



 **mind in Bexley**

RECOVERY COLLEGE Prospectus

October to December 2025

Improving Lives

Mind in Bexley and East Kent is a registered charity - number 1110130





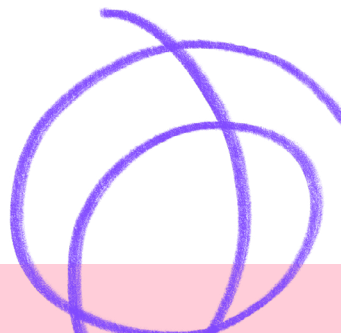
Bexley Recovery College

Prospectus: October to December 2025

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 Mind in Bexley offers, please visit our website: [here](#)

If you would like to register for any of our **Recovery College** activities the registration form is [here](#) or scan the QR code here:



WAYS TO WELLBEING

The latest edition of our Bexley Recovery College Prospectus has all of our courses, groups, workshops 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 health and 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.

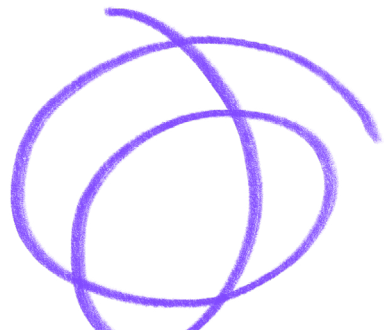
The **Ways to Wellbeing** are promoted by the NHS, Mind and other mental health organisations.

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

Click here



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BE ACTIVE

	Page
Drum and Movement	8
Healthy Mind and Body	9
Meditation Practice	10
Open Spaces	11
Pilates	12
Tai Chi	13
Walk and Talk Group	14
Wellbeing and Physical Health Checks	15
Yoga	16



KEEP LEARNING

	Page
Anger Management	17
Body Image	18
Confidence and Assertiveness	19
Coping with Stress and Anxiety	20
Creative Writing	21
Emotional Intelligence	22
Low Mood and Depression	23
Mental Health in the Workplace	24
Money Management	25
Positivity	26
Routine Builders	27
The Self-Care Hour	28
Suicide Awareness	29
Understanding Anxiety and Panic	30
Understanding Self-Harm	31





CONNECT

	Page
Autism Awareness	32
Christmas and New Year Groups	33
Hearing Voices Group	34
Make, Mend and Motivate	35
Menopause Group	36
Men's Group	37
Music for Fun	38
Overcoming Loneliness	39
Stitch the Mind	40
Test Your Brain for Fun	41
Together We Can	42
Women's Group	43
Young Adult's Project	44

To sign up to any of the courses, groups or workshops in this Prospectus, please visit our website by clicking 'SIGN UP' below.

If you need any help signing up, please email: recovery@mindinbexley.org.uk



SIGN UP

mindinbexley.org.uk/recovery





TAKE NOTICE

	Page
Art Club	45
Goal Setting	46
Journaling Together	47
Online Safety and Avoiding Scams	48
Photography for Fun	49
Sleep and Relaxation Techniques	50
Visualising Intentions and Affirmations .	51
What's Going On in Our Community?	52



Re-Instate
Employment Support

Information on support available . pages 53-55

 **Mind** in Bexley

Digital Hub pages 56-57
Carers Service pages 58-62
Individual Placement Support ... pages 63-64



BE ACTIVE

Drum and Movement

Day:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)



Join our online group where we will be using our bodies as a drum and bringing light movement into our evening.

Drumming and movement have great benefits for our minds, bodies and souls. By joining this group, you will improve your strength, balance and resistance - all while having fun.

We will be using drumming and movement holistically to explore new ways of meditating, using affirmations, clearing our chakras, gaining confidence, feeling alive and so much more.

All skills and abilities are welcome, as you can do it all sitting down if you prefer. Please register online

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BE ACTIVE

Healthy Mind and Body

Dates and times:

Monday 20 October (10am-11am)
Monday 27 October (5pm-6pm)
Monday 17 November (10am-11am)
Monday 24 November (5pm-6pm)
Monday 15 December (10am-11am)
Monday 22 December (5pm-6pm)



Location: Online (free)

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.

Please register online and book your place.

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BE ACTIVE

Meditation Practice

Days and times:

Mondays: 9.30am-10.30am
(weekly)

Wednesdays: 6pm-7pm
(fortnightly)



Location: Online (free)

Think you can't meditate?

Discover that it's not all about imagining yourself in a forest or listening to waves on a beach.

Join this weekly group where we will practice together many different ways to meditate so you can find your perfect methods.

Please register online and book your place.

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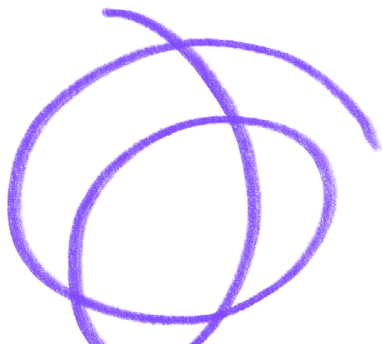
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BE ACTIVE

Open Spaces

Days and times:

Mondays and

Thursdays

(10am–1pm)

Fridays (12pm–2pm)

Location:

Alers Road

Bexleyheath

DA6 8JT

[Google Maps](#) (free)



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? We have 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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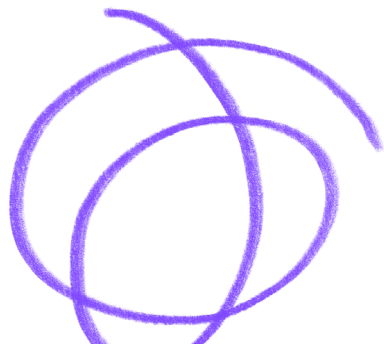
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BE ACTIVE

Pilates

Days:

Tuesdays (face-to-face and online)

Thursdays (online only)

Time: 12pm-12.45pm

Location:

The Pilates Studio

Bexley Village DA5 1BF [Google Maps](#)

Book through the Recovery College.

A fee of £3 for face-to-face sessions



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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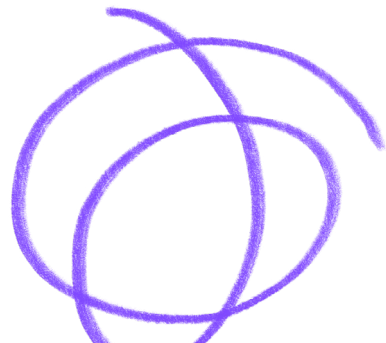
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BE ACTIVE

Tai Chi

Day: Tuesdays
(on the first three
Tuesdays of the month)

Time: 9.30am-10.30am

Location: Online (free)



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.

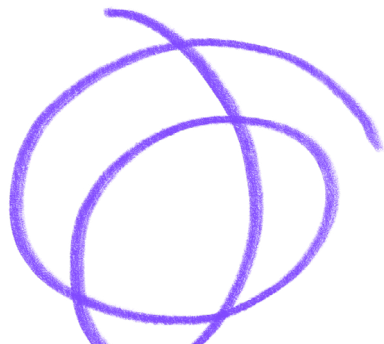
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BE ACTIVE

Walk and Talk Group

Day: Thursdays
(weather permitting)

Time: 2pm-3.30pm

Location:

Danson Park
Bexleyheath
DA6 8HL

[Google Maps](#) (free)



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 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.

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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](#) (free)



Looking after our physical health improves our wellbeing.

Mind in Bexley is able to offer free 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:

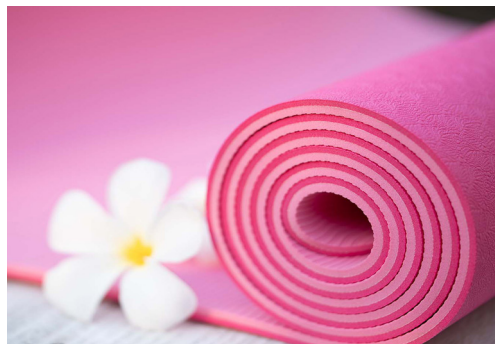
Tuesdays (6pm-6.45pm)

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:

- 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.

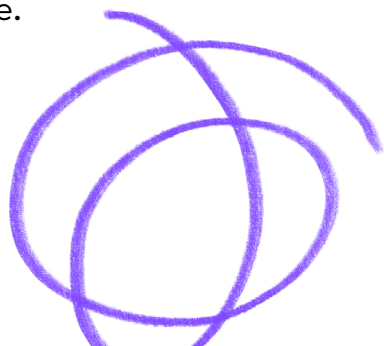
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KEEP LEARNING

Anger Management

Dates and times:

Thursday 23 October (5pm-7pm)
Wednesday 10 December (10am-12pm)

Location: Online (free)



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.

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KEEP LEARNING

Body Image

Dates: Tuesday 18 November (part one)
Tuesday 25 November (part two)

Time: 10am-12pm

Location: Online (free)



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 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
- How to build self-esteem and body positivity

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KEEP LEARNING

Confidence and Assertiveness

Day: Thursdays

Time: 10am-12pm

Location: Online (free)



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 runs for six weeks.

The course is in modules and covers:

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

Please register online and book your place.

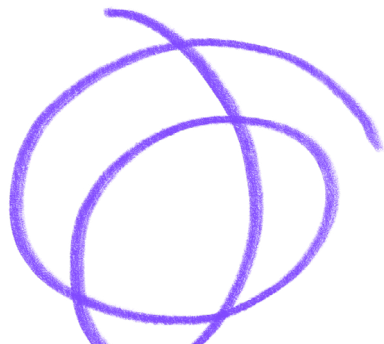
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KEEP LEARNING

Coping with Stress and Anxiety

Days: Thursdays from October 9th (for six weeks until November 13th)

Time: 2pm-4pm

Location: Online



This course aims to give you a good understanding of what anxiety is and to equip you with a range of strategies to manage anxiety effectively.

We will look at:

- What anxiety is and why it occurs
- Identifying and challenging unhelpful thinking
- Different strategies and techniques for managing anxiety

Please register online and book your place.

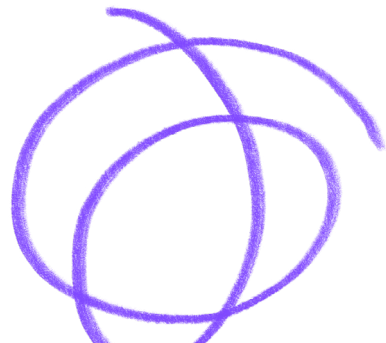
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KEEP LEARNING

Creative Writing

Day: Mondays

Time: 12pm-1.30pm

Location: Online (free)



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.

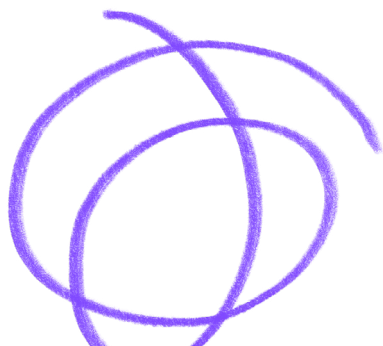
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KEEP LEARNING

Emotional Intelligence

Dates and times:

Thursday 9 October (5pm-7pm)

Thursday 27 November (5pm-7pm)



Location: Online (free)

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.

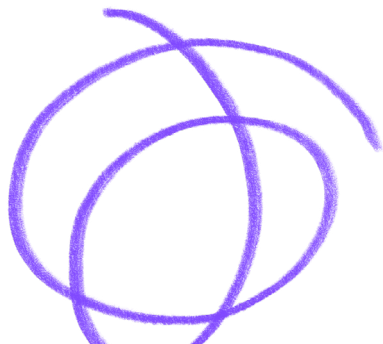
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KEEP LEARNING

Mental Health in the Workplace

Dates and times:

Wednesday 15 October (10am-12pm)

Thursday 13 November (5pm-7pm)

Location: Online (free)

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.

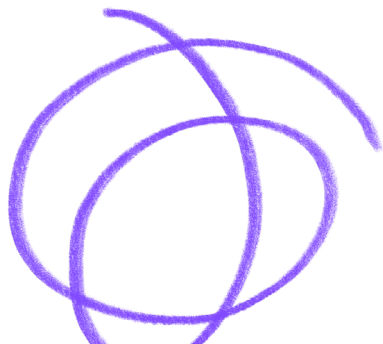
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KEEP LEARNING

Money Management

Dates and times:

Monday 6 October (10am-11am)
Monday 20 October (5pm-6pm)
Monday 3 November (10am-11am)
Monday 17 November (5pm-6pm)
Monday 1 December (10am-11am)
Monday 15 December (5pm-6pm)
Monday 22 December (10am-11am)



Location: Online (free)

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.

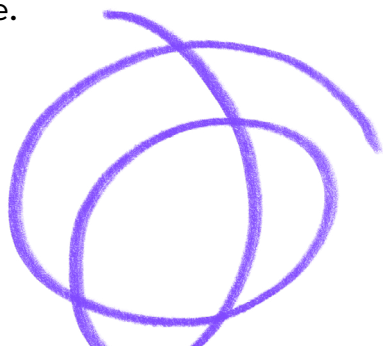
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KEEP LEARNING

Positivity

Day: Tuesdays

Time: 2pm-4pm

Location: Online (free)



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 6 October (5pm-6pm)
Monday 13 October (10am-11am)
Monday 3 November (5pm-6pm)
Monday 10 November (10am-11am)
Monday 1 December (5pm-6pm)
Monday 8 December (10am-11am)
Monday 29 December (5pm-6pm)



Location: Online (free)

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.

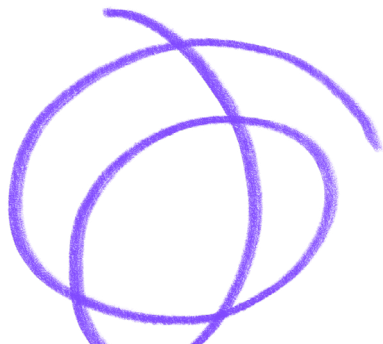
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KEEP LEARNING

The Self-Care Hour

Dates:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)

TO DO LIST:

- ☐ SELF CARE
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- ☐ SELF CARE



Be kind to yourself and join our Self-Care group.

Each session, the group discusses a wide variety of different performative and transformative self-care methods. The sessions start with a 5–10-minute calming activity which you can use anytime to bring back balance to your mind and emotions.

We then learn one or two different self-care methods that the group does together, that you can practise at home. The group sessions always finish with a song that will uplift everyone.

Please register online and book your place.

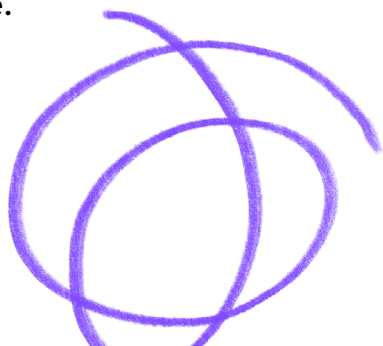
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KEEP LEARNING

Suicide Awareness

Dates and times:

Tuesday 7 October (10am-12pm)

Thursday 4 December
(5pm-7pm)

Location: Online (free)



This online workshop is an interactive two-hour session.

