



in Harrow

Stepping Stones Project

SUMMER 2019



Local courses, leisure activities,
& discussion groups.

Available exclusively to Harrow residents who
experience mental health needs.

Contact: Gita

on: 020 8515 7879

Email: g.gupta@mindinharrow.org.uk

Welcoming people from LGBT Communities



Summer Term 2019

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What is the Stepping Stones Project?

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

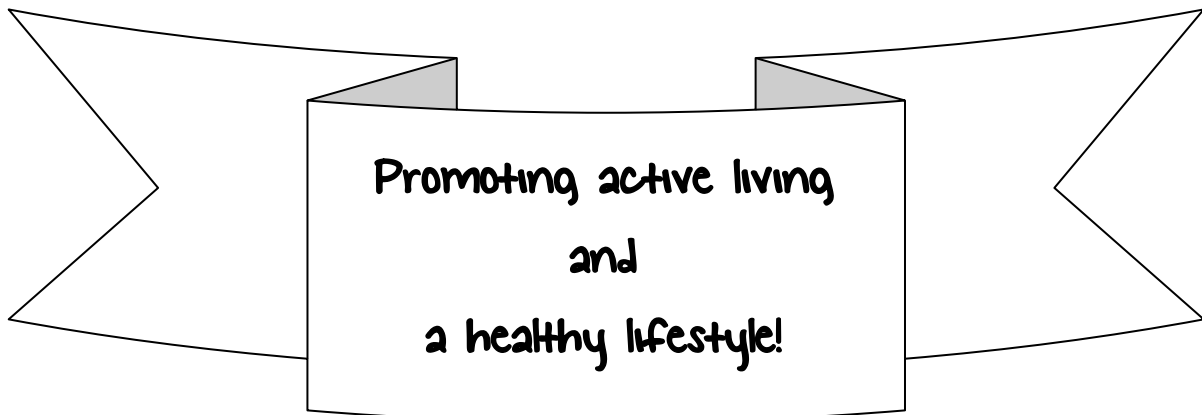
Phone Gita on:
020 8515 7879

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



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 25th April 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.

- Courses cost £15 each, with £5 refundable at the end of the course for required attendance.
- 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 up to a maximum of two courses this term.

Attendance

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

Creative Photography Projects

PLEASE NOTE:
 This course is for those with some previous photography experience. Own camera desirable.



Feel confident in creating excellent imagery on location and in the studio!

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:	Wednesday 8 th May 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 15 th July 2019 11.00 am – 1.00 PM

What you'll learn	Benefits
<ul style="list-style-type: none"> • Improve photographic techniques to produce creative imagery • More focus on practical and self-devised projects - At local picturesque locations and in the studio • Upload images for email and social media 	<ul style="list-style-type: none"> • Expand on your Photography knowledge • Develop your own unique style and portfolio • Gain an insight into seeing the world differently through the lens

Watercolour Painting

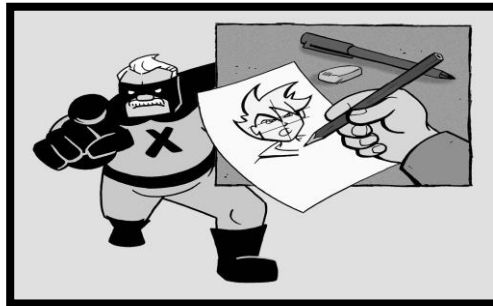


"Watercolour, with all its subtle colour and value gradations and its many welcome surprises, is the perfect medium for capturing mood"

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 9 th May 2019 10.00 am to 12.00 noon
Course Time at HAC:	10.30 am to 12.30 pm Thursdays
Duration:	10 weeks (8 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 18 th July 2019 10.00 am to 12.00 noon

What to Expect:	Benefits:
<ul style="list-style-type: none"> • Learn different watercolour techniques • Learn how to mix a range of colours • Subjects will include: Nature, wildlife and landscapes 	<ul style="list-style-type: none"> • Guidance from an experienced tutor and artist • Improve your creative confidence in a friendly classroom atmosphere • Develop your own individual style

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 7 th May 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 16 th July 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

Qigong, Health and Balance



'Qigong is the art and science of refining and cultivating internal energy'

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:	Thursday 9 th May 2019 1.00 pm – 3.00 pm
Days of course:	THURSDAYS
Course time at HAC:	1.00 pm – 3.00 pm (arrive 12.45pm)
Duration:	10 weeks (8 Qigong 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 18 th July 2019 1.00 pm – 3.00 pm

What to Expect:	Benefits:
<ul style="list-style-type: none"> • Qigong moments and theory to manage your energy through relaxation • Strategies to help you achieve balance and reduce stress • Information and discussions on mindfulness and wellbeing 	<ul style="list-style-type: none"> • A more peaceful state of mind which you will be able to achieve on your own • Easier interaction with others • Better health and fitness • Increased energy levels

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 7 th May 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 16 th July 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

Pilates - Women Only



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 8 th May 2019 1.00 pm – 3.00 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:	Wednesday 17 th July 2019 11.00 Am – 1.00 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 funds our physical activity course and requires that anyone who enrolls is registered with a Harrow 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.

Stepping Stones to Volunteering

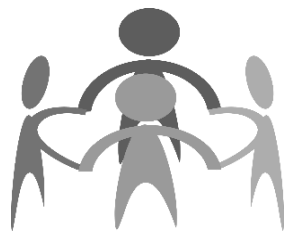


Take a step forward on this exciting course and volunteer afterwards with a local charity

Dates of course:	WEDNESDAYS: 12 th , 19 th & 26 th June 2019
How to enrol:	There will be a special enrolment session at Mind in Harrow on Wednesday, 5 th June 2019 at 11am. Contact Mind in Harrow to register your interest.
Course Time:	10.00am – 4.00pm
Course Venue:	The Jaspur Centre, Rosslyn Crescent, Harrow, HA1 2SU
Duration:	3 days
Total Cost:	FREE

Benefits of the Stepping Stones to Volunteering Course

- Gain necessary skills & knowledge to become a volunteer with Mind in Harrow & other local organisations
- Boost your confidence
- Build friendships and socialise
- Receive follow-up support to access volunteering opportunities after the training



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

Locations Map for:

<p><u>Enrolment Venue:</u></p> <p>Harrow Baptist Church College Road Harrow HA1 1BA</p>	<p><u>Before & after course discussion group venue:</u></p> <p>Mind in Harrow First Floor 132-134 College Rd (entrance is in Headstone Rd) Harrow HA1 1BQ</p>
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Location map:

