

REFERRAL CRITERIA

Our service is available to those who live or work in the Borough of Hackney or with mild to severe complex mental health needs.

HOW TO REFER TO US?

If you wish to refer to us, complete a referral form or would like further information, please contact us by:

Telephone: 020 8985 0221

[if you reach our answer phone please leave a message with contact details & we will get back to you]

Email: iriemindservices@cityandhackneymind.org.uk

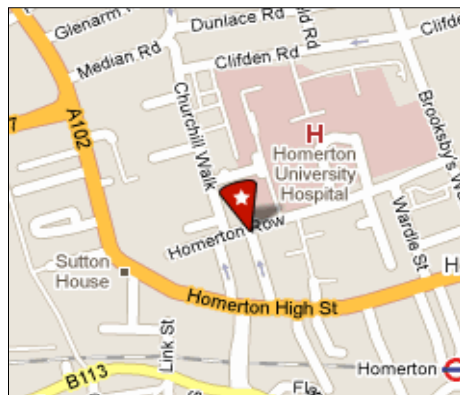
Completing a referral form at: www.cityandhackneymind.org.uk

Write to: Deputy Manager of Clinical Services,

City and Hackney Mind, 15a Homerton Row, London, E9 6ED

CODE OF PRACTICE

The IRIE Mind Centre of Recovery and Social Inclusion is part of the long established Psychological Therapies & Wellbeing Department at City and Hackney Mind. All of our work is underpinned by our framework of good practice policies including Safeguarding Adults and the Dignity Code. We are committed to a policy of Equal Opportunities and Diversity that respects the identity, rights & value of each individual.



City and Hackney Mind relies on voluntary donations to fund its work.

To make a donation or more information about fundraising please visit our website

<http://www.cityandhackneymind.org.uk/> or call 020 8525 2340.



Reg. Charity Number 283329
Limited Company No 1589150
City and Hackney Mind



City and Hackney Mind

I.R.I.E. Mind Centre for Recovery & Social Inclusion



Timetable


December 2011



DAYS	TIME	ACTIVITIES
MONDAY	10.00 - 2.00	Drop- In - Teas & Coffees, Socialising, and Internet Club.
	11.00 - 12.30	Lets Go Gardening – Come and help create a beautiful place. We'll be weeding, pruning and digging. This is the time of year where we plan for the arrival of spring. What flowers and vegetables do we want to see? No gardening experience required.
	2.00 - 3.30	Women's Group - It provides a safe space for females to discuss their mental health issues, whether they have experienced any form of trauma or abuse. The peer support and the therapeutic interventions have significant effects on anxiety and depression.
	4.00 - 5.00	BME Men's Recovery Group - Historically the experience of BME men in mental health services has often been negative. The group will enable men to reflect on strengths and abilities and build on these attributes towards their recovery.
TUESDAY	10.00 - 2.00	Drop- In - Teas & Coffees, Socialising, Internet Club and One to One Support .
	11.00 - 12.30	Poetry Group - The group aims at putting together feelings and experience in writing creatively. Members learn to share and type their ideas and thoughts in the form of poetry for future publication.
	2.00 - 3.30	Anxiety Management Workshop - Anxiety Management aims to provide psycho-education on causes and symptoms of Anxiety as well explore techniques that are used to reduce the intensity of symptoms and the distress they create.
	3.00 - 4.45	Art Therapy - The Art Therapy group provides a safe, supportive place where members can through creating art and talking to the therapist and to each other - about their experiences, concerns and express their thoughts and feelings and facilitating insight and personal growth.
WEDNESDAY	10.00 - 2.00	Drop- In - Teas & Coffees, Socialising, Internet Club. One to One Support.
	2.00 - 3.00	Committee User Group - The Group meets the last Wednesday of every month. Service Encouraging Service User involvement in discussions & fundraising.
	3.00 - 4.30	Basic Cooking - Learn how to prepare & cook 30 Minute nutritional meals at low cost
	3.30 - 4.30	No Smoking Group - Time to Quit! - Provided by the NHS and City and Hackney - Tobacco Control Team and City & Hackney Mind.

DAYS	TIME	ACTIVITIES
THURSDAY	10.00 - 2.00	Drop- In - Teas & Coffees, Socialising, Internet Club. One to One Support.
	2.00 - 3.00	Mentoring & Befriending Group - Offers practical and emotional support needed to regain self confidence and help members move on with their life. As a group they will receive and can give friendly and neutral advice about setting realistic goals and taking steps to achieve them.
	2.30 - 4.00	Hearing Voices Group - The Group is facilitated by a Voice hearer and a member of staff. Members learn coping mechanisms and new ways of dealing with their voices and it has significant impact in their wellbeing.
FRIDAY	12.00 - 5.00	Drop- In - Teas & Coffees, Socialising, Internet Club. One to One Support.
	12.00 - 2.00	Massage, Aromatherapy and Reflexology 30 min slots booking required.
	11.00 - 1.00	Anger Management Workshop - Here you will gain understanding of feelings of anger, practice new positive behaviours and thinking styles . You will also learn how to prevent relapsing into old 'vicious cycles'.
	1:00– 2:00	New Referrals intake and centre visit Booking required.
	2.00 - 3.30	Sewing Group - Design your own project from cushions to shopping bags. Hand sewing, knitting and crochet.

Additional Activities

 **Lunch** - A freshly cooked nutritious meal is prepared daily at the centre served at 1pm

 **Community Activities** - Outings with clients and staff once a month (Cinema, Bowling, Museums, Seaside)

 **Free Laundry & Shower Facilities**