



in Harrow

Stepping Stones Project

SPRING 2019



Local courses, leisure activities,
& discussion groups.

Available exclusively to Harrow residents who
experience mental health problems.

Contact: Gita

on: 020 8515 7879

Email: g.gupta@mindinharrow.org.uk

Welcoming people from LGBT Communities



Spring Term 2019

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What is the Stepping Stones Project?

The Project offers support to people who experience mental health problems, through an exciting range of low-cost courses that vary each term.

Phone Gita on:
020 8515 7879

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

or email g.gupta@mindinharrow.org.uk

Stepping Stones courses are supported, funded by, or in partnership with, these organisations:



Harrow Leisure Centre



THE W. GARFIELD WESTON
FOUNDATION



COURSE ENROLMENT

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

ENROLMENT VENUE

Harrow Baptist Church (Large Hall),
College Road,
Harrow, HA1 1BA
(see location map on back page)

on

Thursday 10th January 2019
between 11.00 am and 1.00 pm

*Enrolments will be on a first-come first-served basis.
Please be aware that people come early and courses
get filled up quickly.
Please note that the enrolment process takes time and
we thank you for your patience.

Please note:

- Please read pages 4 and 5 carefully.
- Please bring with you cash or cheque. All cheques to be made payable to 'MIND IN HARROW'.
We DO NOT accept card payments.
- No parking available on site
- Nearest car park at St Anne's Shopping Centre
- Free refreshments

RULES ON ENROLMENTS

NEW!!!

We are running extra courses so you may enrol on more than one course this term.

Attendance

- If you have holidays planned please let us know at enrolment.
- Once the course starts, it is important to attend as many sessions as possible.
- Harrow Council require each person to attend at least 80% of the course if possible.
- If you are unable to attend on a certain day then please try to let us know in advance.

Course Discussion Groups

- The first and last session of each course takes the form of a group meeting & discussion at the Mind in Harrow office.
- The discussion groups will explore how you benefit from the courses, discover ideas / information of what to do next and build on new friendships.
- Refreshments will be provided free of charge.
- £5 reimbursement will ONLY be given at the final discussion session after completion of the evaluation form and over 50% attendance of each course.

PLEASE NOTE:
First, middle and last session:
30 minutes added!

What will happen?

We will be adding an extra 30 minutes to all Stepping Stones classes at the beginning, middle and end of each term.

Why this change?

We have added this extra time to support you with your individual learning and personal goals throughout the course.

Please note:

Owing to limited space we have not included these time variations on each course description.

Beginners Photography

PLEASE NOTE:
IT WOULD BE
DESIRABLE TO
HAVE YOUR OWN
DIGITAL CAMERA



Gain confidence to create excellent imagery!

Course venue:	Wiseworks, 74a Marlborough Hill, Harrow, HA1 1TY
Venue for first & Last session (discussion groups):	Mind in Harrow office location map on back page
First session at Mind:	Monday 21 st January 2019 10.00 am – 12.00 noon
Course Time and day:	12.30 pm – 2.30 pm, Mondays
Duration:	10 weeks (8 Photography sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session</i>)
Last session at Mind:	Monday 1 st April 2019 10.00 am – 12.00 noon

What you'll learn	Benefits
<ul style="list-style-type: none"> • Use composition & identify the best angle • Understand view point & lighting • How to use different camera settings such as portraiture, action, reportage, landscape, aperture, shutter and manual priority 	<ul style="list-style-type: none"> • Gain an insight into seeing the world differently through composition and lighting • Gain better understanding of your camera • Feel confident in creating excellent imagery • Qualified & experienced tutor

Pilates



Strengthen your core and improve your posture!

Course venue:	Harrow Leisure Centre (Studio 2), Christchurch Avenue, Harrow, HA3 5BD
Venue for first & Last session / discussion groups:	Mind in Harrow office location map on back page
First session at Mind:	Wednesday 23 rd January 2019 11.00 am – 1.00 pm
Days of course:	MONDAYS & WEDNESDAYS
Course time at HLC:	2.00 pm – 3.00 pm (arrive 1.45pm)
Duration:	10 weeks (16 Pilates sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session only</i>)
Last session at Mind:	Monday 1 st April 2019 1.00 pm – 3.00 pm

What you'll learn	Benefits
<ul style="list-style-type: none"> To strengthen and engage your core muscles and to stand properly To breathe correctly through the ribcage To relax and relieve feelings of stress and anxiety 	<ul style="list-style-type: none"> You will have better muscle control A stronger immune system Lower back pain will be reduced You will feel more self - confident and calm

Eligibility for Stepping Stones physical activity course – Pilates

To be eligible to enrol on the yoga course you must be with a GP practice that is registered with NHS Harrow.

What is the reason for this requirement?

The NHS which funds our physical activity course requires that anyone who enrolls has a Harrow registered GP practice.

Not all of the GP practices located in the borough of Harrow are registered for this area. A few GP practices which are on the borders of Harrow, eg on the border with neighbouring boroughs Barnet, Brent, Ealing or Hillingdon may not be a Harrow registered GP practice.

Which course is affected?

This will apply to the Pilates course in this Stepping Stones course brochure.

Assistance

If you are not sure whether your GP practice is eligible because it is located close to the border of a neighbouring borough, please ask Stepping Stones staff as they have the list of eligible GP practices to assist.

Contact Gita on 020 8515 7879,
or email: g.gupta@mindinharrow.org.uk

We are sorry for any confusion or anxiety this may cause.

Drawing & Painting



"I sometimes think there is nothing so delightful as drawing" – Vincent van Gogh

Course venue:	Harrow Arts Centre, 171 Uxbridge Road, Hatch End, HA5 4EA
Venue for first & Last session / discussion groups:	Mind in Harrow office location map on back page
First session at Mind:	Thursday 24 th January 2019 11.00 am to 1.00 pm
Course Time at HAC:	12.00 noon to 2.00 pm Thursdays
Duration:	10 weeks (8 Drawing & Painting sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session only</i>)
Last session at Mind:	Thursday 4 th April 2019 11:00 am to 1.00 pm

What to Expect:	Benefits:
<ul style="list-style-type: none"> • Learn to draw using a range of pencils and charcoal • Learn to paint and mix colours with acrylic paint • Subjects will include: still life, landscapes and portraits 	<ul style="list-style-type: none"> • Guidance from an experienced tutor and artist • Improve your creative confidence • Develop a new skill using your own techniques

Comic Creators: Cartooning & Illustration



Learn to express yourself through comic art

Course venue:	Harrow College, Lowlands Road, Harrow, HA1 3AQ
Venue for first & Last session / discussion groups:	Mind in Harrow office location map on back page
First session at Mind:	Tuesday 22 nd January 2019 10.00 am – 12.00 noon
Course time and day:	10.30 am – 12.30 pm Tuesdays
Duration:	10 weeks (8 Cartooning sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session only</i>)
Last session at Mind:	Tuesday 2 nd April 2019 10.00 am – 12.00 noon

What to Expect:	Benefits:
<ul style="list-style-type: none"> • Learn step-by-step how to draw characters and settings and create a simple comic story • Learn and develop your drawing and storytelling skills in a fun, relaxed atmosphere • Returning learners will be able to take their existing skills further with new activities 	<ul style="list-style-type: none"> • Guidance from an experienced tutor and professional cartoonist • See your work printed in a group comic • See your work on display at the Cartoon Museum

NATURAL REMEDIES - WOMEN ONLY



Learn how to make your own natural products!