The subjects we will cover include:

- What is suicide?
- Suicide statistics
- Terms to describe suicide and the current arguments
- Myths surrounding suicide
- Potential causes of suicide
- Coping with suicidal thoughts
- Support resources

The aim of this workshop is to enable you to better understand suicidal feelings, the causes of suicidal feelings and the support available. Please register online.

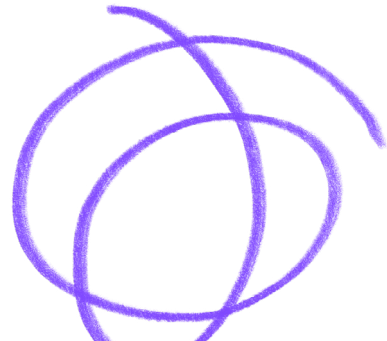
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KEEP LEARNING

Understanding Anxiety and Panic

Dates and times:

Tuesday 28 October (10am-12pm)

Thursday 20 November (5pm-7pm)

Tuesday 23 December (10am-12pm)

Location: Online (free)



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

Dates and times:

Thursday 6 November (5pm-7pm)

Tuesday 16 December (10am-12pm)

Location: Online (free)



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.

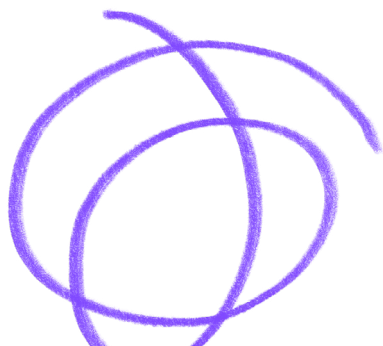
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CONNECT

Autism Awareness

Dates and times:

Tuesday 2 December (10am-12pm)

Location: Online (free)



This workshop is designed to explore and understand how autistic people experience the world, including the differences in perception, communication, and interaction compared to non-autistic individuals.

It will also provide insights into the challenges autistic people may face in a predominantly non-autistic society, as well as the strengths and unique perspectives they bring.

Please register online and book your place.

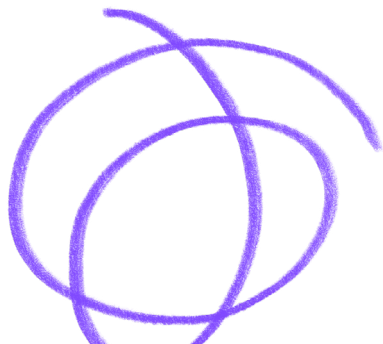
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CONNECT

Christmas and New Year Groups

Days:

Christmas and New Year

Location:

Online

**Thursday 25th December**

10am–12pm: Christmas Day games and music.

Friday 26th December

10am–12pm: Boxing Day games and music.

Wednesday 31st December

2pm–4pm: New Year's Eve Music for Fun special.

Please register and book your place online.

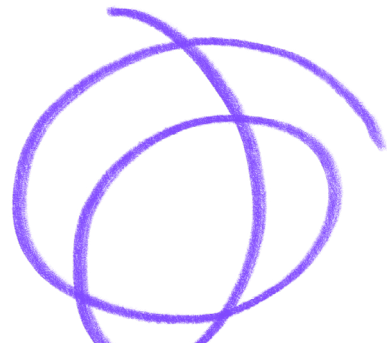
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CONNECT

Hearing Voices Group

Day: Wednesdays

Time: 1pm-2pm

Location:

Mind in Bexley
2a Devonshire Road
Bexleyheath DA6 8DS
[Google Maps](#) (free)



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.

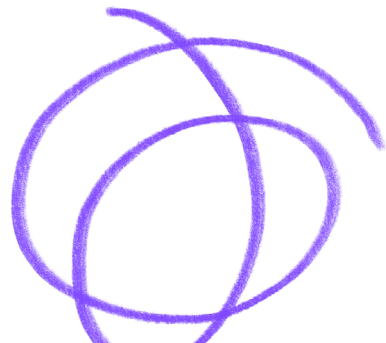
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Alternatively call: **0203 912 0040** or
email: recovery@mindinbexley.org.uk





CONNECT

Make, Mend and Motivate

Day: Wednesdays

Time: 11am-1pm

Location: Online
(free)



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 click below:

Click here to:



**Or scan
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Alternatively call: **0203 912 0040** or
email: recovery@mindinbexley.org.uk



CONNECT

Menopause Group

Day: Tuesdays
(fortnightly from November 4th)

Time: 6pm-7.30pm

Location:

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



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

Click here to:

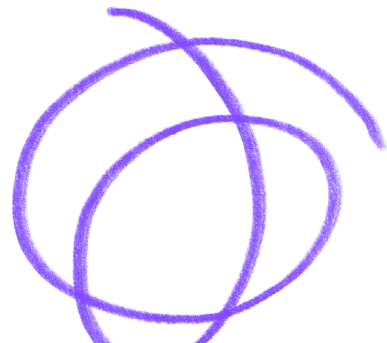
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email: recovery@mindinbexley.org.uk





CONNECT

Men's Group

Day: Tuesdays

Time: 10.30am-12pm

Location: Online
(free)



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.

