

## UPCOMING CLOSURES

We will be closed to drop ins for staff training on the following dates:

- **Tuesday 14<sup>th</sup> May**
- **Wednesday 15<sup>th</sup> May**

## Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

**DROP IN OR CALL FOR AN INITIAL 20 MINUTE CHAT OR TO BOOK AN APPOINTMENT**

## Drop in support

### Status Employment Drop in

Get advice and support from mental health supported employment specialists.

Every Other Monday  
**20<sup>th</sup> May**

10:00-13:00

**DROP IN!**

### Family Justice Centre Support

Did you know that we are a safe space to access if you are experiencing domestic abuse? We will be joined on **Thursday 30<sup>th</sup> May** by a representative from FJC.

**CONTACT TO FIND OUT MORE!**

### Mind in Croydon Carer's Support drop in

If you are looking after someone with a mental health condition and want to find out what support is available to you

**Thursday 30<sup>th</sup> May**

10:00-13:00

**DROP IN!**

### Free QiGong Sessions

Qigong is a set of slow, gentle exercises for improving Health, Energy and Awareness. It is suitable for all ages and levels of mobility. Many of the exercises can be done sitting down and no previous experience is needed.

**Fridays from 11.30am – 12.30am.**

**SIGN UP NOW!**

### Form filling support Do you need support to complete an application form?

- Benefit forms e.g. Personal independence Payment
- Travel concession forms e.g. Blue Badge

We are now able to offer form filling support on **Saturdays.**

**DROP IN TO BOOK AN APPOINTMENT!**

## Benefit Advice

### Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist.

Every Other Friday  
**10<sup>th</sup> and 24<sup>th</sup> May**

10:00-13:00

**DROP IN!**

### Welfare Benefits Advice

In partnership with Mind Welfare Benefits team. Book a phone appointment now for any benefit queries.

Phone appointments available every **Monday and Thursday**

9:30-15:30

**BOOK NOW!**



## Mental Health Support

### Connect & Cope Group

Run by our Recovery Space and Support Team. Previous sessions covered anxiety, sleep, bereavement, stress, low mood, and self-esteem.

This group will be ongoing so sign up for a place now!

**Every Thursday - 14:30-16:00**

**SIGN UP NOW!**

### ACT for Recovery Group

Do you want to get your life back on track? Run by our clinical psychology team, these sessions will aim to help you to clarify what is important and meaningful to you, explore your values, and motivate you to change your life for the better.

If you are interested, join the introductory session on **Tuesday 21<sup>st</sup> May – 13:00 – 14:00.**

**SIGN UP NOW!**



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Drop in 10:00-13:00 Monday-Saturday</b>                      Phone line open 10:00-17:00 Monday-Saturday                      Unit 1101-1102 Whitgift Centre, Croydon (next to Holland &amp; Barrett)                      020 3154 9539 <a href="mailto:chws@mindincroydon.org.uk">chws@mindincroydon.org.uk</a></p>			<p>1 Drop in 10:00-13:00</p>	<p>2 Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p>3 Drop in 10:00-13:00</p> <p>11:30 – 12.30: Qigong</p>	<p>4 Drop in 10:00-13:00</p> <p>Form filling support</p>
<p>5 Closed</p>	<p>6 BANK HOLIDAY</p>	<p>7 Drop in 10:00-13:00</p>	<p>8 Drop in 10:00-13:00</p>	<p>9 Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p>10 Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p> <p>11:30 – 12.30: Qigong</p>	<p>11 Drop in 10:00-13:00</p> <p>Form filling support</p>
<p>12 Closed</p>	<p>13 Drop in 10:00-13:00</p> <p>Welfare Benefits</p>	<p>14 Closed</p>	<p>15 Closed</p>	<p>16 Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p>17 Drop in 10:00-13:00</p> <p>11:30 – 12.30: Qigong</p>	<p>18 Drop in 10:00-13:00</p> <p>Form filling support</p>
<p>19 Closed</p>	<p>20 Drop in 10:00-13:00</p> <p>10-1 Status Employment</p> <p>Welfare Benefits</p>	<p>21 Drop in 10:00-13:00</p> <p>13:00: ACT for Recovery intro</p>	<p>22 Drop in 10:00-13:00</p>	<p>23 Drop in 10:00-13:00</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p>24 Drop in 10:00-13:00</p> <p>10-1: DWP Drop in</p> <p>11:30 – 12.30: Qigong</p>	<p>25 Drop in 10:00-13:00</p> <p>Form filling support</p>
<p>26 Closed</p>	<p>27 BANK HOLIDAY</p>	<p>28 Drop in 10:00-13:00</p>	<p>29 Drop in 10:00-13:00</p>	<p>30 Drop in 10:00-13:00</p> <p>10-1: Carer's drop in</p> <p>10-1: FJC Drop in</p> <p>14:30: Connect &amp; Cope</p> <p>Welfare Benefits</p>	<p>31 Drop in 10:00-13:00</p> <p>11:30 – 12.30: Qigong</p>	