



For better
mental health



Mind in Croydon

Promoting mental health in Croydon

What is Mind in Croydon?

Mind in Croydon is a very active charity that continues to be in the forefront of developing ways to work with people with mental health problems and their families in the Croydon area. It aims to increase understanding of the difficulties faced by those with mental health problems and to express the views of its members on mental health issues and services. Its various projects help to relieve social isolation, to enable people to acquire skills for independent life in the community and to promote positive mental health.

What does Mind in Croydon do?

Mind in Croydon provides a wide variety of services which include:

Fairfield House

Fairfield House is an informal social club for people who have had mental health problems. It provides a meeting place where people can come and receive support and advice from staff, and also give support and advice to each other.

 fairfield@mindincroydon.org.uk

 020 8688 1210

Enterprise House

This is a work orientated day centre which gives people training and real work experience and acts as a stepping stone to employment.

 enterprise@mindincroydon.org.uk

 020 8771 5950

Orchard House

Orchard House is part of Mind in Croydon's Employment and Social Inclusion Service. Its aim is to support people with mental health problems to take part in mainstream social, leisure and educational activities within the community, including helping people to return to work or start their own business.


 orchard@mindincroydon.org.uk

 020 8253 8205









Furniture Service

This is another innovative project which supplies furniture and other household equipment that has been donated by the public to people who are leaving hospital or temporary accommodation and setting up their own homes. Follow up visits ensure people are coping in their new homes.

 furniture@mindincroydon.org.uk

 020 8253 8201

Each year we provide:

-  Daycare for 200 people
-  Advice and Information for 1500 people
-  Counselling for 300 people
-  Training and Work opportunities for 60 people
-  Welfare Benefits Advice for 260 people
-  Furniture for 250 people
-  Outreach Support to 120 people
-  Advocacy for 95 people

Advice & Information

The helpline gives information, advice and help to over 1600 callers a year on a range of issues including advising them of their rights and letting them know where they can get direct help. We also publish the **Guide to Mental Health Services in Croydon** which is also available online at www.mindincroydon.org.uk

 admin@mindincroydon.org.uk

 020 8668 2210

Advocacy

We provide support to people in hospital or in the community who need help in clarifying their options and presenting their views to mental health professionals. This help is offered both in formal contexts (such as ward rounds and Care Plan Assessments) and less formally. We can also help with formal complaints, normally through the NHS or Social Services systems.

We also run a specialist advocacy service for people with mental health problems who are parents or who are in a parental role.

 advocacy@mindincroydon.org.uk

 020 8763 6730

Counselling

We offer professional counselling to people presenting with a wide range of psychological or emotional problems. Services available include one-to-one counselling and group therapy. In crisis situations an assessment can be made within 48 hours (usually the same day).


 counselling@mindincroydon.org.uk

 020 8763 2064

Welfare Benefits

We provide advice on welfare benefit entitlement to users, carers and mental health professionals and help with complex cases including appeals. The service is available on referral from appropriate statutory or voluntary agencies. We also provide training and carry out research projects.

 wba@mindincroydon.org.uk

 020 8763 2037

Fundraising Shops

There are two Mind shops which are an invaluable source of fundraising. They are at:

- 18 Westow Street, Upper Norwood SE19 3AH
- 135 Addington Road, Selsdon CR2 8LH

Education

We provide speakers to talk about our work and mental health issues generally to a variety of organisations ranging from schools and colleges to other health and social work professionals. We have also produced a series of highly acclaimed films and teaching materials on a range of mental health issues. (for full details refer to www.mindincroydon.org.uk/videos.asp)

Mind in Croydon also works closely with Croydon Primary Care Trust, the South London and Maudsley NHS Trust, Local Authority Social Services and with other voluntary organisations in planning services for people with mental health problems in Croydon.

We are striving to encourage users of the mental health services to participate fully in this and all aspects of our work, and work closely with service user groups to enable them to do this.

What our clients say about us:

"Its great to be able to get out and mix with people who are understanding and don't automatically think the worst of you." (Fairfield Club member).

"My skills have improved and now I feel much more confident about looking for a 'proper job' and being able to do it." (Enterprise House worker).

"I was very pleased with the furniture. It was good quality and made the flat feel like home. It made the world of difference. The guys were very friendly and the communication for the delivery was very smooth." (Furniture service client).

"Thank you for all your help. I don't like to keep phoning you, but how could I have dealt with it without you? If they take money off when the shouldn't how am I supposed to know its wrong?." (Client who had benefit withdrawn due to errors of law).

Mind in Croydon is working to promote good mental health. It seeks to empower people to lead a full life as a part of their local community.

Mind in Croydon aims to work with and support people living with or recovering from mental illness, people with mental health problems and their relatives and carers, living in the London Borough of Croydon and surrounding areas.

To achieve these aims Mind:

- educates
- provides services
- campaigns
- raises funds
- works in partnership with other organisations
- values diversity
- focuses on quality
- involves users and other volunteers in its work

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26 Pampisford Road
Purley
Surrey CR8 2NE

Tel: 020 8668 2210
Fax: 020 8763 2084
E-mail: admin@mindincroydon.org.uk
Website: www.mindincroydon.org.uk

Mind in Croydon is a company limited by guarantee.
Company no: 3697578. Charity No: 1073880

membership

Application to become a member

Membership

Who can become a member?

Any individual who wishes to support the aims of Mind in Croydon which are, broadly, to promote mental health and to help those who have or who have had mental health problems and their families.

How can I become a member?

By completing the application form on the back of this leaflet and sending the appropriate membership subscription to Mind in Croydon.

What do I get when I join?

1. A membership Pack including:
 - Information about all our services
 - A copy of our Memorandum & Articles of Association and Rules
 - The current Annual Report
2. An opportunity to become actively engaged in supporting the work of Mind.

Each year you will receive:

- An invitation to the Annual General Meeting (or any other General Meeting) of the Charity, together with a statement of the accounts and other supporting documents and a right to take part and vote at such meetings
- Annual Report
- Regular newsletters keeping you up to date with our work

Membership form

I would like to help the work of Mind and wish to become a member.

I enclose (Please tick whichever is applicable):

- £50 for life membership
- £7 for 1 year's membership
- £1 for 1 year's membership for regular voluntary helpers at one of Mind's shops or other projects, or regular users of Mind services.

I wish to make a donation to Mind in Croydon and enclose a cheque for £.....

Total payment enclosed: £.....

Membership Guarantee

(Mind in Croydon is a charitable company limited by guarantee)
I understand that in the event of Mind in Croydon Ltd. being dissolved with liabilities greater than its assets I may be called upon as a member of the company to pay a sum not exceeding one pound (£1).

Signed:

Date:

Name:

Address:

.....

..... Postcode:

Telephone:

Please send to: Membership Secretary
Mind in Croydon
26 Pampisford Road
Purley Surrey CR8 2NE