



 mind in Bexley

RECOVERY COLLEGE Prospectus

October to December 2026

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



Lesnes Abbey Woods

Bexley Recovery College

Prospectus: October to December 2026

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 offer, please visit the **Mind in Bexley website**

If you would like to register for any of our **Recovery College** activities, the registration form is [here](https://mindinbexley.org.uk/recovery) or scan the QR code here:



mindinbexley.org.uk/recovery

WAYS TO WELLBEING

The latest edition of our Bexley Recovery College Prospectus has all of our courses, groups and 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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 **mind** in Bexley

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Be Active



Dates:

Monday 2 November

Monday 14 December

Time: 5pm-6pm

Location: Online (free)



In this one-hour workshop, you will be given ideas, inspiration and encouragement 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 what we 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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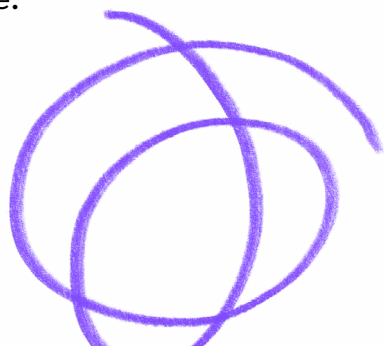
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Meditation Practice

Days and times:

Mondays: 9.15am-9.45am
(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.

During the groups, 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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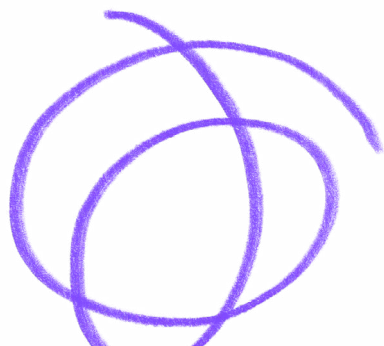
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**Day:**

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)



Come and move with us! There is no right or wrong way to move, and you can move a little or move a lot. Simply listen to your body and let it decide what feels good for you.

Each week we'll enjoy a great selection of themed music, with affirmations and gentle movement suggestions to help you connect with yourself, lift your mood and have a little fun.

You might dance, stretch, sway, tap, wiggle, shake or simply move your hands. Your body may even decide it wants to do something completely different! There's no pressure to perform and no need to be a dancer. Cameras are kept off, so close the curtains, forget about being watched and be free to move exactly how you want to. This is your hour to enjoy movement without judgement, expectations or pressure.

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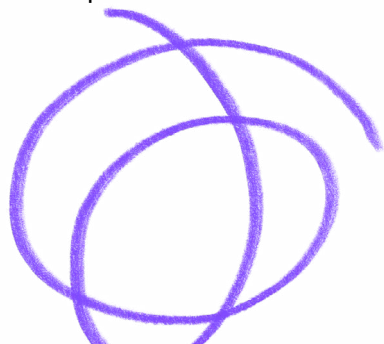
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Open Spaces

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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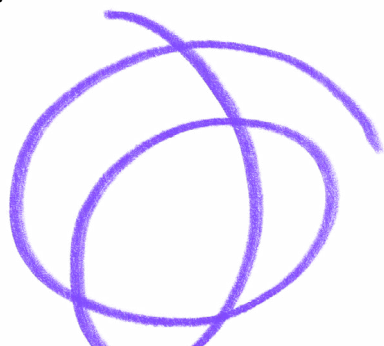
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Pilates

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

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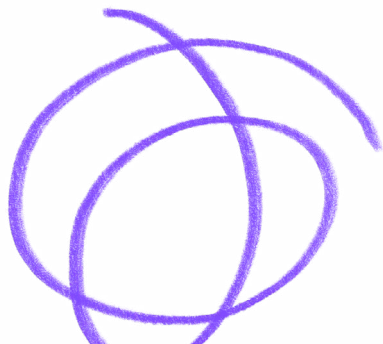
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Tai Chi

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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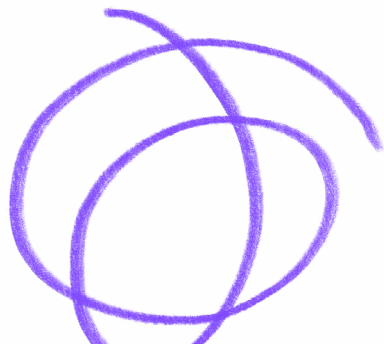
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Walk and Talk Group

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.

Please register online and book your place.

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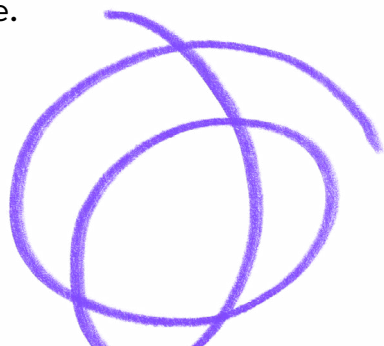
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Wellbeing and Physical Health Checks

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 and book your appointment.

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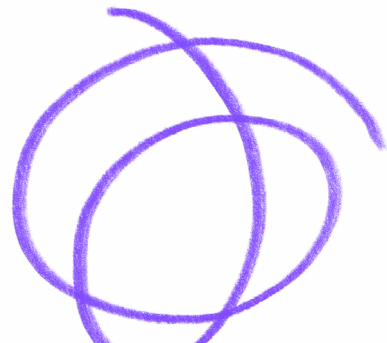
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Yoga

Online and In-person:

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:

- Reduced stiffness and tension
- Increased strength and flexibility
- Reduction in anxiety, stress and worry
- Take time for yourself
- Increase in 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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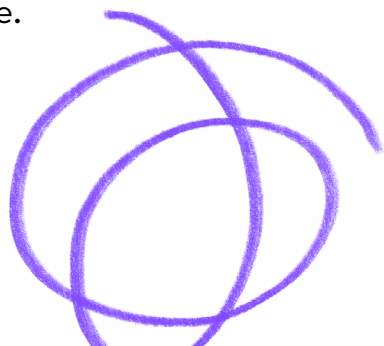
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KEEP LEARNING

Alcohol Awareness

Dates and times:

Thursday 8 October (5pm-7pm)

Wednesday 28 October (11am-1pm)

Wednesday 16 December (11am-1pm)

Location: Online (free)

This workshop is for anyone who would like to understand more about alcohol.

We will learn about alcohol units, what they are and why they matter.

We will go on to learn about how alcohol affects the mind and body, and look at practical ways to reduce harm and drink safely, whether it is for yourself or someone you support.

There will also be a myth busters section where you can find out how much you really know!

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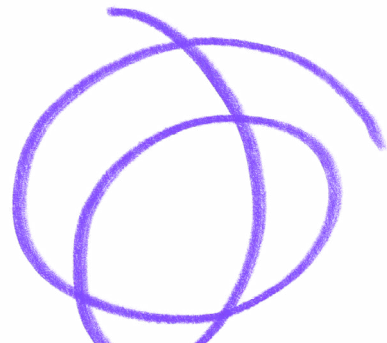
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KEEP LEARNING

Anger Management

Dates and times:

Wednesday 7 October (10am-12pm)

Thursday 10 December (5pm-7pm)

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 at encouraging participants to grasp a better understanding of the thoughts and patterns that surround anger.

Please register online and book your place.

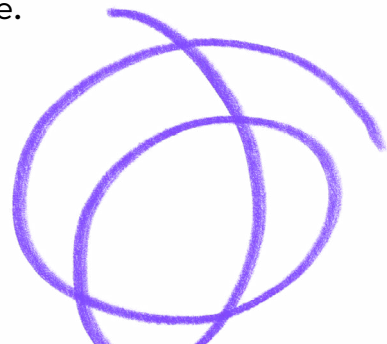
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KEEP LEARNING

Blips, Slips and Dips

Dates:

Monday 5 October
Monday 9 November

Time: 5pm-6pm

Location: Online



Life isn't always a straight line, and that's okay! Blips, Slips and Dips is a friendly space to explore the ups, downs and unexpected wobbles that life can bring.

Together, we'll look at what helps us when things don't go to plan, celebrate the little wins that remind us we're doing okay, and discover ways to get ourselves back on track when we've had a dip or a slip.

No judgement, no pressure and no need to have everything figured out. Just a relaxed hour of conversation, activities, ideas and support.

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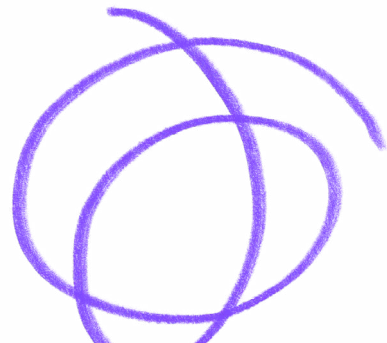
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KEEP LEARNING

Body Image

Dates: Friday 13 November (part one)
Friday 20 November (part two)

Time: 2pm-4pm **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/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

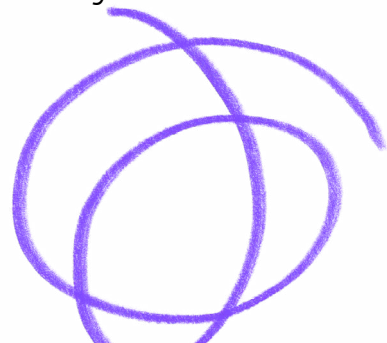
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KEEP LEARNING

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.

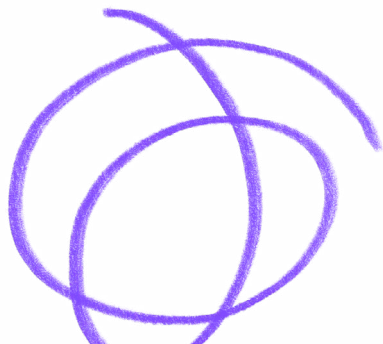
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KEEP LEARNING

Coping with Stress and Anxiety

Dates:

Thursdays from October 29th (for six weeks)

Time: 2pm-4pm

Location: Online (free)



This six-week 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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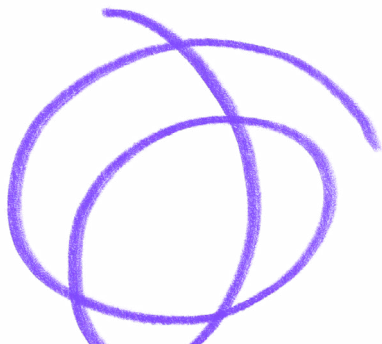
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KEEP LEARNING

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 a laptop at the ready.

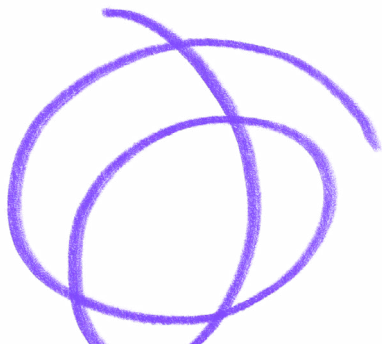
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KEEP LEARNING

Emotional Intelligence

Date:

Thursday 22 October

Time: 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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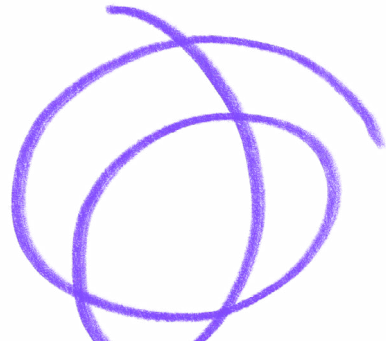
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Wednesday 4 November
(10am-12pm)
Thursday 17 December
(5pm-7pm)

A word cloud of mental health symptoms and conditions. The words are arranged in various orientations (horizontal, vertical, diagonal) and sizes. The most prominent words are 'ANXIETY', 'HEADACHE', 'TEMPER', 'WORRY', 'WITHDRAWAL', 'NEGATIVE', 'MOOD', 'FEAR', 'AGITATION', 'DEPRESSION', 'STRESS', 'TENSION', 'DISORDER', 'WORRY', 'FRUSTRATION', 'Panic', 'OVERWHELMED', 'FATIGUE', 'FAILURE', 'LONELINESS', 'NEGATIVE', 'SCARED', 'INSOMNIA', 'DESPAIR', 'AWARENESS', 'NERVOUS', 'PTSD', 'WISDOM', 'CALM', 'PATIENCE', 'SELF-CONTROL', 'EMOTIONAL STABILITY', 'POSITIVE', 'HAPPINESS', 'PEACE', 'JOY', 'LOVE', 'GUILT', 'SHAME', 'SORROW', 'GRIEF', 'LOSS'.

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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KEEP LEARNING

Mental Health in the Workplace

Date:

Wednesday 2 December

Time: 10am-12pm

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 yourself.

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.



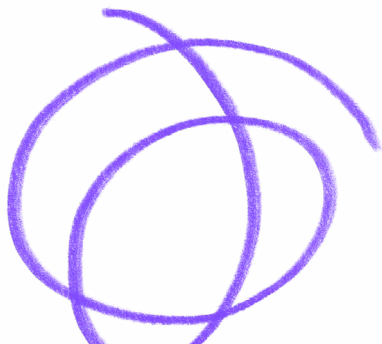
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KEEP LEARNING

Money Management

Dates:

Monday 12 October

Monday 16 November

Time: 5pm-6pm

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 your 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.

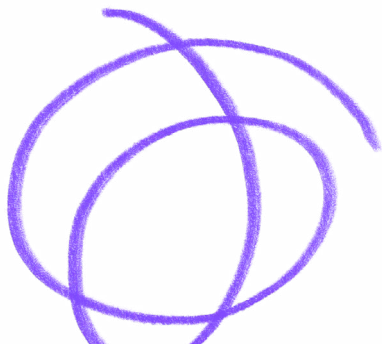
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KEEP LEARNING

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 people with a better understanding of what positive thinking is, how it impacts and how to develop it
- Enable a greater self-awareness
- Equip the participants with 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

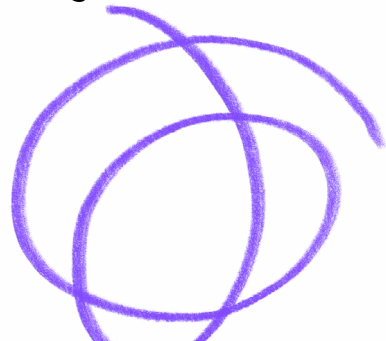
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KEEP LEARNING

Routine Builders

Dates:

Monday 19 October

Monday 23 November

Time: 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 sessions, 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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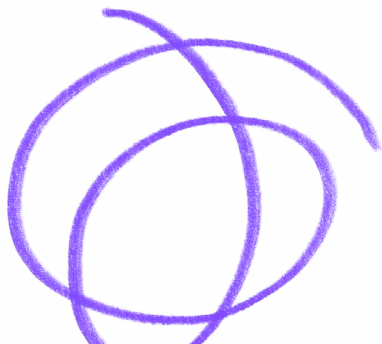
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KEEP LEARNING

The Self-Care Hour

Day:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)

TO DO LIST:

- ☐ SELF CARE
- ☐ SELF CARE
- ☐ 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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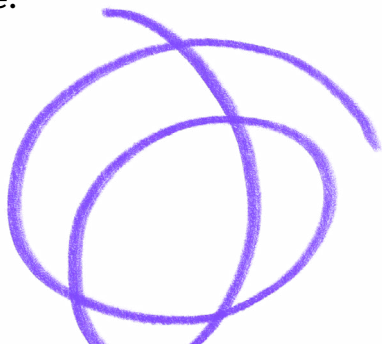
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KEEP LEARNING

Suicide Awareness

Dates and times:

Wednesday 21 October
(11am-1pm)

Thursday 5 November (5pm-7pm)

Wednesday 9 December
(11am-1pm)

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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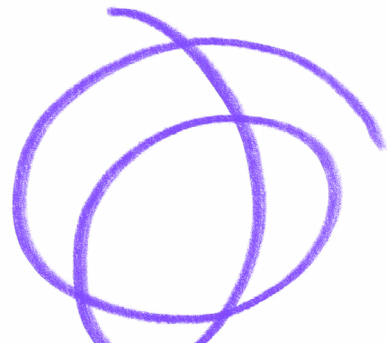
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KEEP LEARNING

Understanding Anxiety and Panic

Dates and times:

Wednesday 18 November (11am-1pm)

Wednesday 30 December
(5pm-7pm)



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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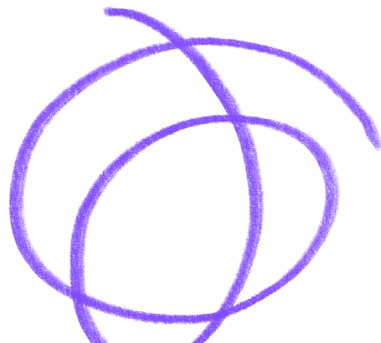
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KEEP LEARNING

Understanding Self-Harm

Date:

Wednesday 14 October
Wednesday 25 November

Time: 11am-1pm

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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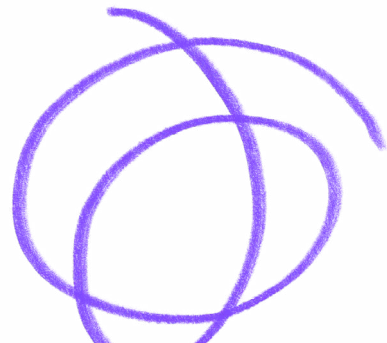
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CONNECT

Autism Awareness

Dates and times:

Wednesday 11 November (11am-1pm)

Thursday 3 December (5pm-7pm)

Wednesday 23 December (11am-1pm)

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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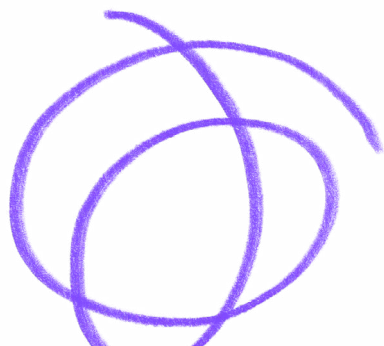
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CONNECT

Christmas and New Year Groups

Days:

Christmas and New Year

Location:

Online

**Friday 25th December**

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

Saturday 26th December

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

Thursday 31st December

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

Please register and book your place online.