Course venue:	Harrow College, Lowlands Road, Harrow, HA1 3AQ
Venue for first & Last session (discussion groups):	Mind in Harrow office location map on back page
First session at Mind:	Tuesday 22 nd January 2019 1.00 pm – 3.00 pm
Course time and day:	1.00 pm – 3.00 pm, Tuesdays
Duration:	10 weeks (8 Natural Remedy sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session only</i>)
Last session at Mind:	Tuesday 2 nd April 2019 1.00 pm – 3.00 pm

What to expect:	Benefits:
<ul style="list-style-type: none"> • Discover how to make low-cost toiletries & healthy cleaning products using natural ingredients • Find out how using essential oils and other natural products help to keep you healthy and happy. 	<ul style="list-style-type: none"> • Learn how to harness the power of nature for your wellbeing • Learn which products are good for us to detox • Learn how to use essential oils to reduce stress and anxiety

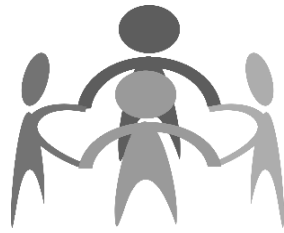
DANCERCISE-WOMEN ONLY



Uplift your mood and get fit!

Course venue:	Harrow Arts Centre, 171 Uxbridge Road, Hatch End, London, Middlesex HA5 4EA
Venue for first & Last session (discussion groups):	Mind in Harrow office location map on back page
First session at Mind:	Monday 21 st January 2019 1.00 pm – 3.00 pm
Days of course:	MONDAYS & THURSDAYS
Course time at HAC:	12 noon – 1.00 pm (arrive 11.45am)
Duration:	11 weeks (18 Dancercise sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session only</i>)
Last session at Mind:	Wednesday 3 rd April 2019 11.00 am – 1.00 pm

What to expect:	Benefits:
<ul style="list-style-type: none"> • Happy music with a variety of Latin inspired-dance styles • Easy to follow movements • Fun, fitness and joy 	<ul style="list-style-type: none"> • Self-expression and self-confidence • Improves balance and posture • Releases endorphins for a feel-good factor



Harow User Group

Harow User Group supports mental health service users living in Harrow to be actively engaged in the improvement of mental health services in Harrow.

What is the Harrow User Group?

The Harrow User Group (**HUG**) is a collective of mental health service users seeking to improve mental health services in Harrow in a way that reflects their needs, wishes and expectations. HUG also actively promotes a positive image of mental health in the community to push for equal rights and opportunities for people with mental health needs. The Harrow User Group reflects the diversity of our community.

What are the benefits?

- Invitations to the Quarterly Users' Forum and free Quarterly Newsletter.
- Opportunities for volunteering, trainings and develop new skills and paid sessional work £10.00 per hour.
- Opportunities to become a Mental Health Champion with regular trainings, support and payment for meetings attended.

To get involved, contact:
Raksha Pandya, User involvement coordinator
r.pandya@mindinharrow.org.uk
Direct Line: 020 8515 7868

You can get involved!

Mind charity shop in Harrow

Donating clothing & other items to the shop

If you have items to donate, the shop opening hours are 9am-5pm Mon to Sat or 11am-4pm on Sundays - Address below. It is possible to park temporarily in front of the shop on College Road or at the rear via the road Havelock Place to make the drop off.

If it is not possible for you to drop off the item(s), the Mind shop may be able to schedule a collection time. Phone & email address below.

Volunteering at the shop

The Mind shop is always looking for volunteers to help out in a variety of roles (Opening hours: 9am-5pm Mon to Sat or 11am-4pm on Sundays).

Please get in touch with the Mind shop directly on the contact details below or pop into the shop during its opening hours to enquire in person.

Mind shop contact details

Phone: 0203 759 8303

Address: 4 College Road, Harrow, Middlesex, HA1 1BE

Email: mindshopharrow@gmail.com

Locations Map for:

Enrolment Venue:

Harrow Baptist Church

College Road
Harrow
HA1 1BA

Before & after course

discussion group venue:

Mind in Harrow

First Floor
132-134 College Rd
(entrance is in Headstone Rd)
Harrow HA1 1BQ

Location map:

