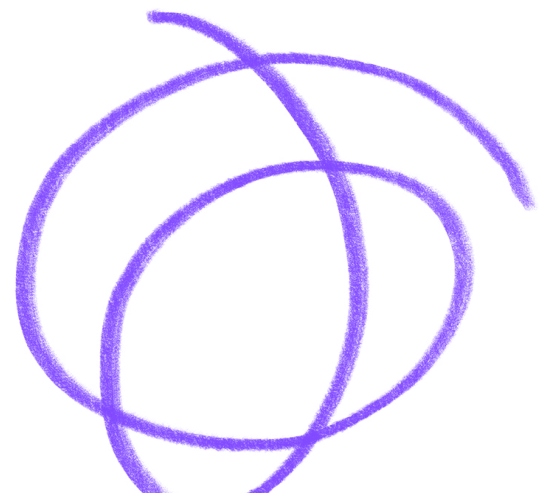
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# TAKE NOTICE

## Photography for Fun



**Day:** Wednesdays

**Time:** 1.30pm-2.30pm

**Location:** Online



In this group, we encourage each other to take notice of what is around us by taking photos on a theme. Taking notice enables us to be in the moment and can help you to feel more positive about life.

Each week we start by looking at the photos those attending the group have taken during the week. We enjoy talking about the photos, where these were taken and exploring the different styles.

Then a different theme is suggested for the next week such as animals, doors, weather, 'why is that there', food. During the week you notice what is around you and take photos on the theme. No photography skills are needed and you can use a camera or your mobile phone. Please and book your place.

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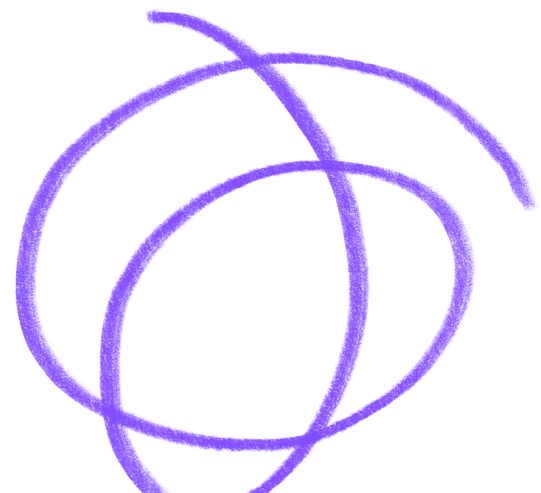
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# TAKE NOTICE

## Sleep and Relaxation Techniques



**Dates:** Wednesday 10 July  
Wednesday 28 August

**Times:** 10am-12pm

**Location:** Online



Researchers have found that sleep and relaxation are important for us because it can support us in achieving:

- Better productivity and concentration
- Lower risk of weight gain and better calorie regulation
- Greater athletic performance
- Lower risk of heart disease
- More social and emotional intelligence
- Preventing depression
- Lower inflammation and a stronger immune system

Aims of the Workshop:

- Simple relaxation methods that promote health and wellbeing
- The scientific background of why we sometimes can't sleep
- Practical implementation in daily life
- How to relax yourself

Please register online and book your place.

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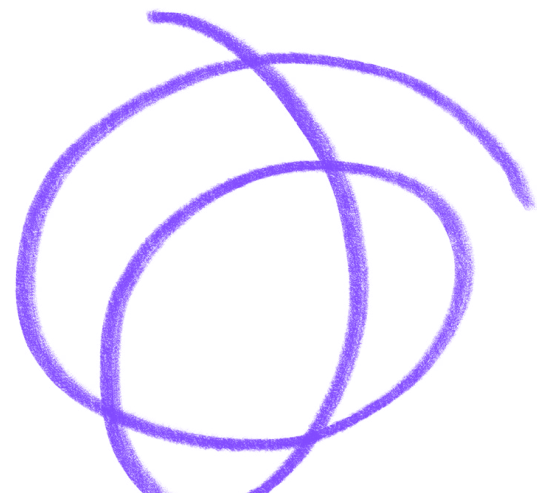
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# TAKE NOTICE

## Visualising Intentions and Affirmations



### Dates:

Wednesday 24 July

Wednesday 4 September

**Times:** 10am-11.30am

**Location:** Online



This workshop is a group where you will learn to use visualising skills to set intentions and affirmations using practical tools and guided meditation.

What do you intend to change in your life?

In this workshop, you will look at tools and meditation to help you set intentions and choose affirmations to help bring about positive change.

Please register online and book your place.

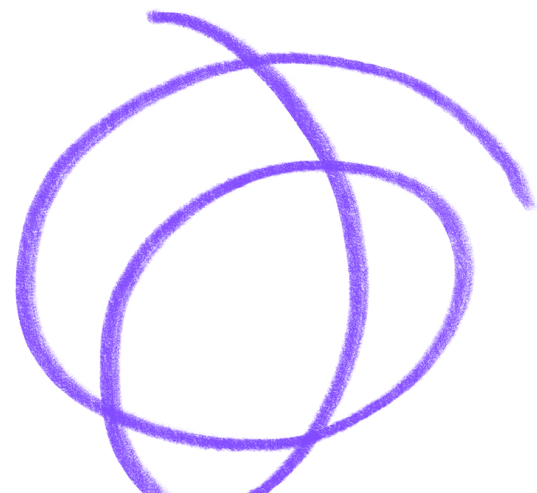
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# TAKE NOTICE

## What's Going On in Our Community?



**Dates:**

Monday 29 July

Monday 2 September

**Times:** 10am-11am

**Location:** Online



This brand-new workshop will discuss what events, groups, and social activities are being run in our community, so we all have the knowledge to get out there and live our lives.

Do come along to see what we have found and to also let others know where you have been or what you have heard is coming up.

Please register online and book your place.

**Click here**

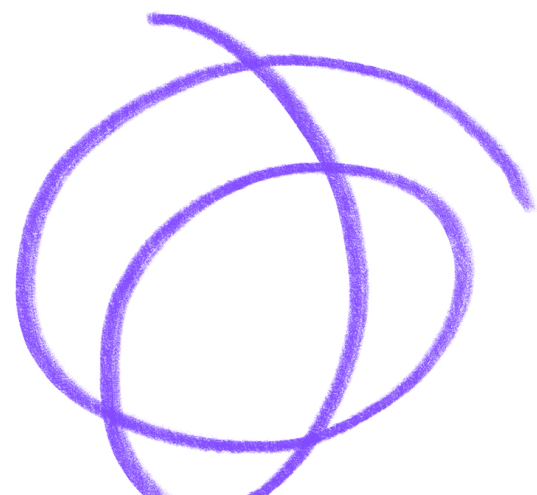
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# Employment Support Re-Instate

Since 2014, Re-Instate has developed a comprehensive Employment Service to support local residents in the borough of Bexley struggling with their mental health.

We understand that employment is a key part of maintaining mental wellbeing and we can offer support through the following:



## **Employment Service**

The support from our employment specialists will offer a tailored service to the individual, but can include:

- A vocational profile
- Job retention
- Volunteering opportunities
- Training, learning and development opportunities including IT4Work
- Job searching and job club
- Preparing a CV, interview skills, confidence building

---

## **Early Intervention Service**

Intervention in the initial stages of a person's mental ill-health can have significant and life-changing consequences. Offering comprehensive employment support at the earliest possible stage before a problem becomes a crisis.



# Employment Support Re-Instate

## Days and Times:

Tuesdays (10.30am-12.30pm)

Wednesdays (10.30am-12.30pm)



## Location:

Employment Centre

Erith DA8 1RG [Google Maps](#)

Our friendly **Job Clubs** are designed to give you the skills to research and apply for employment opportunities.

An employment specialist or one of our valued volunteers is always on hand, maybe helping with CVs, introduction letters and helping with some of those IT challenges that applying for a role can bring.

The sessions run for up to six weeks for each individual, building up your all-round skills to find a role that suits you.

---

## Works4Me



Are you a Bexley resident living with autism and looking for work? The **Works4Me** program can help you with finding and sustaining paid employment.

To find out more e-mail: [works4me@re-instate.co.uk](mailto:works4me@re-instate.co.uk)



# Employment Support Re-Instate

## **Days and Times:**

Wednesdays (1pm-4pm)

## **Location:**

Employment Centre  
Erith DA8 1RG [Google Maps](#)



**IT4Work** is an opportunity to develop or improve IT skills through tailored support at the Re-Instate IT suite in Erith.

Suitable for anyone looking to improve their IT skills for the workplace, building up confidence to use popular programs like Excel or Word.

For more information, contact Re-Instate on 01322 438 155 or email: [info@re-instate.co.uk](mailto:info@re-instate.co.uk)

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## **Employment Briefings** - (ad hoc online – see website)

A themed briefing takes place each month. This can be how to disclose in the workplace, the Equalities Act and what support should look like as well as a variety of other employment related subjects.

# Employment Support: Individual Placement Support

Our Individual Placement Support (IPS) service aims to support individuals in gaining paid employment.



We believe that having a paid job links with our overall wellbeing. Paid employment can have a positive effect on your mental health and wellbeing. Employment can be a part of your recovery.

## **What can IPS do for you?**

Within IPS, one of our employment specialists can assist you in all the steps needed to find employment.

## **Contact details for Individual Placement Support (IPS):**

Email: [kirstyhorry@mindinbexley.org.uk](mailto:kirstyhorry@mindinbexley.org.uk)

Phone: 07774 315863

# Employment Support: Individual Placement Support

We aim to make the journey into employment as smooth as possible by providing the necessary support and tools to help you find the most suitable job role.



- Interview techniques
- CV building
- Job searching
- Job applications
- Additional support once at work - reasonable adjustments

Would you like to receive employment support from our IPS employment specialist team? You can refer yourself or be referred by the Community Mental Health Team, DWP or another service.

## Contact details for Individual Placement Support (IPS):

Email: [kirstyhorry@mindinbexley.org.uk](mailto:kirstyhorry@mindinbexley.org.uk)

Phone: 07774 315863



# Family and Carers Service

## Support groups and workshops

### Are you a relative or a friend of someone in Bexley who is experiencing mental health problems or emotional distress?

The Mind in Bexley Family and Carers Service provides support, information and advice to families and carers who are caring for or affected by an adult relative or friends' mental health problems and/or substance and alcohol use.

Families and carers must be either:

- Registered with a Bexley GP or live in Bexley Borough
- Or be caring for an adult relative or friend who lives in the Borough of Bexley

To access this service please visit Mind in Bexley Family and Carers Support to refer yourself in or ask a doctor or health professional to do it for you.

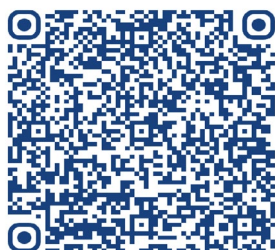
**Email:** [carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

**Call:** 0203 912 0030 (Monday-Friday 9am-5pm)

**Online:** Self-refer on our website at:

[mindinbexley.org.uk/family-and-carers-support](http://mindinbexley.org.uk/family-and-carers-support)

Or scan the QR code with your phone:



# Family and Carers

## Support groups and workshops



### **Online Just Breathe sessions**

(Weekly Mondays 9.30am-10am)

In these sessions you will learn breathing techniques as a means to alleviate mental and emotional issues, reduce stress and improve wellbeing. The essentials of breathwork are based around re-learning how to breathe better in a way that supports health.

### **Information sharing and learning sessions**

Weekly online and Face to Face Mental Health Inpatient and Crisis Services, Family and Carers information sessions.

For family members and carers of someone who are under the Bexley Home Treatment Team or a patient on Millbrook or Lesney Ward.

These sessions are an opportunity to ask questions about the care your relative or friend is receiving. Learn about mental health conditions, associated behaviour, treatment, discharge planning and receive helpful support and advice regarding your situation.

For information and dates of the sessions, please email the Family and Carers Service at:

[carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

# Family and Carers Service

## Support groups and workshops



### **CARERS PEER SUPPORT GROUPS**

In person, **weekly** (Mondays 11.15am–12.45pm) (Bookable only)  
St Vianney's Church, Heathfield Road, Bexleyheath

In person, **monthly on a Tuesday** at St Johns Evangelist  
Church, Sidcup. (5.30pm-6.30pm).

Join our friendly group for relatives and friends who are affected by another person's mental health problems and/or drug and alcohol use. The group provides information and the opportunity to connect with and be supported by others who have similar experiences. You are free to share as little or as much as you feel comfortable. You can ask questions and learn or share helpful information with others in the group.

### **Carers support and drop in at Devonshire Road every Monday 1:30pm to 3pm**

Mind in Bexley and Pier Road carers are welcome to join us for a social event. We meet at the Mind in Bexley office at 2a Devonshire Road, Bexleyheath DA6 8DS between November and March where you are welcome to have a chat, drink and biscuits and relax in an informal safe environment.

For information and dates of the sessions, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Family and Carers Service at:

[carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

# Family and Carers Service

## Support groups and workshops



### **WOODLANDS CARERS SUPPORT GROUP**

**The Woodlands Unit Mental Health Inpatient and Crisis Services**

**Face-to-face fortnightly on Wednesdays at 5pm–6pm – alternating between Woodlands Unit and Barefoot Lodge (at Goldie Leigh Hospital)**

This group is run in partnership with Oxleas Inpatient and Crisis Mental Health Services and is for relatives or friends of someone who is under the Bexley Home Treatment Team or a patient on Millbrook or Lesney Ward, The Woodlands Unit, Queen Mary's Hospital in Sidcup.

You can join in as little or as much you feel comfortable.

Ask questions and learn about helpful information for carers. Mental Health Practitioners and Carers' Support Workers facilitate this group and can address any concerns or questions carers may have relating to their relative or friend's condition and treatment.

For information and dates of the sessions, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Family and Carers Service at: [carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

# Family and Carers Service

## Support groups and workshops



### **CARERS PSYCHO-EDUCATION WORKSHOPS**

(coming soon – please contact us for details)

These workshops are for mental health carers and are being run in partnership with Mind in Bexley and Oxleas NHS Foundation Trust.

Topics Include:

Being a Carer

Communication skills

Dealing with difficult behaviour

Relapse prevention

For information about the workshop, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Family and Carers Service at: [carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

# Family and Carers Service

## Support groups and workshops



### **Family and Carers Information sessions**

#### **Thursdays (fortnightly) 1pm-2pm – Erith Centre**

The sessions are for family and carers of someone who is under the Bexley Home Treatment Team or being treated by the Erith Centre Community Health Team.

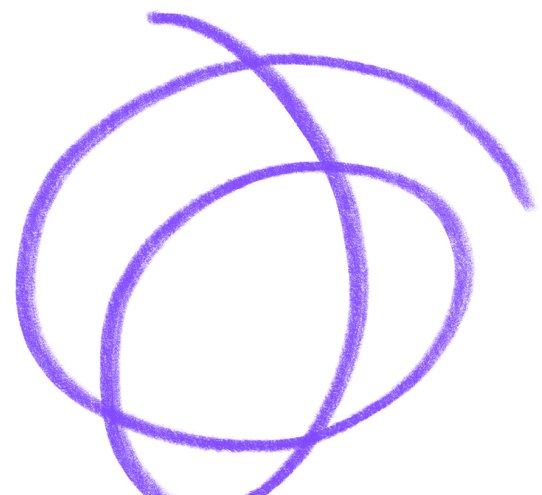
They are run in partnership with Oxleas outpatient Mental Health Services and Mind in Bexley. They are co-facilitated by mental health practitioners and the carers support workers.