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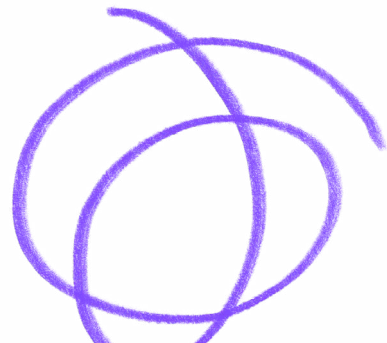
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CONNECT

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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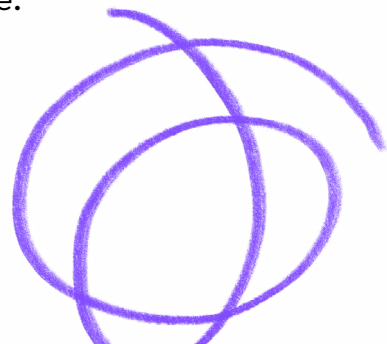
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CONNECT

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 like-minded crafters for inspiration, tips and giggles. Don't know what to bring? Still come along to get the motivation.

Creating is a form of self-care, 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:

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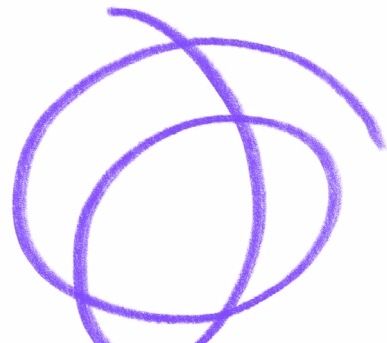
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CONNECT Menopause Group

Day: Tuesdays (fortnightly)

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

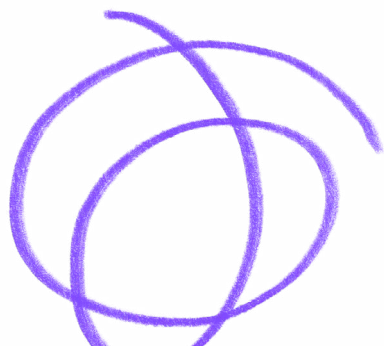
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CONNECT

Men's Group

Day: Tuesdays

Time: 10.30am-12pm

Location: Online
(free)



The men's group is an informal, friendly and supportive space 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 the opportunity to share positive experiences and provide emotional support.

Please register online and book your place.

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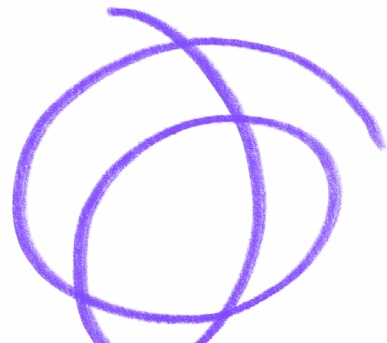
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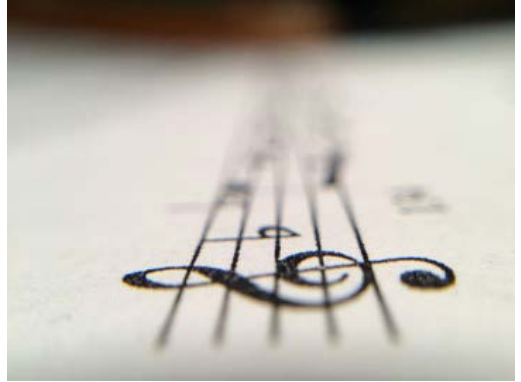
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Music for Fun

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 is 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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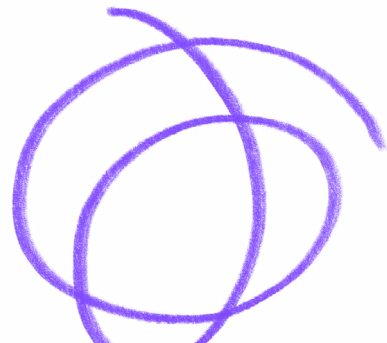
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CONNECT

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 combines 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.

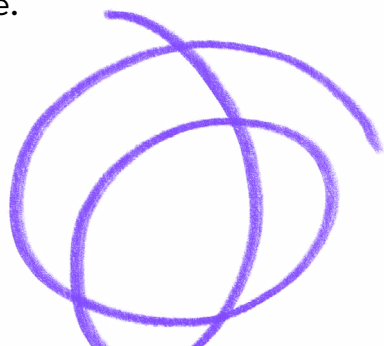
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CONNECT

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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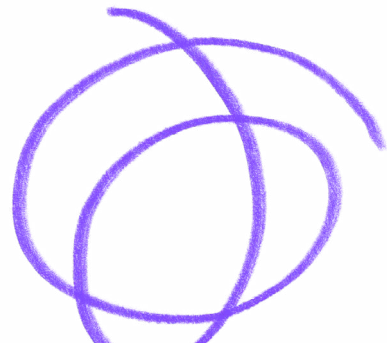
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CONNECT

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, self-care/glow-ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more...

Please register online and book your place.

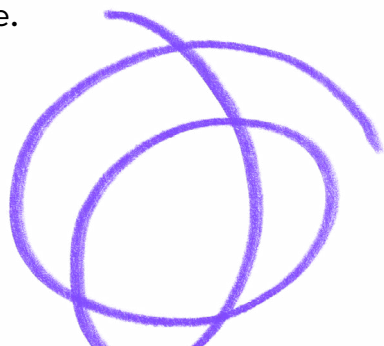
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CONNECT

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 the opportunity to share and provide emotional support.

Please register online.

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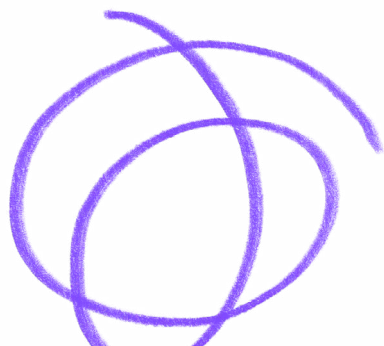
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CONNECT

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.

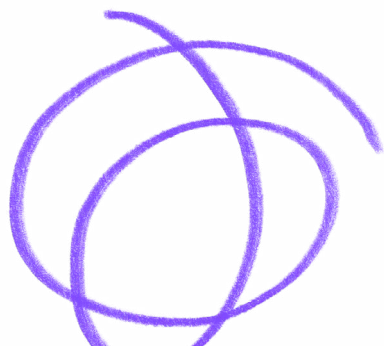
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TAKE NOTICE

27 Challenges for 2027

Date: Monday 7 December

Time: 12.30pm-1.45pm **Location:** Online (free)

27 Challenges for 2027 is a fun, supportive group designed to encourage you to try something new, step outside your usual routine and discover just how much you are capable of.

Each month, we'll explore a different challenge that can be adapted to suit you, your interests and your energy levels, with plenty of opportunities to share ideas, celebrate successes and learn from each other.

By attending, you'll have the chance to build confidence, create positive experiences, discover new interests, connect with others and collect lots of little moments that make life feel more exciting. There is no pressure to be perfect or even complete every challenge. It's about having a go, finding what feels good for you and making 2027 a year of curiosity, courage and new experiences.

You can join at any time of the year and still reap all the benefits.

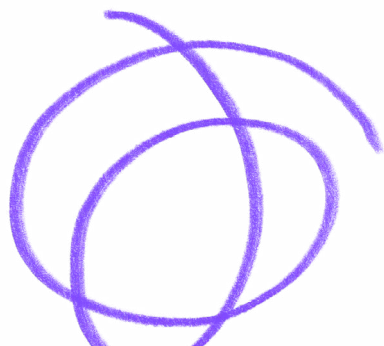
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TAKE NOTICE

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 that creativity and connecting help to improve our wellbeing.

This group is not the same as Art Therapy.

Please register online and book your place.

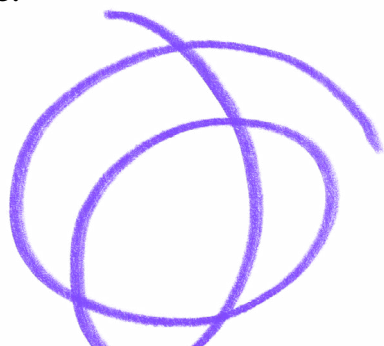
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TAKE NOTICE

Goal Setting

Day: Mondays

Time: 11.45am-12.15pm

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.

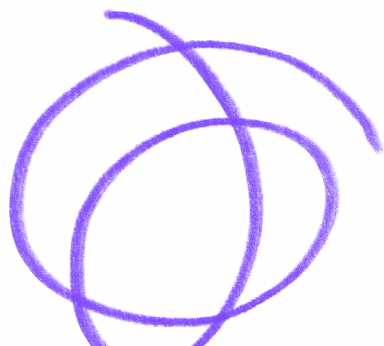
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TAKE NOTICE

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 can be an important part of looking after our mental health. Having a safe space to explore our emotions and express our creativity can support our wellbeing.

All you need is a journal (a notebook).

Please register online and book your place.

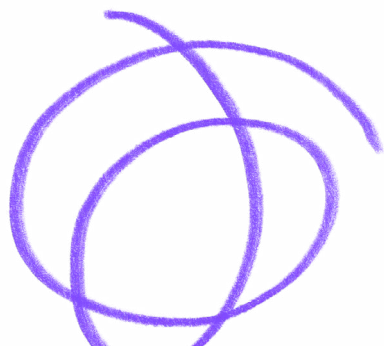
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TAKE NOTICE

Online Safety and Avoiding Scams

Online dates and times:

Monday 19 October (1.30pm-3pm)

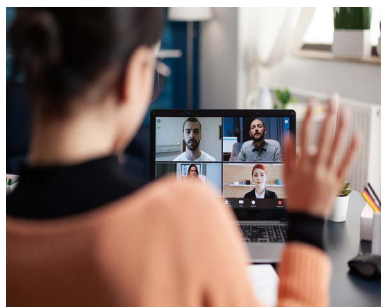
Monday 7 December (1pm-2.30pm)

In-person date:

Friday 20 November (2.30pm-4pm)

Location: 2a Devonshire Road
Bexleyheath DA6 8DS

[Google Maps](#)



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 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.

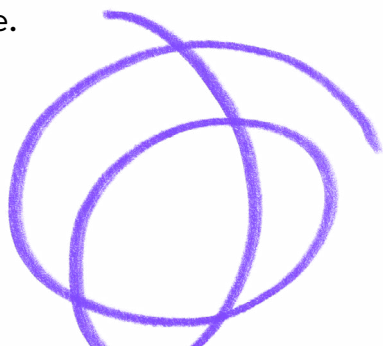
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TAKE NOTICE

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 they 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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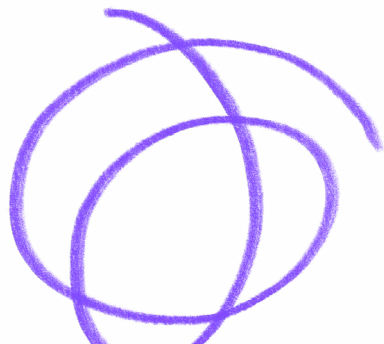
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TAKE NOTICE
See It. Believe It.
Become It!

Dates:

Monday 26 October
Monday 30 November
Monday 21 December

Time: 5pm-6pm

Location: Online (free)

See It.
Believe It.
Become It!

See It. Believe It. Become It! is a monthly group where we explore different ways to turn the life you imagine into something you can start creating.

Each month we'll use visualisation, intentions, affirmations and creative activities to help you discover what you want, believe in what's possible and take steps towards it.

Keep coming back each month to build on your ideas, reflect on your progress and see your vision grow with you.

Please register online and book your place.

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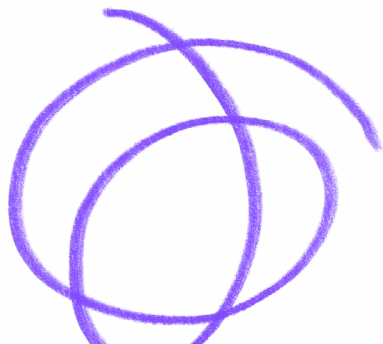
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TAKE NOTICE

Sleep and Relaxation Techniques

Date:

Thursday 19 November

Time: 5pm-7pm

Location: Online (free)



Researchers have found that sleep and relaxation are important for us because they 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.

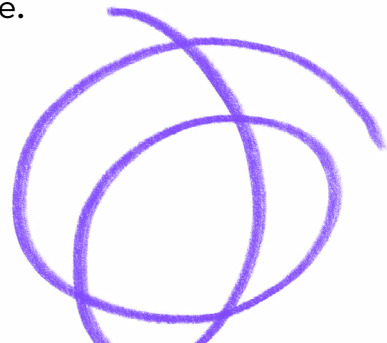
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Employment Support Re-Instate

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

Our employment specialists offer a service tailored to each individual, which 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

Unit 43/44 Riverside Shopping 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 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.

For more information, please contact Re-Instate on:

01322 438 155 or email: info@re-instate.co.uk or visit their website at: www.re-instate.co.uk



Employment Support Re-Instate

Days and Times:

Wednesdays (1pm-4pm)

Location:

Employment Centre
Unit 43/44 Riverside Shopping
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.

