



Mind in Harrow

**For better
mental health**

Stepping Stones Project



Spring 2012

Local courses and leisure activities
available exclusively to Harrow
residents who are either users or
ex-users of mental health services.

Contact: Des or Gillian

On: 020 8515 7878

Email: d.gaynor@mindinharrow.org.uk

Spring Term 2012



<u>What is the Stepping Stones Project?</u>	3
<u>Course Enrolment</u>	4
<u>Course Details</u>	
<u>Venue: Harrow College</u>	
English Classes	6
(plus special note on enrolling at Harrow College)	7
<u>Venue: Starbucks Café</u>	
Café Craft	8
<u>Venue: Mercure London Watford Hotel</u>	
Women's Swim, Sauna, Jacuzzi & Gym	9
Men's Swim, Sauna, Jacuzzi & Gym	10
<u>Venue: 2002 Studios</u>	
Electric Piano Keyboard	11
<u>** UPDATE – Personal Budgets **</u>	12
<u>Harrow User Group (HUG) Advert</u>	13
<u>Harrow Mental Health Directory Online Advert</u>	14
<u>Map: Location of Harrow Hotel</u>	15

What is the Stepping Stones Project?

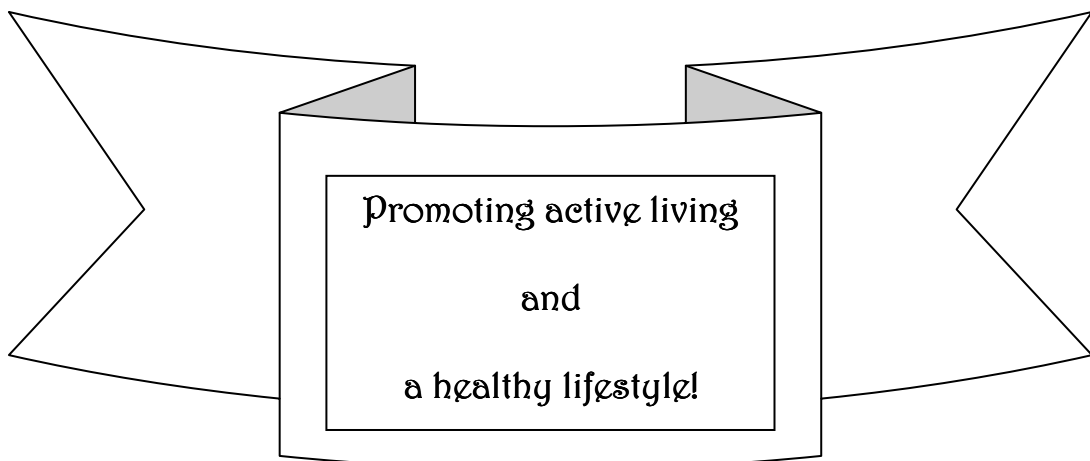
The Project offers support to users and ex-users of Mental Health Services, by offering an exciting range of short, low cost courses and leisure activities, which vary each term.

Phone Des or Gillian on:
020 8515 7878

to receive a Stepping Stones course brochure in the post each term.

Or email:

d.gaynor@mindinharrow.org.uk



COURSE ENROLMENT

If you would like to enrol on ANY of these courses, please come along to:

**Harrow Hotel, Roxborough Suite,
12-22 Pinner Road, Harrow, HA1 4HZ**

on

**Thursday 5th January 2012
between 10 am and 12.30 pm**
Tickets for people waiting will be given out from 9.30 am

Enrolments will be on a first-come first-served basis, via an organised queue

FREE PARKING AVAILABLE ON-SITE

*** * * FREE REFRESHMENTS * * ***

Please note:

- Please read page 5 carefully.
- Map of Harrow Hotel is on page 15.
- Please bring with you cash or cheque. All cheques to be made payable to 'MIND IN HARROW'. We DO NOT accept card payments.

Please do not send cash or cheques to the Mind Office.

The Stepping Stones Workers will do their best to enrol everyone on courses of their choice (- two maximum).

Due to the high demand, we cannot guarantee a place on all of your choices.

If you wish to find out how many places are available on each course prior to enrolment day, then please call on the number below.

Thank you

English Classes

Location: Harrow College
Lowlands Road
Harrow

Funded by



Start Date: Monday 9th January 2012

Days of the week: MONDAYS & THURSDAYS
(MONDAY for 1st Class)

Time: 3:00 pm – 4:30 pm

Duration: 10 weeks
(20 sessions)

Cost: Free

End Date: Thursday 22nd March 2012

**** Please read Important Notice on facing page**



Course Contents	
<p>Group 1 – ESOL – English for speakers of other languages:</p> <ul style="list-style-type: none"> • Listening and speaking skills • Reading, writing and spelling 	<p>Group 2 – for English speakers who want to improve their skills in:</p> <ul style="list-style-type: none"> • Reading, creative writing, spelling • CV preparation and letter writing

V E R Y I M P O R T A N T

Special Notice for English course held at Harrow College

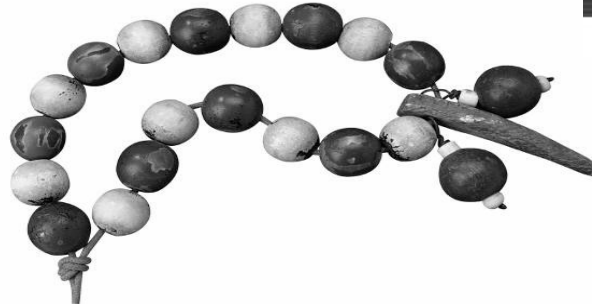
1. At enrolment, places on the English course are given on a first-come first-served basis. The places are provisional and must be confirmed by Harrow College Admissions.

2. If you have a passport, please bring it with you to the enrolment session. You must bring the original passport, not a copy.

If you are not a British National, your passport must have a visa giving you indefinite leave to remain in the UK. It is possible Harrow College may ask you to come to the College and show your passport to them before they will accept your enrolment.

3. If your passport is with the Home Office, you will need to bring a Home Office document indicating your residency status. Your place on the course is subject to acceptance of this document by Harrow College Admissions.

Funded by



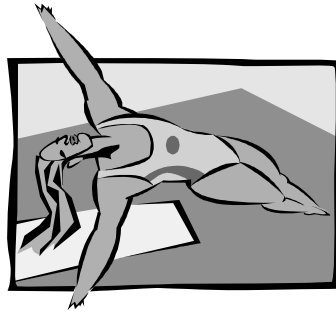
Café Craft

A new way of learning for men and women

- Location:** Starbucks Café
St George's Shopping Centre
Harrow HA1 1HS
- Start Date:** Thursday 19th January 2012
- Time:** 10:00 am – 12:00 pm
- Duration:** 8 weekly sessions
- Total Cost:** £15 (includes craft materials and refreshments)
- End Date:** Thursday 8th March 2012

What to expect	Benefits
<ul style="list-style-type: none"> • A fabulous series of craft sessions including jewellery making & beadcraft • Relaxed and comfortable café space • Free tea/coffee provided at the start of each session • Experienced tutor 	<ul style="list-style-type: none"> • Meet new people, make friends. • Take home and enjoy your unique creations each week • Express yourself through craft • Fun and relaxing • Learn new skills

Swimmers and
non-swimmers
welcome



Mercure

Funded by



Women's Swim, Sauna, Jacuzzi & Gym

Location: **Mercure London Watford Hotel
A41 Watford Bypass
Watford WD25 8DH**

Start Date: **Tuesday 17th January 2012**

Time: **11.00am – 2.00pm**

Duration: **6 weekly sessions**

Total Cost: **£20 including taxi**

Travel: **A taxi will be provided from
Mind in Harrow to the Mercure
Hotel and then back again**

End Date: **Tuesday 21st February 2012**

Facilities	Benefits
<ul style="list-style-type: none"> • Use of indoor swimming pool • Spa facilities; including steam room whirlpool and sauna • Use of gym machines 	<ul style="list-style-type: none"> • Greater psychological well-being • Increased energy levels • Decreased risk of disease • Improved weight control • Improved strength and suppleness