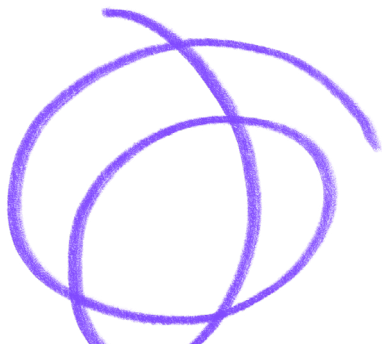
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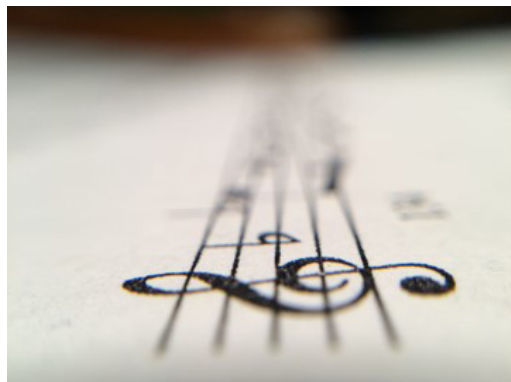
CONNECT

Music for Fun

Day: Fridays

Time: 3pm-5pm

Location: Online (free)



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.

Click here to:



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email: recovery@mindinbexley.org.uk





CONNECT

Overcoming Loneliness

Dates and times:

Thursday 16 October (5pm-7pm)
Wednesday 26 November (10am-12pm)

Location: Online (free)



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.

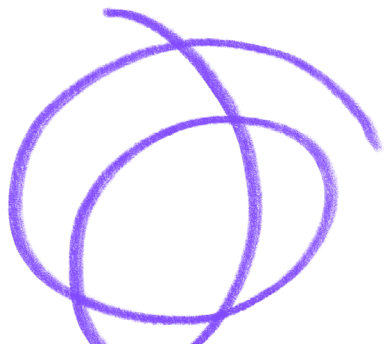
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CONNECT

Stitch the Mind

Day: Tuesdays

Time: 10am-11.30am

Locations:

Various locations in and around Bexleyheath (free)



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.

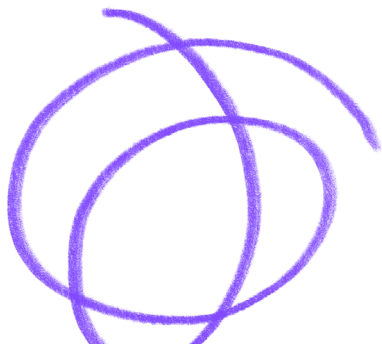
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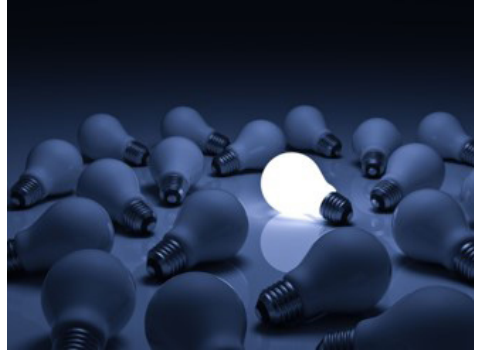
CONNECT

Test Your Brain for Fun

Day: Fridays

Time: 1pm-2pm

Location: Online (free)



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.

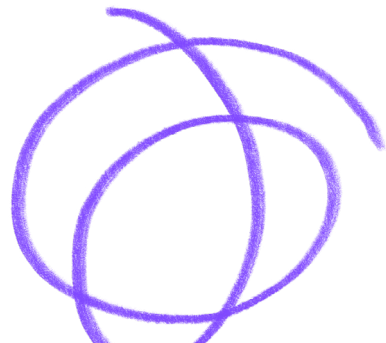
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CONNECT

Together We Can

Day: Wednesdays

Time: 4pm-5.30pm

Location: Online (free)



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.

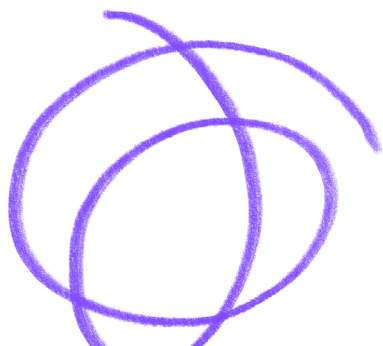
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CONNECT

Women's Group



Day and time: Mondays - 10.30am-12pm

Location: Mind in Bexley, 2a Devonshire Road
Bexleyheath DA6 8DS [Google Maps](#) (free)

The women's group provides 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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Alternatively call: **0203 912 0040** or
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CONNECT

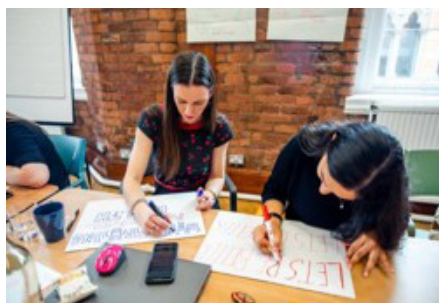
Young Adults' Project

Day: Tuesdays

Time: 1.30pm-2.45pm

Locations:

Various locations in and around Bexleyheath. (free)



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.

Click here to:



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Alternatively call: **0203 912 0040** or
email: recovery@mindinbexley.org.uk





TAKE NOTICE

Art Club



Days and times:

Thursdays (11am-1pm)

Fridays (10am-12pm)

Location:

Mind in Bexley

2a Devonshire Road

Bexleyheath DA6 8DS

[Google Maps](#) (free)



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 register online and book your place.

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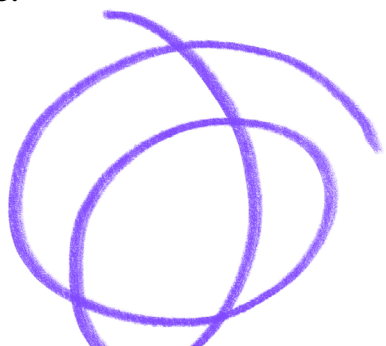
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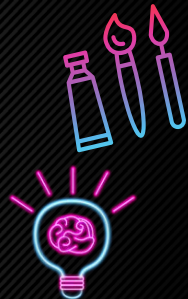
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TAKE NOTICE

Goal Setting



Day: Mondays

Time: 11.30am-12pm

Location: Online (free)



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.

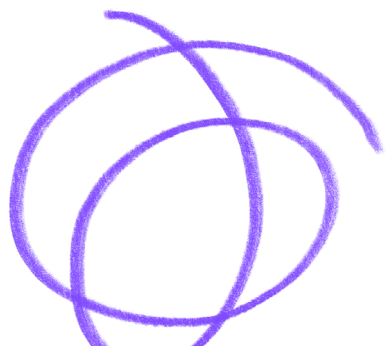
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TAKE NOTICE

Journaling Together



Day: Wednesdays (fortnightly)

Time: 6pm-7pm

Location: Online (free)



Join us fortnightly to learn the many different ways you can journal; it is not just dear diary!

Journaling is such an important part of looking after our mental health. Have a safe space to explore our emotions and letting out some creativity is essential to be well.

All you need is a journal (a notebook).

Please register online and book your place.

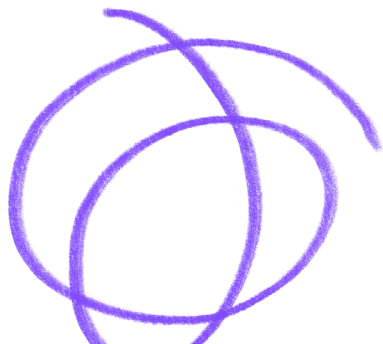
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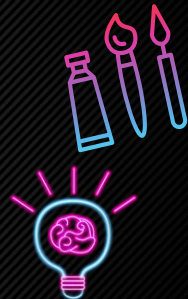
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email: recovery@mindinbexley.org.uk





TAKE NOTICE

Online Safety and Avoiding Scams



Online dates and times:

Monday 27 October (12pm-1.30pm)

Monday 15 December (2.30pm-4pm)

In-person date:

Monday 17 November (2pm-4pm)

Location: 2a Devonshire Road
Bexleyheath DA6 8DS

[Google Maps](#) (free)



As scams become more sophisticated, it is important to be aware and to keep yourself safe in this growing digital world.

This workshop will provide you with information and the knowledge to be better equipped to recognise various scams online, keep your personal information secure, and keep yourself safe navigating online. We will talk about how to protect your wellbeing if you are faced with being scammed, and provide resources that can support you or someone you know.

This is a basic level workshop designed to promote online safety and improve awareness in avoiding scams.

Please register online and book your place.

Click here to:



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Alternatively call: **0203 912 0040** or
email: recovery@mindinbexley.org.uk





TAKE NOTICE

Photography for Fun



Day: Wednesdays

Time: 1.30pm-2.30pm

Location: Online (free)



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 feel more positive about life.

Each week, we start by looking at the photos those attending the group have taken. 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 register online.

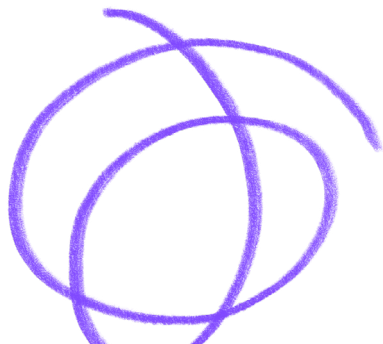
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TAKE NOTICE

Sleep and Relaxation Techniques



Dates and times:

Wednesday 29 October (10am-12pm)

Thursday 11 December (5pm-7pm)

Location: Online (free)



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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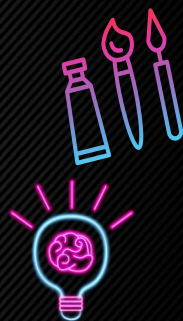


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email: recovery@mindinbexley.org.uk



TAKE NOTICE

Visualising Intentions and Affirmations



Dates:

Monday 13 October

Monday 10 November

Monday 8 December

Time: 5pm-6pm

Location: Online (free)



In this workshop, you will discover what it is you want to work on in your life right now, then solidify it by setting intentions.

We will also learn why affirmations work and practice them so you can use them in your daily routines.

Please register online and book your place.

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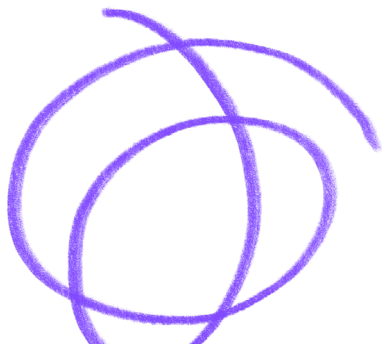
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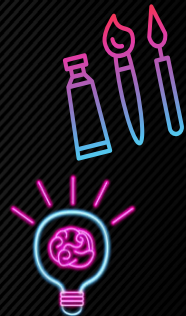


Alternatively call: **0203 912 0040** or
email: recovery@mindinbexley.org.uk



TAKE NOTICE

What's Going On in Our Community?



Dates:

Monday 27 October
Monday 24 November
Monday 29 December

Time: 10am-11am

Location: Online (free)



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.

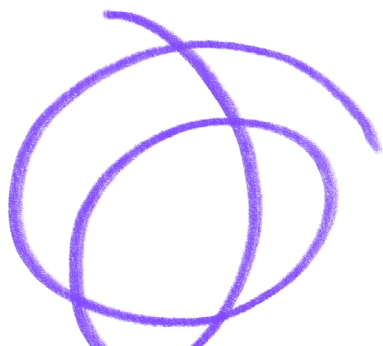
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Employment Support Re-Instate

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



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.

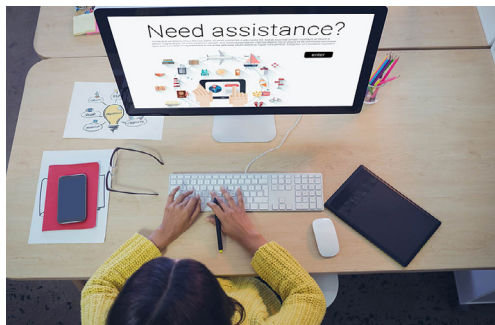
For more information, contact Re-Instate on 01322 438 155 or email: info@re-instate.co.uk

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.

Digital Hub Service

Grow your digital skills with help from Mind in Bexley



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

An increasingly online world means having the confidence to navigate it is becoming more important.

Our Digital Hub service aims to support you with learning the digital skills you need to live well. We can help you:

- Set up an email account and send emails
- Access our online groups
- Use online healthcare services like e-consult
- Or just get a better understanding of your laptop, computer, or smartphone

Digital one-to-one skills training

A dedicated Digital Champion will work with you to improve your confidence going online or using a computer, smartphone, or tablet. We offer up to six one-to-one sessions in person that are an hour long. You can bring your own device to learn on or use one of the computers at the venue.

Sessions are by appointment only:

Mondays: 10am-12pm and 2pm-4pm

Thursdays and Fridays: 1.30pm-3.30pm

At 2a Devonshire Road, Bexleyheath DA6 8DS

Digital Hub Service

Digital Hub in the Community Group

Grow your digital skills at our weekly session in Blackfen Library. Meet new people and learn at your own pace using online sessions in a friendly space. You can learn anything from finding out how to stay safe online, to managing your health better, or creating a spreadsheet!

Activities are suitable for all abilities.

Location: Blackfen Community Library. Wednesdays 11am-1pm

Independent Learning

We can offer access to a private space and internet-enabled computer in order to engage with independent learning programs or online groups (e.g. with our Recovery College).

Digital Drop-in Clinic

Anyone needing help filling in our referral forms or just looking for a little bit of support with a basic digital task can pop in for a quick chat. The clinic runs every Monday between 2pm and 4pm.

How to access the service:

- If you are new to the Recovery College fill in the Self Referral form and select Digital Hub under services provided. Someone from the team will call you to process your referral
- If you're an existing client please register for the Digital Hub by completing our registration form
- You can also come along to our digital drop in on Mondays between 2pm and 4pm at our Devonshire Road office for support to refer

mindinbexley.org.uk/digitalhub

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 Carers Service provides support, information and advice to people who are caring for or affected by an adult relative or friends' mental health problems and/or substance and alcohol use.

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 Carers Support to refer yourself in or ask a doctor or health professional to do it for you.

Email: carers@mindinbexley.org.uk

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

Online: Self-refer on our website at:

mindinbexley.org.uk/carers

Or scan the
QR code with
your phone:



Carers Service

Support groups and workshops



Online Peer Evening Support Group

This group runs fortnightly on Wednesdays – 5.30pm-6:30pm

Carers Evening Peer Support Group via MS Teams

Join us for our Carers Evening Peer Support Online Group, a safe and confidential space where carers can connect, share experiences and support one another.

The group also provides an opportunity to exchange helpful information and resources with fellow carers.

Why not make a cup of tea or coffee and be part of the conversation?

For information about the sessions or workshops, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Carers Service at: carers@mindinbexley.org.uk

Or scan the QR code with your phone to access the Carers webpage:



Carers Service

Support groups and workshops

CARERS PEER SUPPORT GROUPS

Carers support and drop-in at our office in Bexleyheath every second and fourth Monday of the month: 2pm to 3.30pm



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

At the Group, you are welcome to drop-in and have a chat, in an informal safe environment.

We also provide tea, coffee and biscuits.

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

Carers Service

Support groups and workshops



WOODLANDS CARERS SUPPORT GROUP

The Woodlands Unit Mental Health Inpatient and Crisis Services

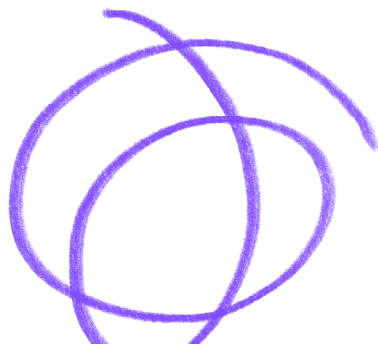
Face-to-face fortnightly on Wednesdays at 5pm–6pm – at the Woodlands Unit

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 Carers Service at:
carers@mindinbexley.org.uk



Carers Service

Support groups and workshops



1:1 Emotional Support

There is also the option for carers to access up to six sessions of one-to-one personalised/resourced based Carers Support, via telephone or video.

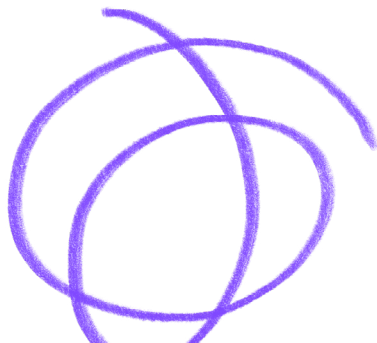
These sessions will be with a mental health carers support worker or with one of our carers support volunteers. They will help you to explore how things are for you.

We provide information, advice and support that is tailored to meet your personal needs such as:

- Helping you to think about how caring impacts on you, and your life.
- Providing practical and emotional support for you to manage your own wellbeing and help you with your caring relationship.
- Giving you practical tools and techniques to manage daily life as a mental health carer.
- Helping you navigate your way round the support services available to you and the person you care for.

For information about the emotional support, please call 0203 912 0030 (Monday-Friday 9am-5pm) or email the Carers Service at:

carers@mindinbexley.org.uk



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

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@mindingbexley.org.uk

Phone: 07774 315863

Contact Us



Our address is:

**2a Devonshire Road
Bexleyheath
DA6 8DS**

Telephone: **0208 303 8932**

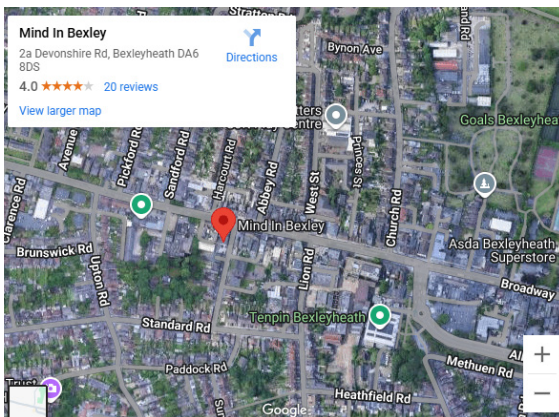
Email: info@mindinbexley.org.uk

Website: mindinbexley.org.uk

Our social media:



Find Us



**Bexleyheath
Mind in Bexley Office
2a Devonshire Road
Bexleyheath
DA6 8DS**

Bus routes (Lion Rd stop):
89, 96, 422, 486, B11, B12,
B14, B15, B16, SL3.

Trains: Bexleyheath station
(12-minute walk)

Newsletters

Would you be interested in signing up for our monthly newsletter? Each edition is packed with the latest updates about our charity's work, including upcoming events, new courses, groups and workshops, as well as valuable information on mental health resources available to residents in Bexley.



Sign-up at: mindinbexley.org.uk/newsletters

Or scan the QR code

Mental Elf

Festive Fun Run



Sunday 7 December

10am start - Danson Park, Bexleyheath DA6 8HL

Elf hat
provided
for all
runners!

Support Mind in Bexley by taking part in our Mental Elf 5km festive fun run

Run in memory of a loved one and
encourage positive conversations
around mental health

Scan QR code to book your
ticket or visit the website
mindinbexley.org.uk

Run. Talk. Feel. Remember.



 **mind**
in Bexley

Registered charity 1110310



HM Government

 mind
in Bexley

NHS



“I didn’t
think I’d feel
happy again”

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



**Mental
health
matters**

**Help us
help you**

Bexley Crisis Cafe

Our Crisis Café is a safe and friendly place for anybody 18 and over experiencing emotional or psychological distress.



Find us at:

**2a Devonshire Road
Bexleyheath
DA6 8DS**

 **Open every day: 6pm to 10pm**

 **No appointment needed**



Visit our website or scan the QR code above:

mindinbexley.org.uk/crisis-cafe