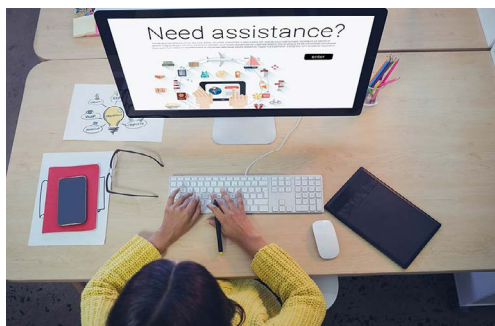
For more information, please contact Re-Instate on **01322 438 155** or email: info@re-instate.co.uk or visit their website at: www.re-instate.co.uk

Employment Briefings - (ad hoc online – see website)

A themed briefing takes place each month. This can be how to disclose in the workplace, the Equality 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 (contact us for times):

Mondays and Tuesdays: at: 2a Devonshire Road,
Bexleyheath DA6 8DS

Thursdays and Friday: at Erith Library,
100 Erith High Street, Erith DA8 1SL

Digital Hub Service

Digital Hub in the Community Group

Grow your digital skills at our weekly session in Blackfen Community Library. Meet new people and learn the essentials, with friendly support on hand. You can learn anything from finding out how to stay safe online, to managing your health better, or creating a spreadsheet!

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 programmes 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

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's or friend's 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.

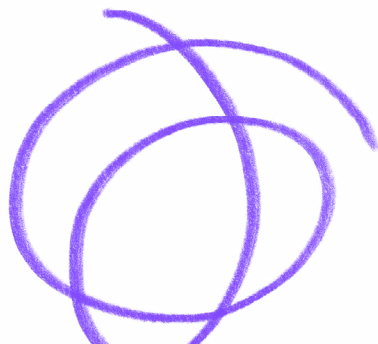
Email: carers@mindinbexley.org.uk

Call: [0208 303 8932](tel:02083038932) (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

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 carers are invited to attend a peer-led support group.

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 and safe environment.

We also provide tea, coffee and biscuits.

For information and dates of the sessions, please call [0208 303 8932](tel:02083038932) (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 as you feel comfortable with.

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 **[0208 303 8932](tel:02083038932)** (Monday-Friday 9am-5pm) or email the Carers Service at: **carers@mindinbexley.org.uk**

Carers Service

Support groups and workshops



1:1 Emotional Support

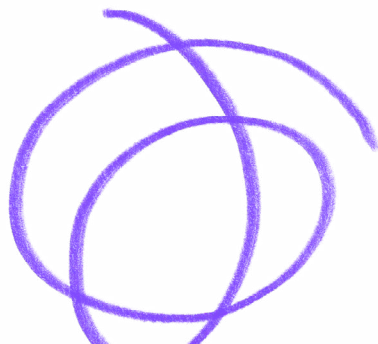
There is also the option for carers to access up to six sessions of one-to-one personalised, resource-based Carers Support, via telephone or video.

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 around the support services available to you and the person you care for.

For information about the emotional support, please call **0208 303 8932** (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 is linked to 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: kirstythorry@mindinbexley.org.uk

Phone: **07774 315863**

Contact Us

 mind in Bexley

Our address is:

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

Telephone: **0208 303 8932**

Email: **info@mindinbexley.org.uk**

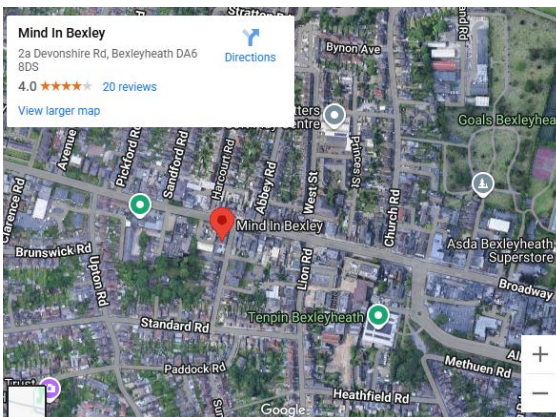
Website: **mindinbexley.org.uk**

Our social media:

 **@MindinBexley**

 **@MindinBexley**

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



**READY
TO QUIT
SMOKING?**

**SIGN UP
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FOR FREE**

**You are four
times more
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with support!**

**Our friendly and FREE 12-week Stop Smoking
support can help you kick the habit for good**

**Call 0203 912 0040, or email:
recovery@mindinbexley.org.uk or visit:
mindinbexley.org.uk/smoking-cessation**

SCAN ME





“I didn’t
think
I could cope”

Harmeet, helped by NHS Talking Therapies

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