Swimmers and
non-swimmers
welcome



Mercure

Funded by



Men's Swim, Sauna, Jacuzzi & Gym

Location: **Mercure London Watford Hotel
A41 Watford Bypass
Watford WD25 8DH**

Start Date: **Tuesday 28th February 2012**

Time: **11.00am – 2.00pm**

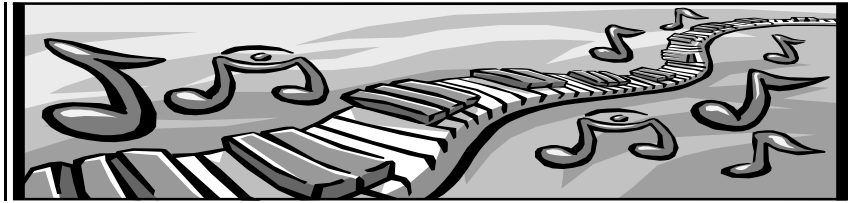
Duration: **6 weekly sessions**

Total Cost: **£20 including taxi**

Travel: **A taxi will be provided from
Mind in Harrow to the Mercure
Hotel and then back again**

End Date: **Tuesday 3rd April 2012**

Facilities	Benefits
<ul style="list-style-type: none"> • Use of indoor swimming pool • Spa facilities; including steam room whirlpool and sauna • Use of gym machines 	<ul style="list-style-type: none"> • Greater psychological well-being • Increased energy levels • Decreased risk of disease • Improved weight control • Improved strength and suppleness



Funded by



Electric Piano Keyboard

Location: 2002 Studios
123A Kenton Road
Harrow

Start Date: Friday 20th January 2012

Time: 10:00 am – 12:00 noon

Duration: 8 weekly sessions

Total Cost: £10

End Date: Friday 9th March 2012

Course Content	Course Outcome
<ul style="list-style-type: none"> Learn to read music from scratch or improve reading skills Learn to use keyboard and play well known tunes Explore ability to compose music Possibility to record own music onto CD Discuss music together and have lots of fun! Certificates of Achievement from 2002 Studios 	<ul style="list-style-type: none"> Complete Electric Piano Keyboard Self-confidence Certificate of Achievement from 2002 studios
	<p>Can I do this course?</p>
	<p>Yes if you have:</p> <ul style="list-style-type: none"> Basic computer skills A strong interest in radio, technology and music

Limited places available.

2002 Studios is an educational member of the Association of Professional Studios

****UPDATE: Personal Budgets****

STEPPING STONES PERSONAL BUDGET PACKAGE **NOW LAUNCHED !**

- The package offers workshops in contemporary art, trips to galleries/exhibitions, advice on furthering your interest in art, plus a chance to socialise and make new friends.
- People with a **Personal Budget** are able to purchase the Package. For more information, see contact details below.

WHAT IS A PERSONAL BUDGET?

- This is where the services provided to you by community mental health services are replaced by actual money giving you a **Personal Budget**.
- You can use this personal budget to better your social care needs how you think is best.

How do I find out if I can get a PERSONAL BUDGET?

- Do not delay! Ask your Social Worker or Care Co-ordinator
- If you do not have a Social Worker or Care Co-ordinator come and speak to us and we can advise you what to do next.

Contact: Gillian Samuel, Service Manager, Mind in Harrow,

020 8515 7878, or g.samuel@mindinharrow.org.uk



MAKE YOURSELF HEARD! JOIN HUG!

The Harrow User Group offers opportunities for mental health service users to have a say in the way mental health services in Harrow are delivered.

We are currently recruiting User representatives. For more information please contact the User Involvement worker.

The Harrow User Group is actively engaged in the promotion of mental health that reflects the views and concerns of mental health service users in order to improve services.

The Harrow User Group will support you to express your views and to make a real difference for better mental health services.

If you wish to receive more information about the Harrow User Group, become a member and receive regular information about mental health services and activities of the Harrow User Group, please call the User Involvement Worker on **020 8515 7868**, or return the slip below to:

**Raksha Pandya, User Involvement Worker,
Mind in Harrow, 8 Havelock Place, Harrow, Middx, HA1 1LJ**

--✂-----
Name:
Address:
.....
.....
.....
.....
Telephone no:
E-mail address:



Find help fast!
Visit the resource at

www.mindinharrow.org.uk

*Easy-to-use searches
for a wide range of services*



For better
mental health



Map: Location of Harrow Hotel

Harrow Hotel
12-22 Pinner Road
Harrow
HA1 4HZ

