



in Harrow

Stepping Stones Project

Spring 2018



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

Spring Term 2018

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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.

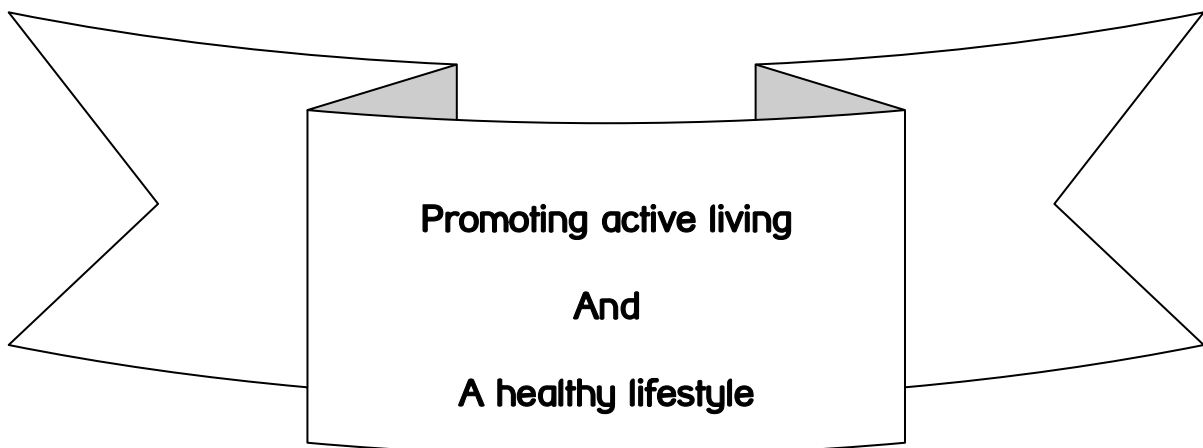
Phone Gita on:
020 8515 7879

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



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

Tuesday 9th January 2018
between 11.00 am and 12.30 pm

***Enrolments will be on a first-come first-served basis.**

Please be aware that people come early (some very early) and form a queue for course places.

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

- We would like to make our courses available to as many people as possible. For this reason, people may be limited to one course per 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 be given at the final discussion session after completion of the evaluation form and 50% attendance.

Beginners Photography

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

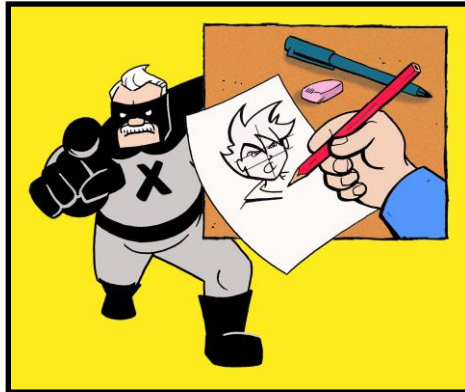


Gain confidence to create excellent imagery!

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 15 th January 2018 11am – 1pm
Course Time and day:	11.15 am – 1.15 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 26 th March 2018 11am – 1pm

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

Comic Creators: Cartooning & Illustration



Learn to express yourself through comic art

Course venue:	Arc House Cafe, Harrow-on-the-Hill Station Approach, Lowlands Road, Harrow, HA1 1BB (in park area at back of Harrow-on-the-Hill station)
Venue for first & Last session / discussion groups:	Mind in Harrow office location map on back page
First session at Mind:	Tuesday 16 th January 2018 11am – 1pm
Course time and day:	11am – 1pm Tuesdays
Duration:	10 weeks (8 Cartooning sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session</i>)
Last session at Mind:	Tuesday 27 th March 2018 11am – 1pm

What to Expect:	Benefits:
<ul style="list-style-type: none"> • A fun and relaxed atmosphere to explore something new. No experience necessary. Learn step-by-step to create people, places and faces and to put together a comic story • Develop your drawing and story-telling skills 	<ul style="list-style-type: none"> • Guidance from an experienced tutor and professional cartoonist • Visit the Cartoon Museum in Russell Square and have your work on display there!

Yoga



Relaxation for body and mind

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 17 th January 2018 11am – 1pm
Days of course:	MONDAYS & WEDNESDAYS
Course time:	2.00pm – 3.00pm (arrive 1.45pm)
Duration:	10 weeks (15 Yoga sessions)
Total Cost:	£15 (<i>£5 cash will be returned to you for attendance at final discussion session</i>)
Last session at Mind:	Wednesday 28 th March 2018 11am – 1pm

Facilities	Benefits of a Yoga Workout
<ul style="list-style-type: none"> • Purpose built studio • Qualified yoga instructor • Use of yoga mats • High quality male and female changing rooms with showers 	<ul style="list-style-type: none"> • Focuses on strength, flexibility and breathing • Boosts physical & mental well-being • Improves posture

Eligibility for Stepping Stones physical activity course – Yoga

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 Yoga 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

Days of course:	March 2018 (date to be confirmed)
How to enrol:	There will be a special enrolment session at Mind in Harrow in March. Contact Mind in Harrow to register your interest and receive an information pack.
Course Time:	10.00am – 4.00pm
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



Nedaye Zan Project ("VOICES OF WOMEN")

We have two courses open to Afghan ladies;
both starting in January 2018:

- 1) ESOL – Beginner and Advance Level
- 2) Pilates and Gym

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)

Tuesday 9th January 2018
between 12.30 pm and 2.00 pm

Contact Nazia
on 020 8426 0921

Email: n.gayumi@mindinharrow.org.uk

Personal Budgets Courses

Since early 2014, the Stepping Stones Project has been running two courses that are run differently from what might be called our “traditional” courses, (such as those on pages 6-10).

These two courses are:

- ❖ Personal Budget Art Group – page 13
- ❖ Personal Budget Writing for Recovery Group – page 14

WHAT IS SPECIAL about this new type of course?

- ❖ **For Personal Budget Holders:** these two courses, as their names indicate, have been set up specifically for people who have a Personal Budget (see below).
- ❖ **Continuous access:** These Stepping Stones personal budget courses run continuously for most of the year.
- ❖ **More choice:** People who buy a place can join at any time and book for 6 months or year period, depending what they choose.
- ❖ **More tailored service:** Each person will be offered an individually tailored agreement for their support on the course.

WHAT IS A PERSONAL BUDGET?

- ❖ Support previously offered by mental health services can be replaced by an amount of money giving you a **Personal Budget**.
- ❖ If you are assessed to be eligible, you can use a personal budget to better meet 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 and are interested in booking a place on Stepping Stones personal budget funded courses:

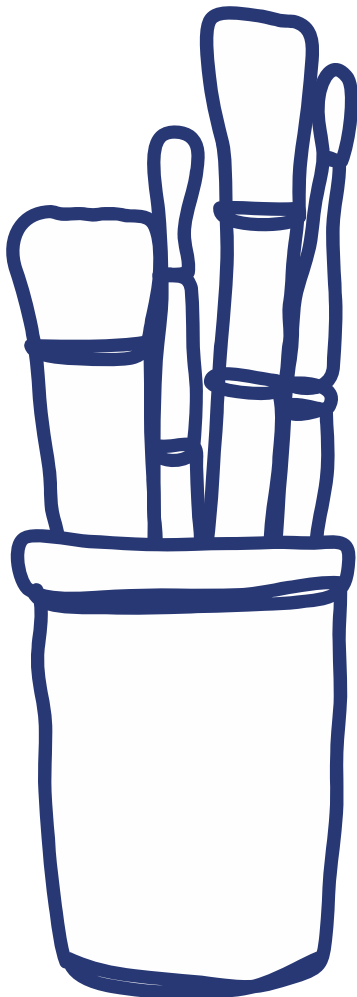
contact: Gita Gupta, Mind in Harrow. 020 8515 7879,

or G.Gupta@mindinharrow.org.uk

Stepping Stones

Personal Budget Art Group

Take a step forward
on this exciting Group!



A fabulous series of mixed media art classes run by a qualified and experienced Art Tutor covering:

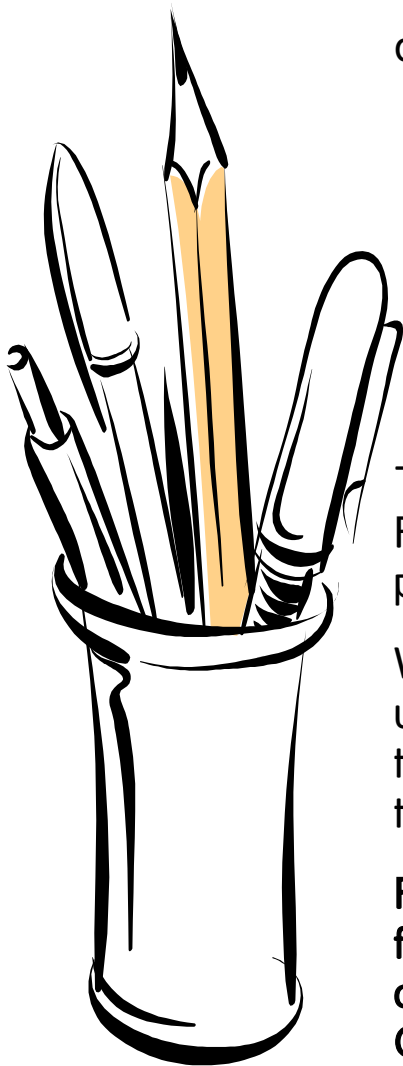
- ❖ Drawing and shading
- ❖ Charcoal, pen and ink
- ❖ Chalk and oil pastels
- ❖ Watercolours
- ❖ Acrylics
- ❖ A look at various artists

The group runs each week on Tuesdays 11am-1pm. Places can be purchased via a personal budget.

We also offer TWO FREE TASTER SESSIONS where you can come along to the course to see if this is something you would like to take up.

For more information about the Art Group, please contact Gita on 020 8515 7879, or email G.Gupta@mindinharrow.org.uk

Stepping Stones Personal Budget Writing for Recovery Group A Personal Recovery Support Package!



This is what you can expect when attending this course:

- A fabulous choice of creative writing styles with an experienced tutor
- Prose, Poetry and Playwriting
- A writing-for-recovery activity in each session, exploring different aspects of well-being.

The group runs each week on Fridays 11am-1pm. Places can be purchased via a personal budget.

We also offer TWO FREE TASTER SESSIONS where you can come along to the course to see if this is something you would like to take up.

For more information about the Writing for Recovery group, please contact Gita on 020 8515 7879, or email G.Gupta@mindinharrow.org.uk

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:

