



BEXLEY RECOVERY COLLEGE Prospectus

January to March 2025

Improving Lives

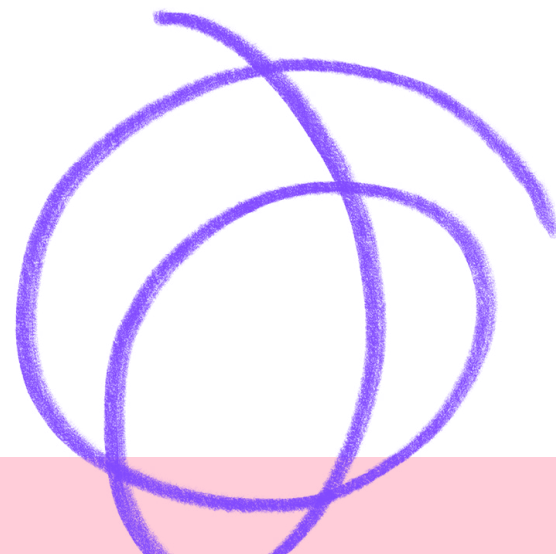
Welcome to the Bexley Recovery College Prospectus

January to March 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 we can offer, please visit: mindinbexley.org.uk/recovery

If you would like to register for any of the **Recovery College** courses, groups and workshops, the registration form can be found here: [Recovery College webpage](#)



WAYS TO WELLBEING

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

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

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

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

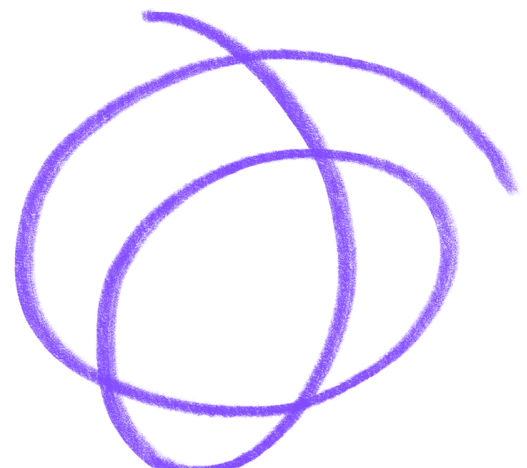
The **Ways to Wellbeing** are promoted by the NHS, Mind and other mental health organisations.

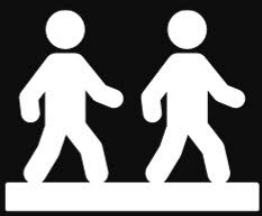
More information about the research can be found: [here](#)

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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



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BE ACTIVE

Breath and Meditation

Day: Tuesdays

Time: 9.30am-10am

Location: Online



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

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

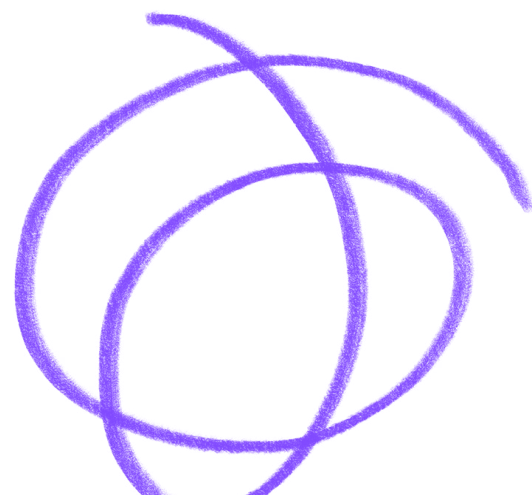
It can reduce physical and psychological tension, calming your emotions and improving focus and concentration.

Please register online and book your place.

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BE ACTIVE

Dance Movement Psychotherapy

Day: Thursdays

Time: 10am-11am

Location:

Mind in Bexley
2a Devonshire Road
Bexleyheath DA6 8DS

[Google Maps](#)



A way of expression and communication.

Dance Movement Psychotherapy is a psychotherapeutic practice that uses movement to support emotional, cognitive, physical, and social integration.

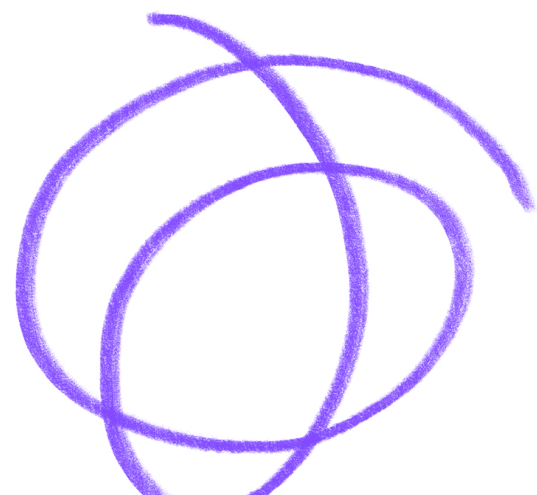
No dance experience needed.

Please register online and book your place.

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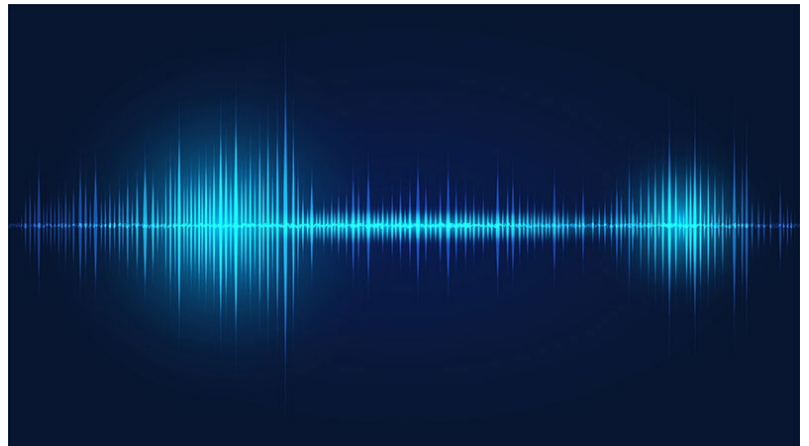
Drum and Movement

Dates:

- Monday 13 January
- Monday 27 January
- Monday 10 February
- Monday 24 February
- Monday 10 March
- Monday 24 March

Time: 6.15pm-7.15pm

Location: Online



Join our fortnightly six-session 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 using your creativity.

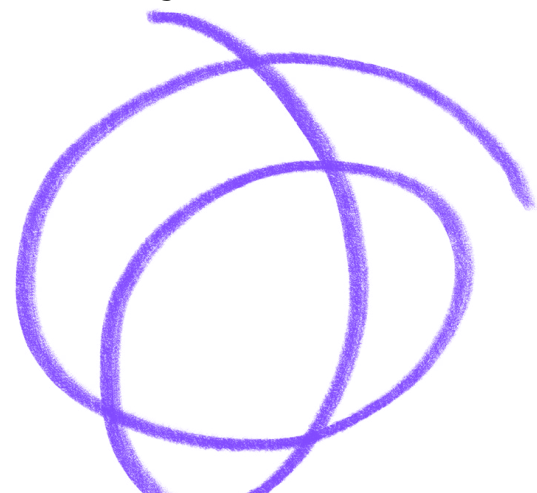
We will be using drumming and movement holistically to explore new ways of meditating, using affirmations, clearing our chakras, gaining confidence, feeling alive and so much more.

All skills and abilities are welcome, as you can do it all sitting down if you prefer. Do you remember in school, when you had to find a space, and you put your arms out and turned in a circle to check you didn't bang into anyone or anything? Well, that is all you need.

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BE ACTIVE

Eco Therapy and Open Spaces

Days and times:

Mondays and

Thursdays

(10am–1pm)

Fridays (12pm–2pm)

Location:

Alers Road

Bexleyheath

DA6 8JT

[Google Maps](#)



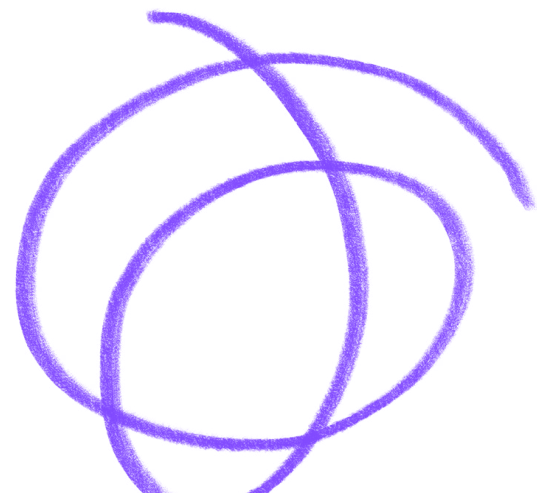
Gardening and food growing has a range of benefits; it is physically active, mentally healthy, a place to meet people, and builds confidence. Plus, growing healthy nutritious food for you and your families.

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

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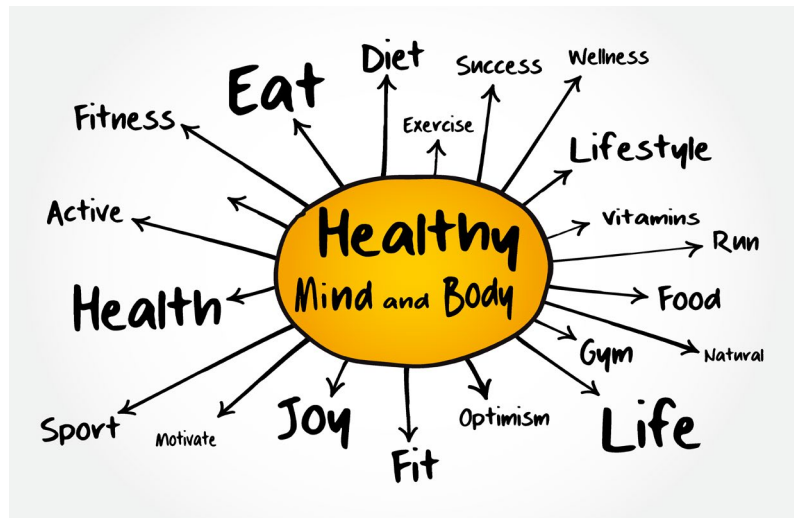
BE ACTIVE

Healthy Mind and Body

Dates and times:

- Monday 6 January: 5pm
- Monday 13 January: 10am
- Monday 27 January: 5pm
- Monday 10 February: 10am
- Monday 17 February: 5pm
- Monday 3 March: 5pm
- Monday 10 March: 10am
- Monday 24 March: 5pm

Online: (1 hour)



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

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

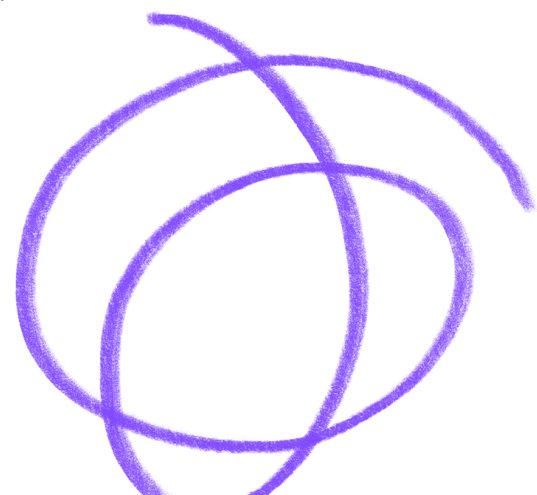
We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

Please register online and book your place.

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BE ACTIVE

Pilates

Days:

Tuesdays (face-to-face and online)

Thursdays (online only)

Time: 12pm-12.45pm

Location:

The Pilates Studio

Bexley Village DA5 1BF

Book through the Recovery College.

There is a fee of £3 [Google Maps](#)



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

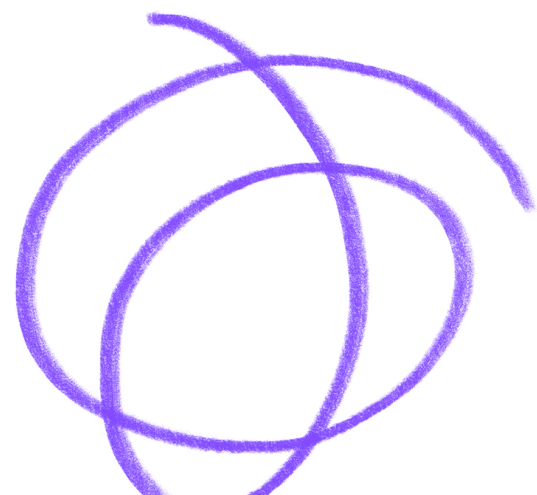
Small equipment such as bands, toning circles and balls are used during mat-work classes to help you achieve better movement patterns and provide you with more awareness of your body – and of course to challenge you!

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

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BE ACTIVE

Tai Chi

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

Time: 9.30am-10.30am

Location: Online



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

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

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

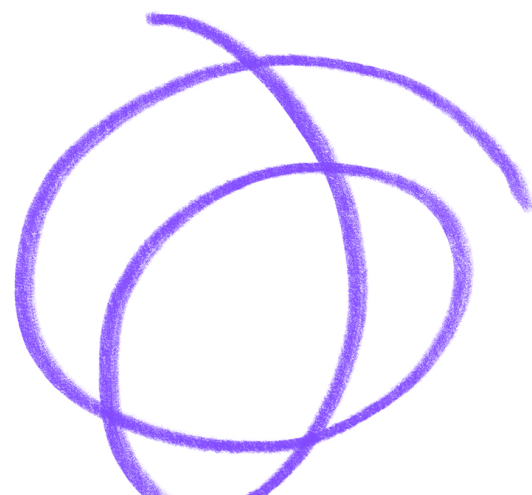
Each posture flows into the next without pause, ensuring that your body is in constant motion.

Please register online and book your place.

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BE ACTIVE

Walk and Talk Group

Day: Thursdays
(weather permitting)

Time: 2pm-3.30pm

Location:

Danson Park
Bexleyheath
DA6 8HL

[Google Maps](#)



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

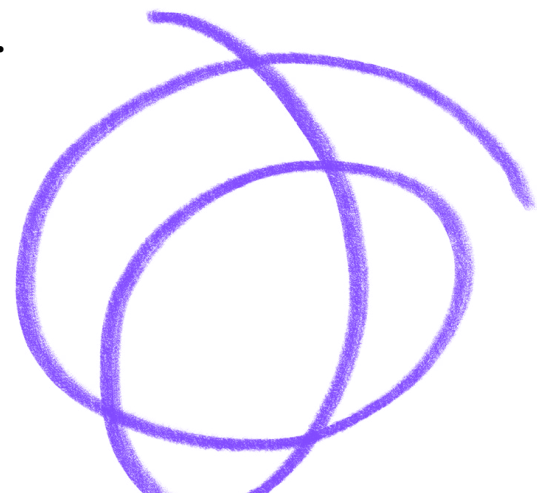
The group is an opportunity to get some physical exercise walking around the park, while also socialising and meeting new people. Being physically active improves our wellbeing as well as our fitness. The activity causes chemical changes which can help to positively change your mood. Connecting with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

Please register online and book your place.

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BE ACTIVE

Wellbeing and Physical Health Checks

Days and Times:

Thursday and Friday mornings - by appointment only

Location:

Mind in Bexley
2a Devonshire Road
Bexleyheath
DA6 8DS

[Google Maps](#)



Looking after our physical health improves our wellbeing.

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

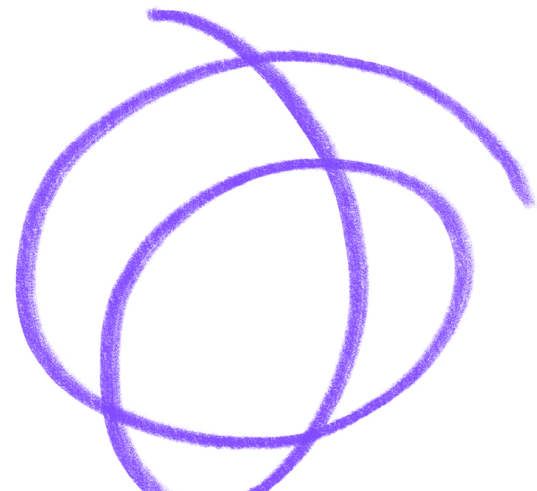
Please register online if you are interested in booking an appointment or finding out more.

Please register online and book your appointment.

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BE ACTIVE

Yoga

Online only:

Mondays (9am-10am)

Online and In-person:

Tuesdays (6pm-6.45pm)

Fridays (9am-9.45am)

In-person at: Bexley Studio

1-2 Bourne Parade, Bexley

DA5 1LQ [Google Maps](#)



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

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

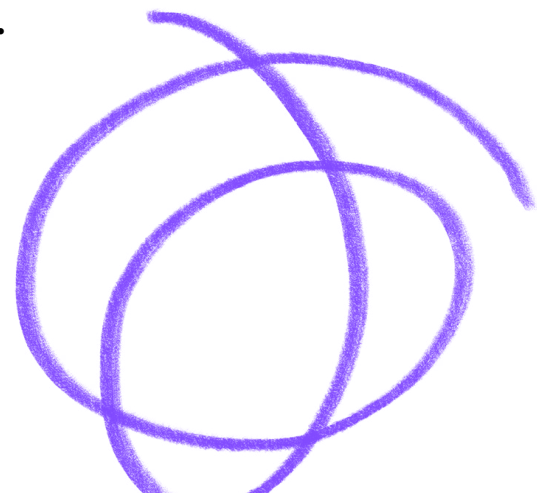
- Reduce stiffness and tension
- Reduction in anxiety, stress and worry
- Increased strength and flexibility
- Take time for yourself
- Increase focus
- Prepare the body and mind for your day
- Connection to breath and calming techniques

Please register online and book your place.

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KEEP LEARNING

Anger Management

Dates and times:

Tuesday 14 January (10am-12pm)

Wednesday 12 February (10am-12pm)

Thursday 6 March (5pm-7pm)

Location: Online



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

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

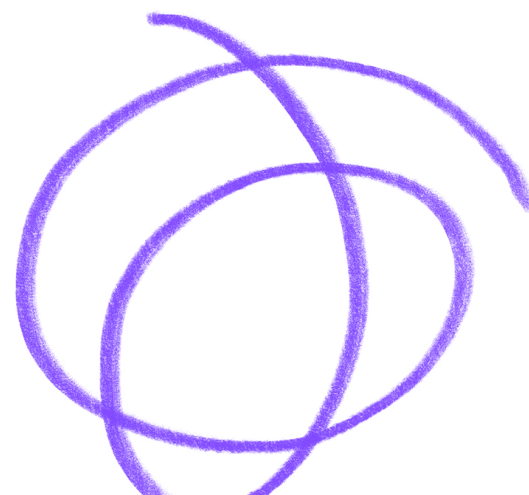
The workshop also promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of the thoughts and patterns that surround anger.

Please register online and book your place.

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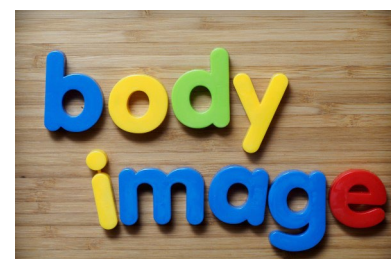
KEEP LEARNING

Body Image

Dates: Tuesday 21 January (part one)
Tuesday 28 January (part two)

Tuesday 18 March (part one)
Tuesday 25 March (part two)

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



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

The course aims to help you achieve:

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

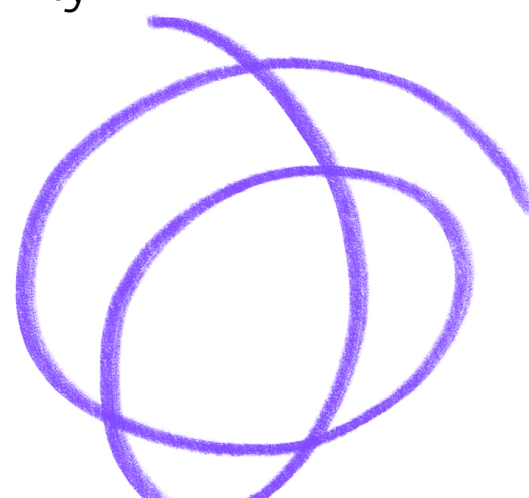
During the course we explore:

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

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KEEP LEARNING

Confidence and Assertiveness

Day: Thursdays

Time: 10am-12pm

Location: Online



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

The course is in modules and covers:

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

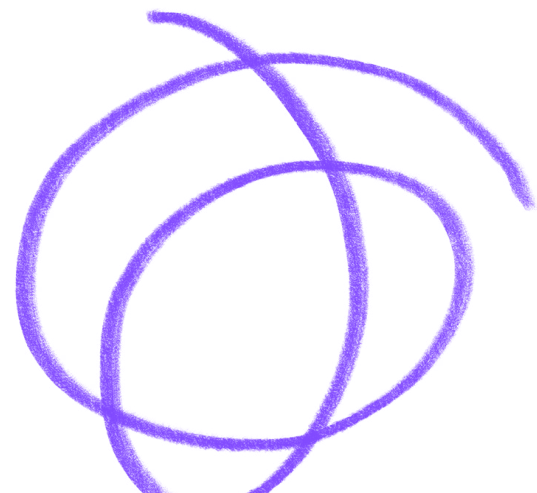
The course runs for six weeks.

Please register online and book your place.

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KEEP LEARNING

Coping with Stress and Anxiety

Days: Thursdays from January 23rd (for six weeks until February 27th)

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:

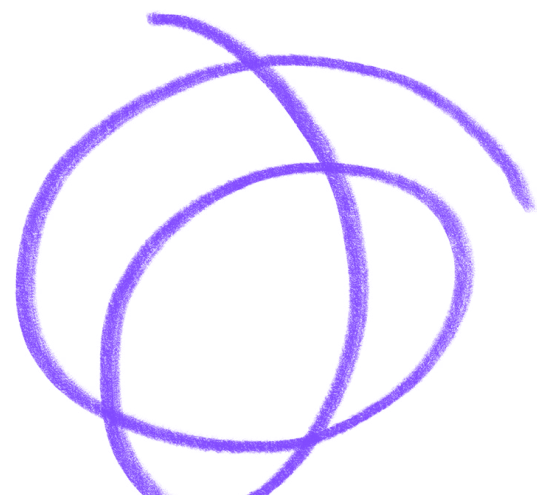
- What anxiety is and why it occurs
- Identifying and challenging unhelpful thinking
- Different strategies and techniques for managing anxiety

Please register online and book your place.

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KEEP LEARNING

Creative Writing

Day: Mondays

Time: 12pm-1.30pm

Location: Online



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.

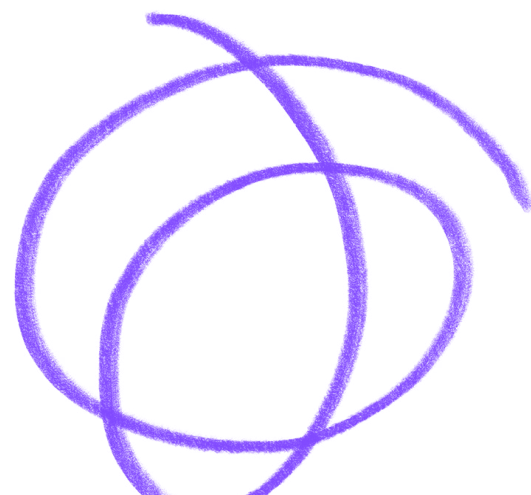
In this group, there is guided learning such as an inspiring thought or theme or discussion and a variety of activities to help us express ourselves. These may include reading a story, sharing a poem or playing word games.

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:

Wednesday 8 January (10am-12pm)

Thursday 6 February (5pm-7pm)

Tuesday 11 March (10am-12pm)



Location: Online

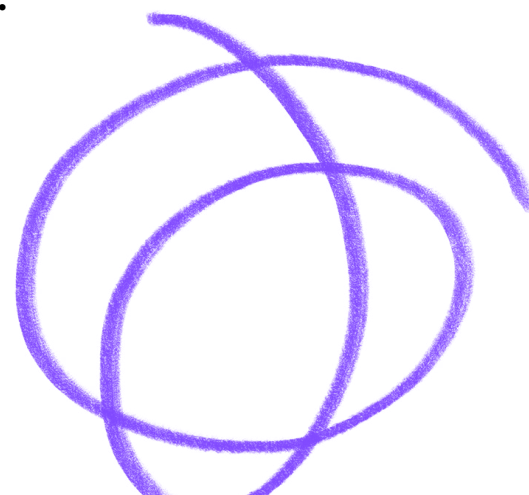
This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including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

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

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KEEP LEARNING

Low Mood and Depression

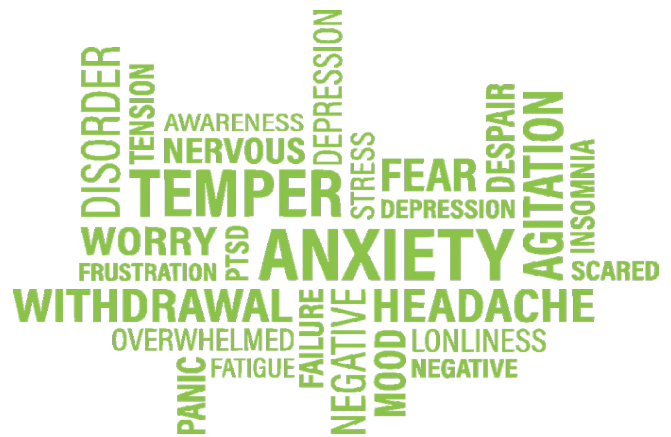
Dates and times:

Thursday 9 January (5pm-7pm)

Thursday 20 February (5pm-7pm)

Wednesday 12 March (10am-12pm)

Location: Online



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

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

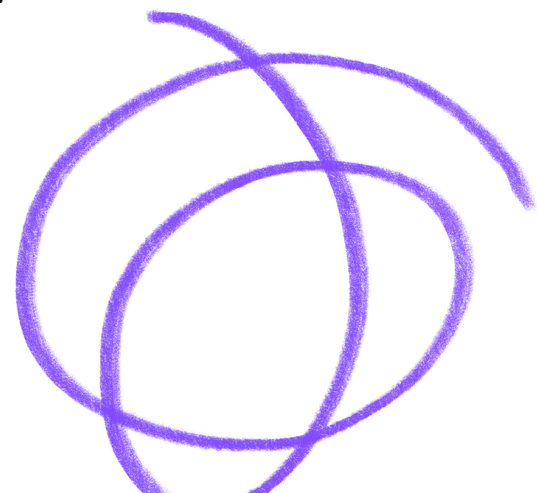
The workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of low mood and depression.

Please register online and book your place.

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KEEP LEARNING

Mental Health in the Workplace

Dates and times:

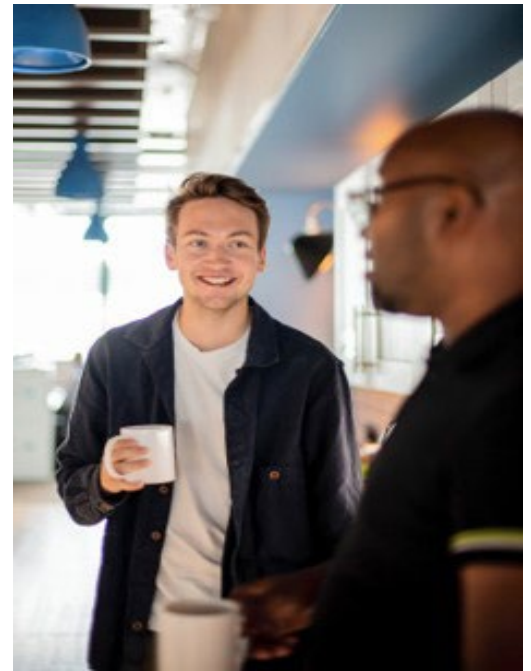
Tuesday 7 January (10am-12pm)

Wednesday 5 February (10am-12pm)

Thursday 13 March (5pm-7pm)

Location: Online

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



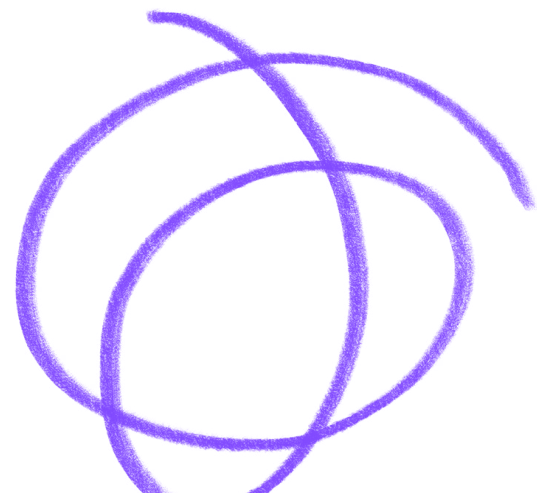
We will also look at why mental health is just as important as physical health, and share information about local mental health services.

Please register and book your place online.

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KEEP LEARNING

Money Management

Dates and times:

Monday 13 January (5pm-6pm)

Monday 20 January (10am-11am)

Monday 3 February (5pm-6pm)

Monday 17 February (10am-11am)

Monday 24 February (5pm-6pm)

Monday 10 March (5pm-6pm)

Monday 17 March (10am-11am)

Location: Online



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

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

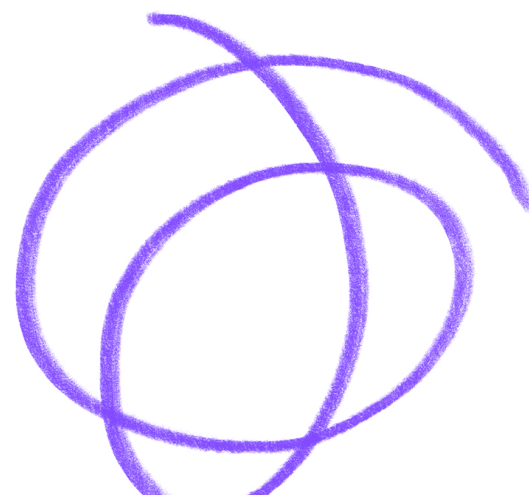
We are living through 'a cost of living crisis', and we can offer you the information you need to get your money in order and control your debts.

Please register online and book your place.

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KEEP LEARNING

Positivity

Day: Tuesdays

Time: 2pm-4pm

Location: Online



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

Aims of the workshop:

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

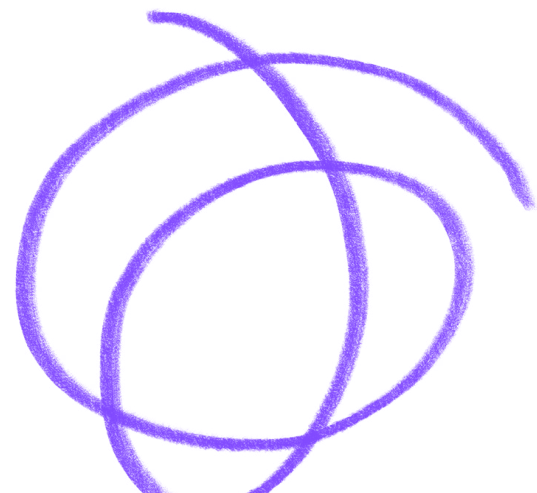
Course content:

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

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KEEP LEARNING

Routine Builders

Dates and times:

Monday 6 January (10am-11am)
Monday 20 January (5pm-6pm)
Monday 3 February (10am-11am)
Monday 10 February (5pm-6pm)
Monday 3 March (10am-11am)
Monday 17 March (5pm-6pm)
Monday 24 March (10am-11am)
Monday 31 March (5pm-6pm)



Location: Online

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

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

If so, this workshop is for you.

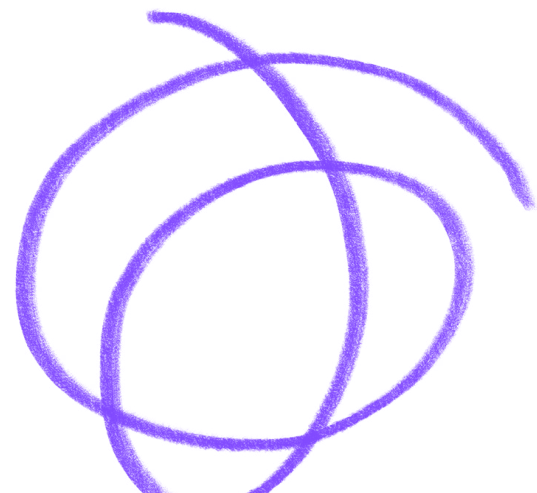
During these session, you will be shown the benefits and importance of having a routine. We will then discuss methods for building and sticking to the routine that you really want.

Please register online and book your place.

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KEEP LEARNING

The Self-Care Hour

Day: Mondays
(fortnightly)

Time: 6.15pm-7.15pm

Location: Online

TO DO LIST:

- SELF CARE
- SELF CARE
- SELF CARE



Be kind to yourself and join our once a fortnight 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.

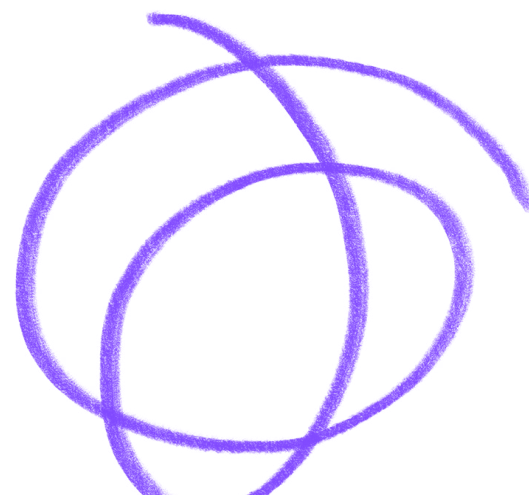
We then learn one or two different self-care methods that the group does together, that you can practise at home. The group sessions always finish with a song that will uplift everyone.

Please register online and book your place.

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KEEP LEARNING

Stress and Anxiety

Day: Tuesdays

Time: 6pm-8pm

Location: Online



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

Aims of the workshop:

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

Course content:

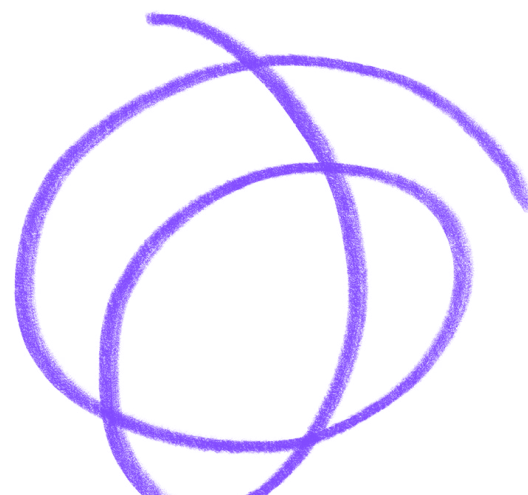
- Typical causes of anxiety
- How to become familiar with triggers
- How to select coping strategies that work for you

Please register online and book your place.

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KEEP LEARNING

Suicide Awareness

Date: Tuesday 11 February

Time: 10am-12pm

Location: Online



This online workshop is an interactive two-hour session.

The subjects we will cover include:

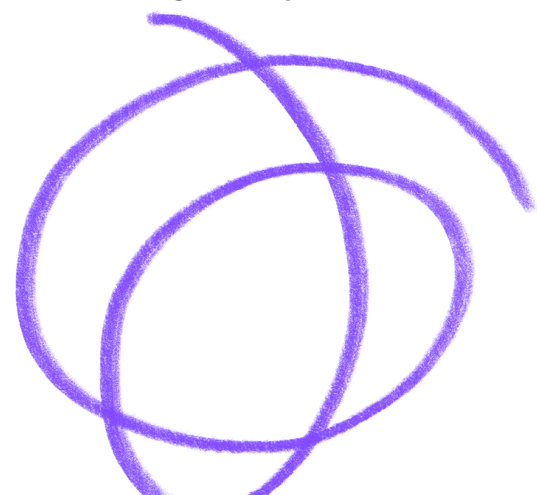
- What is suicide?
- Suicide statistics
- Terms to describe suicide and the current arguments
- Myths surrounding suicide
- Potential causes of suicide
- Coping with suicidal thoughts
- Support resources

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 and book your place.

Click here to:



**Or scan
the QR
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KEEP LEARNING

Understanding Anxiety and Panic

Dates and times:

Thursday 23 January (5pm-7pm)

Tuesday 25 February (10am-12pm)

Wednesday 26 March (10am-12pm)



Location: Online

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

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

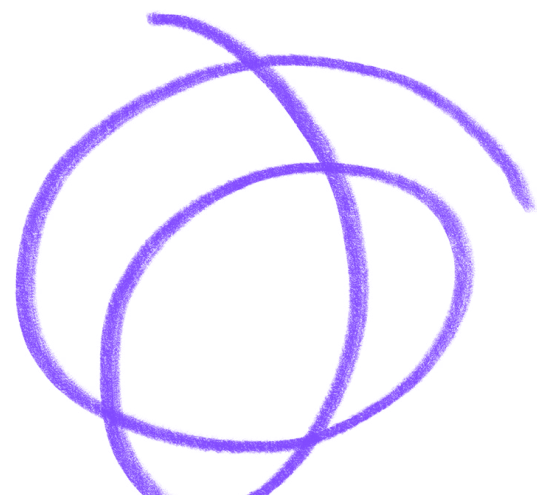
We will explore different ideas on how we can turn negative reactions and thought patterns into positives by incorporating different healthy ways to wellbeing into our lives.

Please register online and book your place.

Click here to:



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KEEP LEARNING

Understanding Self-Harm

Dates: Tuesday 4 February
Wednesday 26 February

Time: 10am-12pm

Location: Online



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

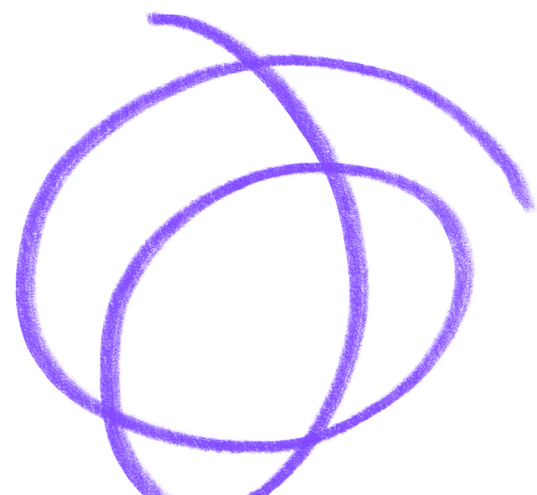
The workshop looks at self-harm facts and myths, how and why people may self-harm and how to best manage and control urges.

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

Click here to:



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CONNECT

Autism Awareness

Dates and times:

Wednesday 15 January (10am-12pm)

Thursday 13 February (5pm-7pm)

Tuesday 4 March (10am-12pm)

Location: Online



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

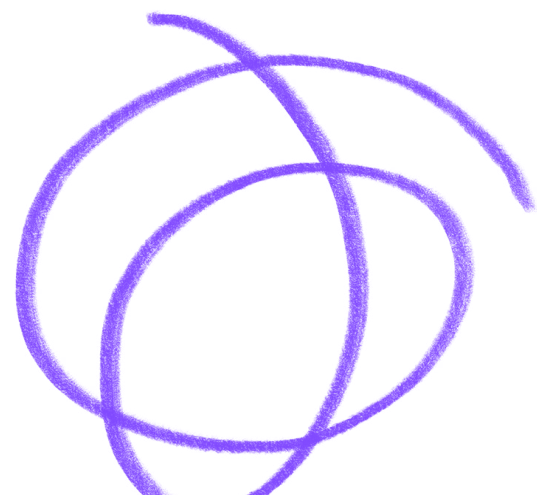
It will also help for a better understanding of those differences, and disadvantages, autistic people endure as they navigate the non-autistic world.

Please register online and book your place.

Click here to:



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CONNECT

Hearing Voices Group

Day: Wednesdays

Time: 1pm-2pm

Location:

Mind in Bexley
2a Devonshire Road
Bexleyheath DA6 8DS

[Google Maps](#)



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

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

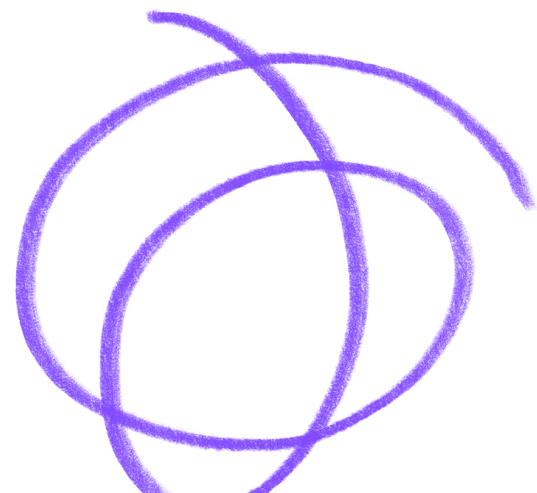
The workshop is open to those who have experience of hearing voices or seeing visions whether past or present.

Please register online and book your place.

Click here to:



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CONNECT

Make, Mend and Motivate

Day: Wednesdays

Time: 11am-1pm

Location: Online



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

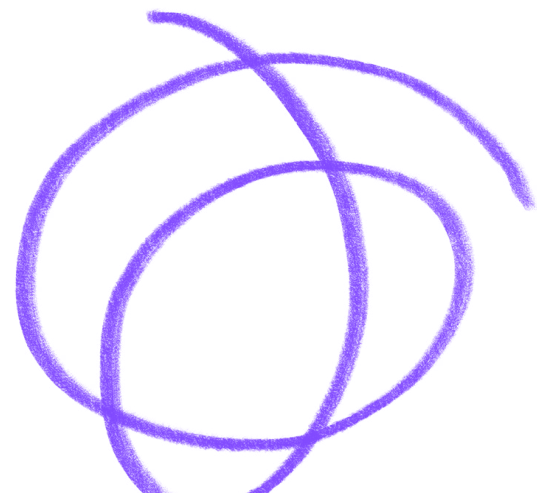
Creating is a form of selfcare, it benefits you and those around you. It can help you feel more able to cope with situations.

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

Click here to:



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CONNECT

Menopause Group

Day: Tuesdays

Time: 6pm-7.30pm

Location:

The Pantry
301c Broadway
Bexleyheath DA6 8DT

[Google Maps](#)



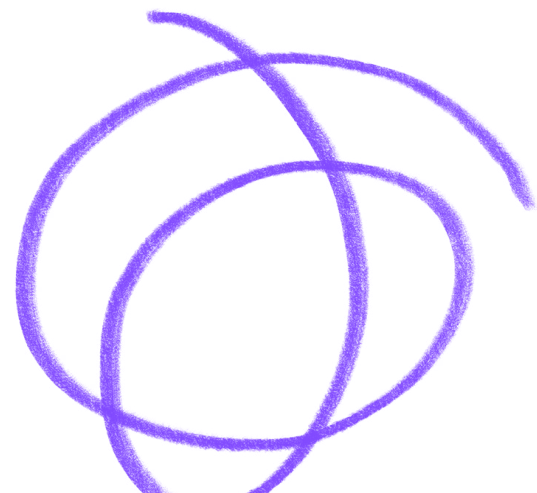
The Menopause Group is an informal and friendly group giving you the opportunity to connect with other women from Bexley who are also going through the stages of the menopause. Different symptoms of the menopause are discussed and practical solutions and ways of coping are shared. Women attending the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

To register your interest for the menopause support group, please email: recovery@mindinbexley.org.uk

Click here to:



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CONNECT

Men's Group

Day: Tuesdays

Time: 10.30am-12pm

Location: Online



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

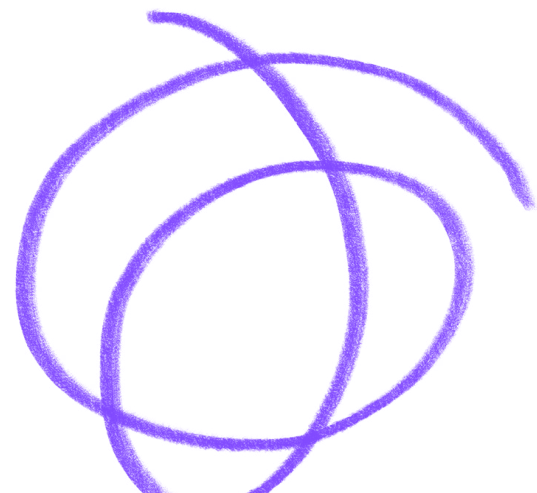
This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share positive experiences and provide emotional support.

Please register online and book your place.

Click here to:



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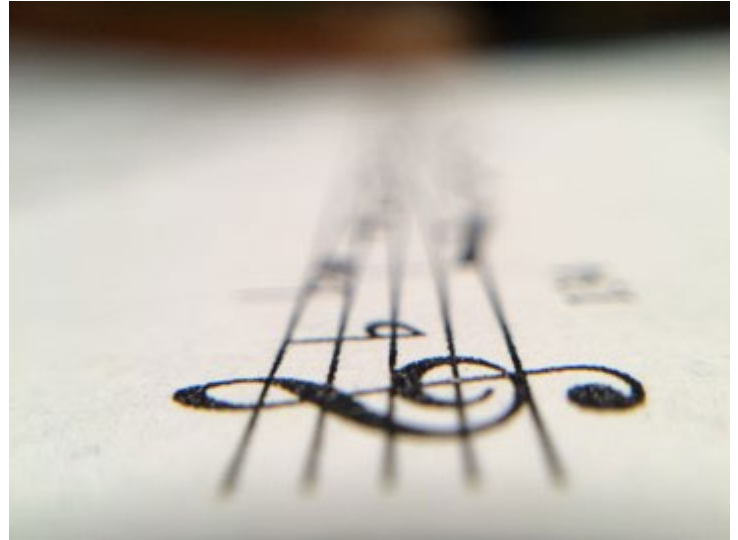
CONNECT

Music for Fun

Day: Fridays

Time: 3pm-5pm

Location: Online



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

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

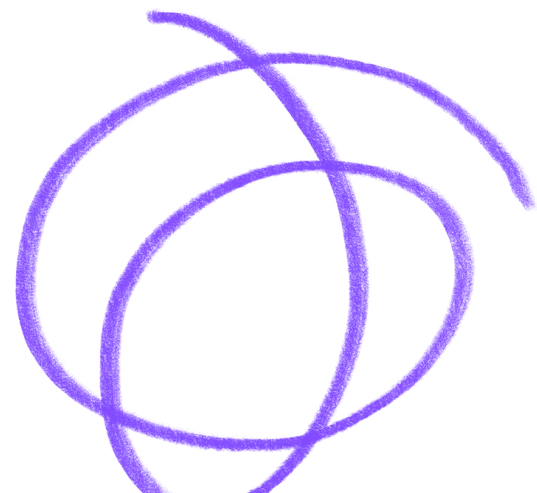
This is a relaxed group with great discussion.

Please register online and book your place.

Click here to:



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CONNECT

Overcoming Loneliness

Dates:

Wednesday 29 January
Wednesday 5 March

Time: 10am-12pm

Location: Online



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

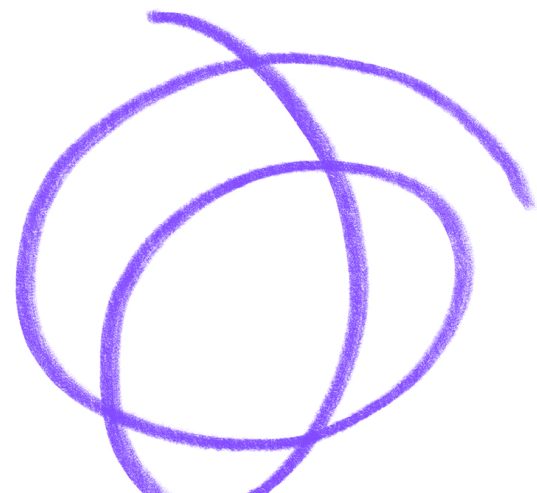
There will also be advice on how to manage the feelings of loneliness and things you can do to develop yourself and feel content in your own company.

Please register online and book your place.

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CONNECT

Stitch the Mind

Day: Tuesdays

Time: 10am-11.30am

Locations:

Various locations in and around Bexleyheath



Are you a keen knitter?

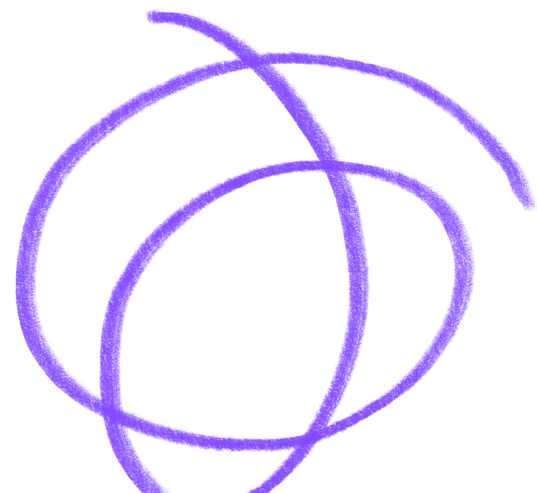
Perhaps you like to crochet or stitch? This face-to-face group incorporates stitching with connecting with others. It is held at a variety of locations in and around Bexleyheath.

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

Click here to:



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CONNECT

Test Your Brain for Fun

Day: Fridays

Time: 1pm-2pm

Location: Online



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

All you need is a pen and paper.

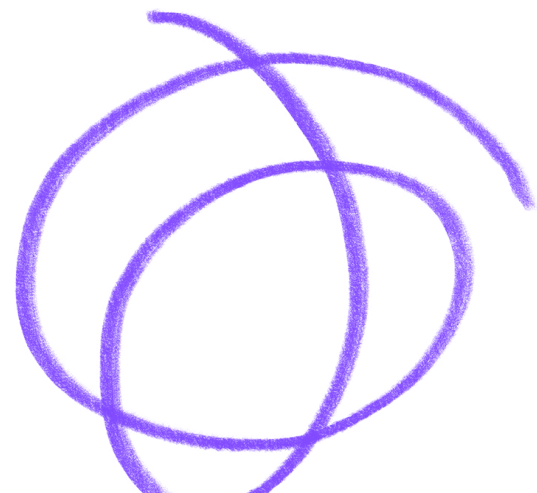
No scores are read aloud, this is all for fun!

Please register online and book your place.

Click here to:



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CONNECT

Together We Can

Day: Wednesdays

Time: 4pm-5.30pm

Location: Online



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

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

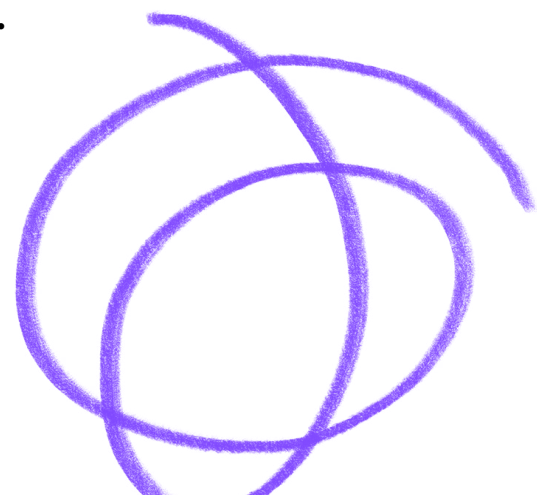
From sorting your bills/benefits, decluttering, craft projects, homework from another group or a course you are doing, DIY, selfcare/glow ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more...

Please register online and book your place.

Click here to:



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CONNECT

Women's Group



Day and time: Mondays - 10.30am-12pm

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

The women's group provides a safe environment where women feel comfortable to connect and talk together over a coffee.

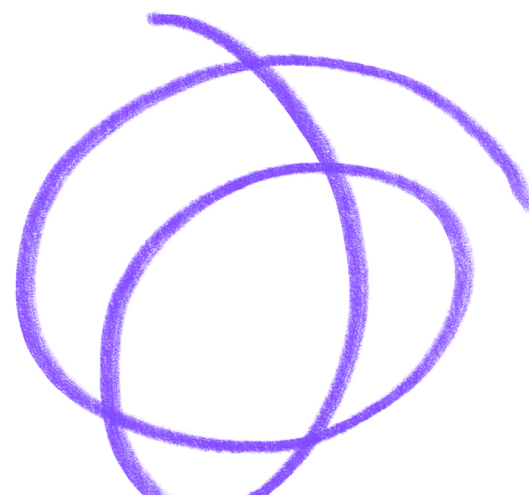
This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share and provide emotional support.

Please register online.

Click here to:



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CONNECT

Young Adults' Project

Day: Tuesdays

Time: 1.30pm-2.45pm

Locations:

Various locations in and around Bexleyheath.



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

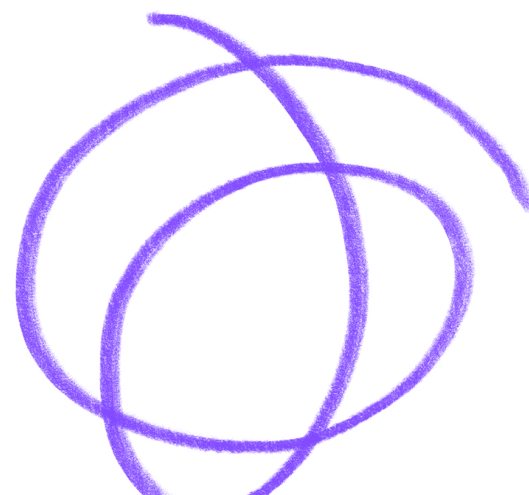
The group is facilitated by a Mind in Bexley staff member with lived experience and is held on a weekly basis at various locations in Bexleyheath. This can include visiting different cafes, doing activities such as bowling, visiting exhibitions and also guest speakers from various organisations. The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

Please register online and book your place.

Click here to:



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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](#)



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.

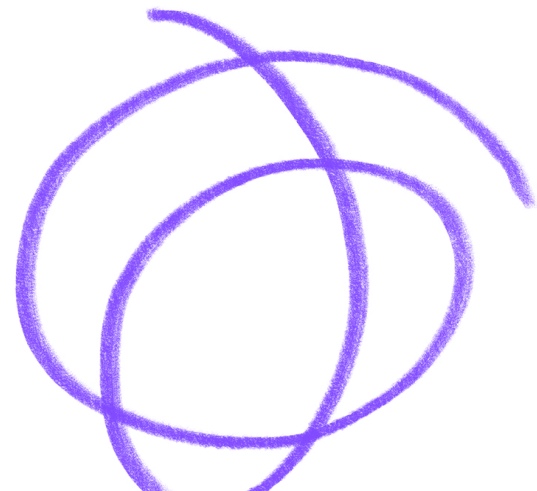
This group is not the same as Art Therapy.

Please register online and book your place.

Click here to:



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TAKE NOTICE

Goal Setting



Day: Mondays

Time:
11.30am-12pm

Location: Online



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

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

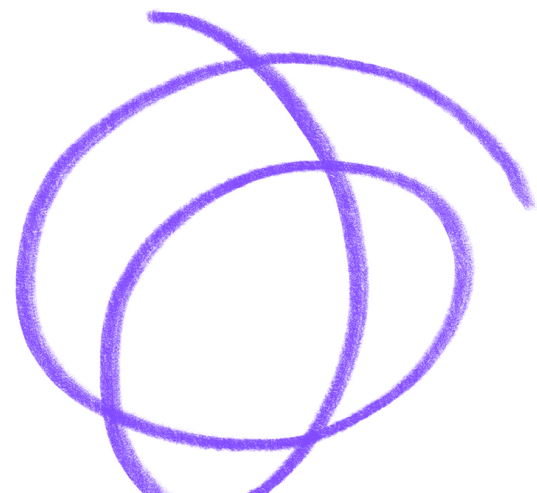
Then, you can come back the next week to celebrate “you did it!”.

Please register online and book your place.

Click here to:



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TAKE NOTICE

Journaling



Dates:

Wednesday 5 February
Wednesday 19 February

Time: 10am-11.30am

Location: Online



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

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

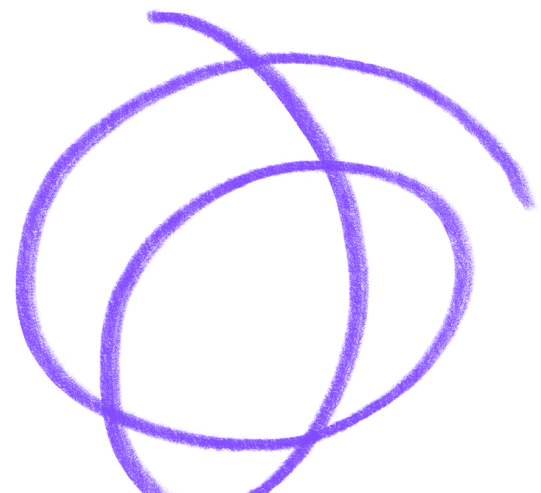
You will need a pen and notebook to journal in.

Please register online and book your place.

Click here to:



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TAKE NOTICE

Mindfulness Workshop



Dates:

Wednesday 29 January

Wednesday 5 March

Time: 10am-11.30am

Location: Online



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

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

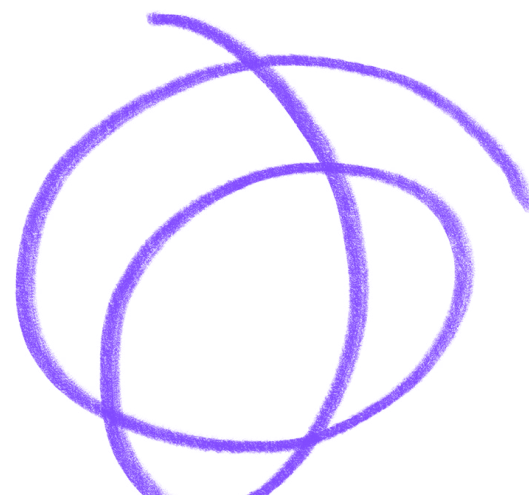
The workshop includes a short guided mindful breathing meditation which can be used as a coping strategy when under stress or pressure from life, work or relationships.

Please register online and book your place.

Click here to:



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TAKE NOTICE

Online Safety and Avoiding Scams



Online dates and times:

Monday 13 January (10am-12pm)

Monday 10 March (10am-12pm)

In-person date:

Monday 10 February (10am-12pm)

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.

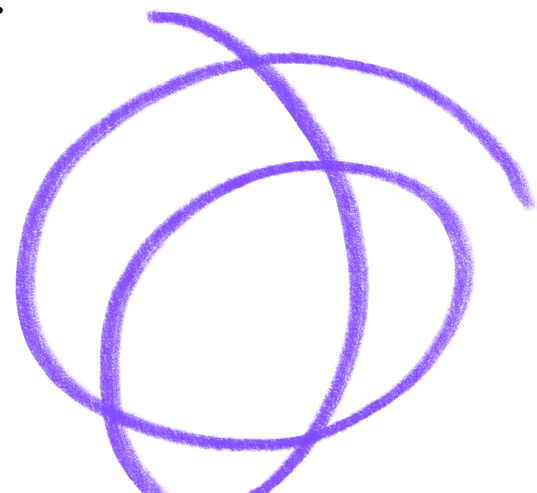
This workshop will provide you with information and the knowledge to be better equipped to recognise various scams online, keep your personal information secure, and keep yourself safe navigating online. We will talk about how to protect your wellbeing if you are faced with being scammed, and provide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

Photography for Fun



Day: Wednesdays

Time: 1.30pm-2.30pm

Location: Online



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

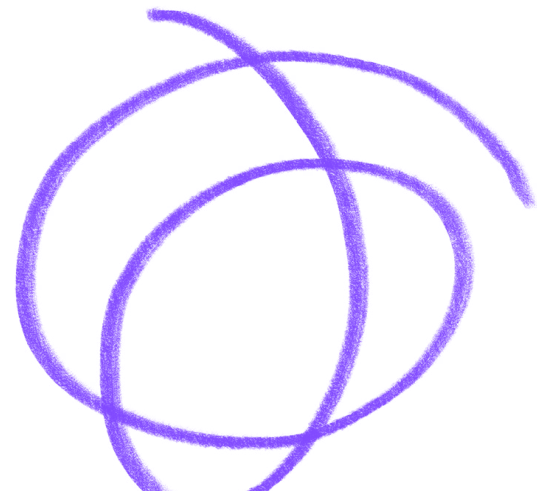
Each week we start by looking at the photos those attending the group have taken during the week. We enjoy talking about the photos, where these were taken and exploring the different styles.

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

Click here to:



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TAKE NOTICE

Sleep and Relaxation Techniques



Dates and times:

Thursday 16 January (5pm-7pm)

Tuesday 18 February (10am-12pm)

Thursday 20 March (5pm-7pm)



Location: Online

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

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

Aims of the Workshop:

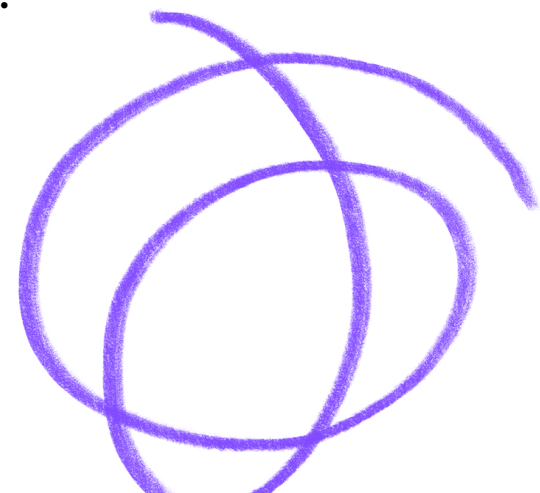
- Simple relaxation methods that promote health and wellbeing
- The scientific background of why we sometimes can't sleep
- Practical implementation in daily life
- How to relax yourself

Please register online and book your place.

Click here to:



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TAKE NOTICE

Visualising Intentions and Affirmations



Dates:

Wednesday 8 January
Wednesday 19 February

Time: 10am-11.30am

Location: Online



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

What do you intend to change in your life?

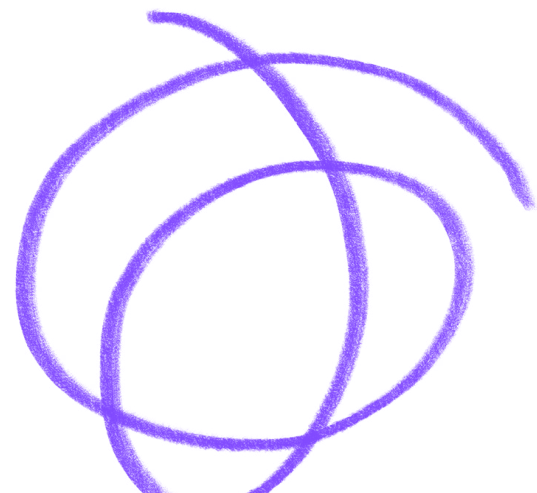
In this workshop, you will look at tools and meditation to help you set intentions and choose affirmations to help bring about positive change.

Please register online and book your place.

Click here to:



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TAKE NOTICE

What's Going On in Our Community?



Dates:

Monday 27 January
Monday 24 February
Monday 31 March

Time: 10am-11am

Location: Online



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

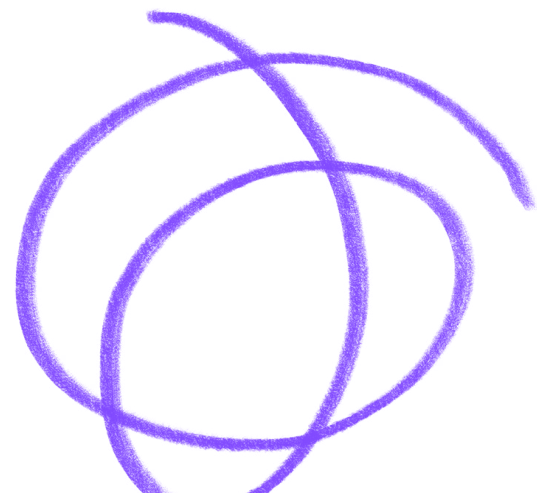
Do come along to see what we have found and to also let others know where you have been or what you have heard is coming up.

Please register online and book your place.

Click here to:



**Or scan
the QR
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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.

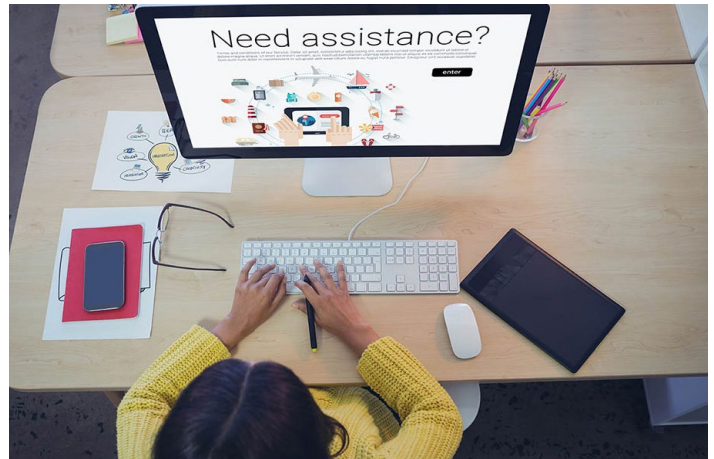
For more information, contact Re-Instate on 01322 438 155 or email: info@re-instate.co.uk

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 on:

Mondays: 11am-1pm & 2pm-4pm, Devonshire Road, Bexleyheath

Thursdays: 11am-1pm – Bexleyheath Central Library

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

Family and Carers Service

Support groups and workshops

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

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

Families and carers must be either:

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

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

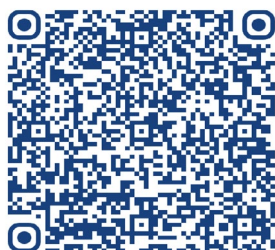
Email: carers@mindinbexley.org.uk

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

Online: Self-refer on our website at:

mindinbexley.org.uk/family-and-carers-support

Or scan the QR code with your phone:



Family and Carers

Support groups and workshops



Online Just Breathe sessions

(Weekly Mondays 9.30am-10am)

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

Information sharing and learning sessions

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

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

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

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

carers@mindinbexley.org.uk

Family and Carers Service

Support groups and workshops



CARERS PEER SUPPORT GROUPS

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

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

Carers support and drop in at Devonshire Road - every second and fourth Monday - 2pm to 3pm

Mind in Bexley and Pier Road carers are welcome to join us for a social event. We meet at the Mind in Bexley office at 2a Devonshire Road, Bexleyheath DA6 8DS where 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 Family and Carers Service at:
carers@mindinbexley.org.uk

Family and Carers Service

Support groups and workshops



WOODLANDS CARERS SUPPORT GROUP

The Woodlands Unit Mental Health Inpatient and Crisis Services

Face-to-face fortnightly on Wednesdays at 5pm–6pm – 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 Family and Carers Service at: carers@mindinbexley.org.uk

Family and Carers Service

Support groups and workshops



CARERS PSYCHO-EDUCATION WORKSHOPS

(coming soon – please contact us for details)

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

Topics include:

Being a carer

Communication skills

Dealing with difficult behaviour

Relapse prevention

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

Family and 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 Family and 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.

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Phone: 07774 315863

“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