For information and dates of the sessions, please email the Family and Carers Service at:

[carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)

For information and dates of the sessions, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Family and Carers Service at:

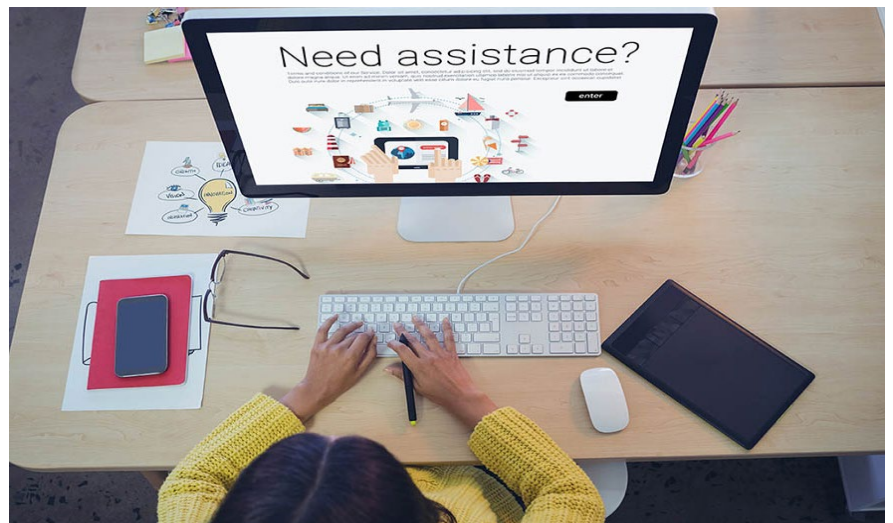
[carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)



# Digital Hub in the Community

## Grow your digital skills with help from Mind in Bexley

Wednesdays: 11am-1pm  
Blackfen Community Library



### The Mind in Bexley Digital Hub can help you pick up new skills

Have you ever wanted to improve your digital skills or do you know someone who would benefit from some help and training?

At the Digital Hub at Blackfen Library, you can meet new people in a safe and friendly environment and find out how digital devices work. There is no need to make an appointment - just come along.

### Blackfen Community Library, 7-9 Blackfen Parade DA15 9LU

Support is available to learn at your own pace using online sessions. You can learn anything from finding out how to stay safe online, to managing your health better, or creating a spreadsheet! You choose what matters to you. The activities are suitable for all abilities.

#### We offer:

- 1:1 digital skills training e.g. sending emails, how to find information online, and help to understand your devices better!
- Support in accessing our online activities e.g. help with Teams.
- Drop-in session Mondays 2-4pm at our Bexleyheath office for support with self-referring into our services or completing the registration form.

If you are new to Mind in Bexley, we can help you fill in our registration form on the day. If you have any questions or would like some further information, please call Holly on: **07375 250 365**



# BEXLEY CRISIS CAFE

**OPEN EVERY DAY  
FROM 6PM UNTIL 10PM**

The Bexley Crisis Café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress.

There you can access mental health support and advice from our trained mental health and wellbeing workers.

**You can visit without an appointment.**  
2a Devonshire Road, Bexleyheath DA6 8DS



A close-up portrait of an elderly woman with short, wavy white hair and blue eyes. She is wearing a green cardigan over a light-colored striped shirt. The background is a plain, light grey color.

“I kept  
it all  
inside”

## NHS Talking Therapies can help

Struggling to cope with feelings of depression, excessive worry or social anxiety? A trained clinician can help.

Your GP can refer you or refer yourself at [nhs.uk/talk](https://www.nhs.uk/talk)

Mental  
health  
matters

Help us  
help you

# The Kent Mental Wellbeing Awards

Nominations Open for 2024



The 2023 Kent Mental Wellbeing category winners and overall Champions pictured at the ceremony with the guest of honour Sir Terry Waite

The **Kent Mental Wellbeing Awards** is an annual event to showcase the people, organisations and initiatives that help us cope with life.

Nominations can be linked to a simple act of kindness that lifted the spirits, a business that has improved staff wellbeing, through to a targeted initiative delivered by a charity or statutory organisation to support a mental health or wellbeing issue.

Nominations are accepted from the **Bexley, Bromley, Kent** and **Medway** areas and can be submitted until 1 September 2024.

To submit a nomination, either visit our website at: [nomination for 2024](https://www.mindinbexley.org.uk/kentawards)

[mindinbexley.org.uk/kentawards](https://www.mindinbexley.org.uk/kentawards)

Or scan the QR code here:

