

## Drop in support

### 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 25<sup>th</sup> July** by a representative from FJC.

**CONTACT TO FIND OUT MORE!**

### Status Employment Drop in

Get advice and support from mental health supported employment specialists.

Every Other Monday  
**1<sup>st</sup>, 15<sup>th</sup>, and 29<sup>th</sup> July**

10:00-13:00

**DROP IN!**

### 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 25<sup>th</sup> July**

10:00-13:00

**DROP IN!**

### 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 via **appointment only from 29<sup>th</sup> July!**

**BOOK NOW!**

## Benefits Support

### Department of Work and Pensions

Do you have questions or concerns about your existing benefits claims?

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

No appointment required.

Every Other Friday  
**5<sup>th</sup> and 19<sup>th</sup> July**

10:00-13:00

**DROP IN!**

### Welfare Benefits Advice

In partnership with Mind Welfare Benefits team.

Book a phone appointment now for support with any benefit queries.

Phone appointments available every **Monday and Thursday**

9:30-15:30

**BOOK NOW!**



## Groups and Peer Support

### UPCOMING CLOSURES

We will be **closed between 10am and 1pm** for drop ins due to staff training on the following dates:

- **Tuesday 16<sup>th</sup> July**
- **Wednesday 17<sup>th</sup> July**
- **Tuesday 23<sup>rd</sup> July**
- **Wednesday 24<sup>th</sup> July**

### 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.

Sessions running on **Fridays** from **11am – 12.30am.**

**SIGN UP NOW!**

### Connect & Cope Group

Run by our Recovery Space and Support Team. Sessions cover anxiety, sleep, bereavement, stress, low mood, and self-esteem.

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

Sessions running on **Thursdays** - **14:30-16:00**

**SIGN UP NOW!**

### Managing Emotions Group

Run by our clinical psychology team, these sessions will teach you strategies to help manage your emotions better and behave in less destructive and harmful ways.

Sessions running on **Wednesdays – 14.30 – 15.30.**

**JOIN THE WAITLIST NOW!**

### ACT for Recovery Group

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.

Sessions running on **Tuesdays – 13:00 – 14:00.**

**JOIN THE WAITLIST NOW!**

IN PARTNERSHIP WITH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Drop in 10:00-13:00 <b>1</b>  10-1 Status Employment Welfare Benefits	Drop in 10:00-13:00 <b>2</b>  13:00: ACT for Recovery	Drop in 10:00-13:00 <b>3</b>  14:30: Managing Emotions	Drop in 10:00-13:00 <b>4</b>  14:30: Connect & Cope Welfare Benefits	Drop in 10:00-13:00 <b>5</b>  10-1: DWP Drop in 11:00 – 12.30: Qigong 12:00: Compassion	Drop in 10:00-13:00 <b>6</b>
<b>Closed 7</b>	Drop in 10:00-13:00 <b>8</b>  Welfare Benefits	Drop in 10:00-13:00 <b>9</b>  13:00: ACT for Recovery	Drop in 10:00-13:00 <b>10</b>  14:30: Managing Emotions	Drop in 10:00-13:00 <b>11</b>  14:30: Connect & Cope Welfare Benefits	Drop in 10:00-13:00 <b>12</b>  11:00 – 12.30: Qigong	Drop in 10:00-13:00 <b>13</b>
<b>Closed 14</b>	Drop in 10:00-13:00 <b>15</b>  10-1 Status Employment Welfare Benefits	<b>Closed 16</b>	<b>Closed 17</b>	Drop in 10:00-13:00 <b>18</b>  14:30: Connect & Cope Welfare Benefits	Drop in 10:00-13:00 <b>19</b>  10-1: DWP Drop in 11:00 – 12.30: Qigong	Drop in 10:00-13:00 <b>20</b>
<b>Closed 21</b>	Drop in 10:00-13:00 <b>22</b>  Welfare Benefits	<b>Closed 23</b>	<b>Closed 24</b>	Drop in 10:00-13:00 <b>25</b>  10-1: Carer's drop in 10-1: FJC Drop in 14:30: Connect & Cope Welfare Benefits	Drop in 10:00-13:00 <b>26</b>  11:00 – 12.30: Qigong	Drop in 10:00-13:00 <b>27</b>
<b>Closed 28</b>	Drop in 10:00-13:00 <b>29</b>  10-1 Status Employment Welfare Benefits	Drop in 10:00-13:00 <b>30</b>  13:00: ACT for Recovery	Drop in 10:00-13:00 <b>31</b>  14:30: Managing Emotions	<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>		