



in Harrow



# Stepping Stones Project

## AUTUMN 2019



Local courses, leisure activities,  
& discussion groups.

Available exclusively to Harrow residents  
with mental health needs.

Contact: Gita

on: 020 8515 7879

Email: [g.gupta@mindinharrow.org.uk](mailto:g.gupta@mindinharrow.org.uk)

Welcoming people from LGBT Communities





**Celebrating 50 years of Mind in Harrow**

# Autumn 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](mailto:g.gupta@mindinharrow.org.uk)

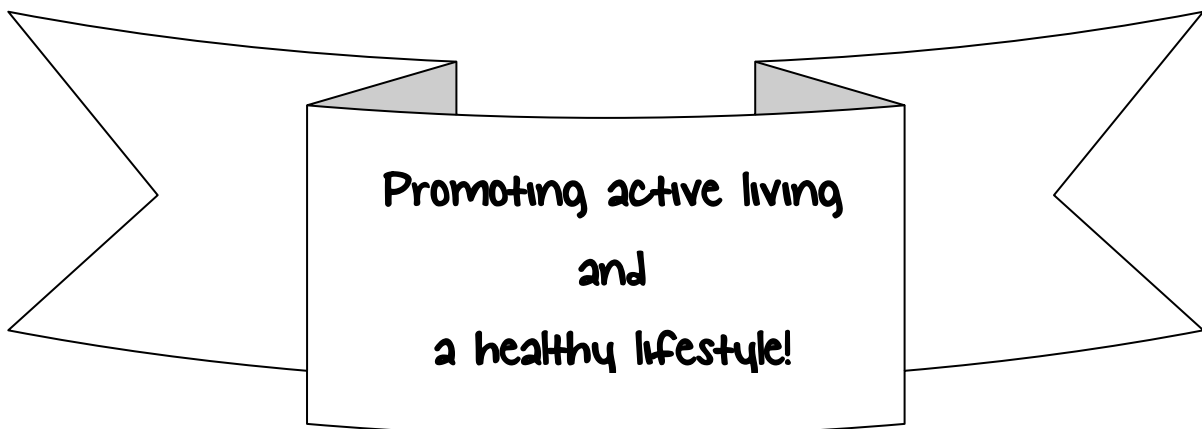
Stepping Stones courses are supported, funded by, or in partnership with, these organisations:



Harrow Leisure Centre



LEARN :  
HARROW.....



## 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 5<sup>th</sup> September 2019  
from 11.00 am to 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 over 50% 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 Ann's Shopping Centre
- Free refreshments

## RULES ON ENROLMENTS

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.
- You will receive £5 reimbursement if you: attend the final discussion session, complete the evaluation form and achieve over 50% attendance of each paid course completed.

**PLEASE NOTE:**  
**30 minutes added to the  
first, middle and last session**

**What will happen?**

We have added 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.

# Stepping Stones to Volunteering



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

|                  |  |
|------------------|--|
| Dates of course: | WEDNESDAYS: 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> November 2019  |
| How to enrol:    | Mind in Harrow on Wednesday, 30 <sup>th</sup> October 2019 at 11am.<br>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



# Creative Photography & Video 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,<br>74a Marlborough Hill,<br>Harrow, HA1 1TY                                    |
| Venue for first & Last session (discussion groups): | Mind in Harrow office<br>location map on back page  |
| First session at Mind:                              | Monday 16 <sup>th</sup> September 2019<br>11.00 am – 1.00 pm                              |
| 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 25 <sup>th</sup> November 2019<br>11.00 am – 1.00 pm                               |

| What you'll learn   | Benefits  |
|---|---|
| <ul style="list-style-type: none"> <li>• Improve photographic techniques</li> <li>• Create your own video on phone, camera or iPad</li> <li>• More focus on practical and self-devised projects - at local picturesque locations and in the studio</li> </ul> | <ul style="list-style-type: none"> <li>• Develop and improve your camera and video skills</li> <li>• Develop your own unique style and portfolio</li> <li>• Gain an insight into seeing the world differently through the lens</li> </ul> |

# Drawing & Painting



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

|   |  |
|---|--|
| Course venue:                                       | Harrow Arts Centre,<br>171 Uxbridge Road,<br>Hatch End, HA5 4EA                                |
| Venue for first & Last session / discussion groups: | Mind in Harrow office<br>location map on back page   |
| First session at Mind:                              | Thursday 19 <sup>th</sup> September 2019<br>11.00 am – 1.00 pm                                 |
| Course Time at HAC:                                 | 1.00 pm to 3.00 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 28 <sup>th</sup> November 2019<br>11.00 am – 1.00 pm                                  |

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

# Qigong, Health and Balance



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

|   |  |
|---|--|
| Course venue:                                       | Harrow Arts Centre,<br>171 Uxbridge Road, Hatch End,<br>London, Middlesex HA5 4EA              |
| Venue for first & Last session (discussion groups): | Mind in Harrow office<br>location map on back page   |
| First session at Mind:                              | Tuesday 17 <sup>th</sup> Sept 2019<br>11.00 am – 1.00 pm                                       |
| Days of course:                                     | TUESDAYS   |
| 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:                               | Tuesday 26 <sup>th</sup> Nov 2019<br>11.00 am – 1.00 pm  |

| What to Expect:  | Benefits:   |
|--|---|
| <ul style="list-style-type: none"> <li>• One hour Qigong exercise – Body posture, movement, relaxation &amp; breathing to music</li> <li>• One hour theory – on mindfulness &amp; wellbeing</li> <li>• Strategies to help achieve balance &amp; reduce stress</li> </ul> | <ul style="list-style-type: none"> <li>• A more peaceful state of mind which you will be able to achieve on your own</li> <li>• Easier interaction with others</li> <li>• Better health and fitness</li> <li>• Increased energy levels</li> </ul> |

# Pilates & Wellbeing- Women Only



*Strengthen your core and improve your posture!*

|   |  |
|---|--|
| Course venue:                                       | Harrow Leisure Centre (Studio 2),<br>Christchurch Avenue,<br>Harrow, HA3 5BD                   |
| Venue for first & Last session / discussion groups: | Mind in Harrow office<br>location map on back page   |
| First session at Mind:                              | Wednesday 18 <sup>th</sup> Sept 2019<br>11.00 am – 1.00 pm                                     |
| Days of course:                                     | WEDNESDAYS   |
| Course time at HLC:                                 | 1.00 pm – 3.00 pm (arrive 12.45pm)   |
| 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 27 <sup>th</sup> Nov 2019<br>11.00 Am – 1.00 pm                                      |

| What you'll learn   | Benefits   |
|---|--|
| <ul style="list-style-type: none"> <li>• One hour Pilates exercise – to strengthen and engage your core muscles and improve flexibility</li> <li>• One hour theory – on mindfulness &amp; wellbeing</li> <li>• To relax and relieve feelings of stress and anxiety</li> </ul> | <ul style="list-style-type: none"> <li>• You will have better muscle control</li> <li>• A stronger immune system</li> <li>• Lower back pain will be reduced</li> <li>• You will feel more self - confident and calm</li> </ul> |

# Eligibility for Stepping Stones physical activity course – Pilates

To be eligible to enrol on the Pilates 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?

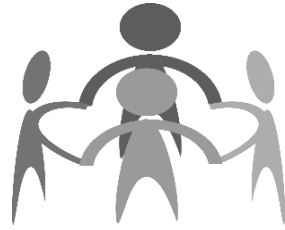
This will apply to the Pilates course in this Stepping Stones course brochure.

## 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](mailto:g.gupta@mindinharrow.org.uk)

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



## 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](mailto: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](mailto:mindshopharrow@gmail.com)

# Locations Map for:

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

## Location map:

