



OCTOBER - DECEMBER 2021

PHOENIX

MIND IN CAMDEN'S WELLBEING & RECOVERY SERVICE



We all have the right to define our own experiences, follow our interests and connect with the people and communities that help lighten the load. Yet, when struggling with the impact of mental health issues and/or difficult life experiences, this isn't always easy. The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them.

T: 0207 911 0822 | E: referrals@mindincamden.org.uk | W: www.mindincamden.org.uk

Find us: Barnes House, 9-15 Camden Road, London NW1 9LQ



CO-PRODUCTION

What happens at the Phoenix is a co-creation of ideas from members, volunteers and staff. Come to our planning and community meetings to take part and stay informed.



MEMBERS' HELPLINE

A dedicated members' phone line to help you plan your week or weekend, and think about how to cope with any anxieties about upcoming meetings, activities or general concerns.



SUPPORT SPACE

A welcoming social space where you can get practical, emotional and crisis support. You can also find out about, and connect to, other local opportunities, including meeting people visiting from other projects.



ACTIVITIES

A range of classes and workshops that give you the chance to learn something new, develop your existing talents or simply have some fun.



PEER SUPPORT GROUPS

Some things are easier to talk about with people who have been there and will listen without judgement. We offer a range of groups on different issues.



SOCIAL CLUB

At the Phoenix and elsewhere, our Social Clubs offer the valuable chance to hang out with other members and volunteers without any pressure.



EVENTS AND TRIPS

Venture out and about to (re)discover what Camden and London have to offer, join in with festive celebrations and take part in one-off events.



MENTORING, COUNSELLING & THERAPY

Short and longer term weekly individual and small group sessions. Includes:

- **1-2-1 Recovery Support:** a weekly meeting - alone or with your family/partner - for emotional and practical support, to cope with challenges and work towards what's important for you
- **Hearing Voices 1-2-1 Support:** a series of sessions to help you understand and cope with voices, visions and other sensory experiences
- **Therapeutic Groups:** including dance movement therapy and psychological health
- **Counselling:** individual counselling for up to 24 weekly sessions

MONDAY



10.45 AM - 1.30 PM: HELPLINE

Call 07796 249 345 - for members only



3.30 PM - 7 PM: BOWLING CLUB (1ST MONDAY, MONTHLY) 🏹

Leave from BH at 3.30pm to travel to Rowans bowling alley. Costs £3.70

TUESDAY



10.30 AM - 2.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff and volunteers



12 PM - 1 PM: KNITTING

Learn, share and develop your creative skills in a relaxed and supportive environment



12 NOON - 1 PM: HEARING VOICES GROUP

Peer support for those who hear, see or sense things others don't @ BH Downstairs Group Rm



12 NOON - 2 PM WALKING GROUP 🏹

Explore beauty spots and attractions in a social, supportive group



2 PM - 2.30 PM: COMMUNITY MEETING

With members, staff and volunteers @ BH Main Room



2.30 PM - 3.30 PM: WRITING

Exploring words & creativity @ BH Downstairs Group Room



2.30 PM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support

WEDNESDAY



12 PM - 1 PM: ONLINE HEARING VOICES GROUP

Online group for those who hear, see or sense things others don't



3 PM - 4 PM: MY BELIEFS PEER SUPPORT GROUP

For people with paranoia or beliefs others may find unusual @ BH Downstairs Group Room



5.45 PM - 7PM: VOICE COLLECTIVE 16-25 PEER SUPPORT GROUP

Online group young people who hear, see or sense things others don't



7 PM - 8.30 PM: PSYCHOLOGICAL HEALTH GROUP

A longer-term fortnightly therapy group, with Richard @ BH Upstairs Group Rm. £6 per session

THURSDAY



12 PM - 2 PM OUT & ABOUT GROUP 🦋

Explore beauty spots and attractions in a social, supportive group

FRIDAY



10.30 AM - 2.30 PM: 1-2-1 RECOVERY SUPPORT

Individual appointments with staff and volunteers



11 AM - 12 PM: ANXIETY PEER SUPPORT GROUP

Peer support group for people who experience anxiety



12 PM - 1 PM: YOGA

Relax your body with yoga for any level @BH Downstairs Group Room



1 PM - 2 PM: FEAST

Eat a delicious freshly cooked meal, for free! Or try volunteering in the kitchen



2 PM - 2.30 PM: COMMUNITY MEETING

Meet with members, staff and volunteers @ BH Main Room



2.30 PM - 3.30PM: WOMEN'S HEARING VOICES GROUP

For women who hear voices, see visions, have paranoia/unusual beliefs @ BH Upstairs Grp Rm



2.30 PM - 4.30 PM: SUPPORT SPACE

A welcoming social space for support



3.30 PM - 4.30 PM: DANCE MOVEMENT THERAPY

A group with Amy (1-2-1 sessions also available) @ BH Downstairs Group Room



5.30 PM - 7.30 PM: TALK FOR HEALTH MEN'S GROUP (2ND FRIDAY, MONTHLY)

A supportive space for men to connect and share experiences

SATURDAY



12 PM - 4 PM:

COMMUNITY TRIP An adventure chosen by its participants



3.30PM - 7PM: SOCIAL CLUB

A supportive space to socialise with members & volunteers. **Dinner ~ 5pm**



DON'T FORGET TO BOOK!

You must book to attend our sessions. Call 07796 249 345

CREATIVE CORNER

----- POETRY ... ART ... STORIES ... PHOTOGRAPHY -----

THE SUPRISE, BY CHRIS BIRD (PHOENIX MEMBER)

(For my daughter)

When the dragon spoke it was like sparkling , silver whispers. He was a great old beast who had lived for hundreds of years, moving as he wished from star to star. His wide green jaws contained ivory fangs and his long tail was decorated with strong yellow spikes. He journeyed across the enormity of space with powerful bursts of speed. He was a graceful and kindly monster who respected the majesty of the shining stars and planets. Some times the beautiful illumination of the stars dazzled the great beast as he flew on his way.

"These are the diamonds of the universe!" whispered the dragon to Jupiter as he soared nearby. "Bit overrated if you ask me !" replied Jupiter grumpily. "Space rings are far more impressive! " added Jupiter who liked to have the last word. The dragon swooped down and rested on the surface of the Moon. He liked the moon dust to cover his scales because it was believed that moon dust prevented wrinkles. "I like to look my best!" declared the dragon to the Moon.

The Moon's voice shimmered and drifted toward the dragon. "I have an itch over there dragon" exclaimed the Moon" next to the big crater!". So the dragon went to investigate the source of the Moon's itch. There beside the crater to his astonishment he discovered a tiny blue orchid growing. The flower looked so fragile that the dragon was careful not to disturb or harm it in anyway. "Little flower " whispered the great dragon in a tender voice,"Why are you growing on the Moon? There are no flowers here". The flower petals trembled as the flower replied, "Beauty can come to the most barren places". The dragon liked this answer.

The Moon called to the dragon, "Pluck out the flower. It itches so!" The dragon thought for a while. He did not wish to harm the lonely flower. He whispered to the orchid flower, "Will you stay alone here on the Moon?" "Yes" replied the flower, "I have brought colour and hope to this empty white landscape. So the dragon became silent. "What is your name little flower?" asked the dragon softly. "Emma" replied the beautiful flower.

After a long while the dragon said; "I will stay here beside you to protect and sustain your beauty until you are fully grown!" The lonely flower thanked the dragon and the Moon trusted the judgment of his old friend the dragon. So the great beast curled his huge, powerful body around the flower to protect it. After flying so far the dragon began to feel drowsy. He lay his great head on the ground and soon was fast asleep.

The dragon slept for a long , long time but at last the whispers of the stars woke him up. He lifted his eyelids slowly. The dragon was about to ask the stars what they were chattering about when he suddenly saw something astonishing on the surface of the Moon. Flowers covered the wide landscape in every direction. Beautiful flowers of every colour and shape shone all over the Moon's surface. The dragon was stunned and delighted in equal measure. "This is what the stars were talking about" thought the dragon to himself .

The dragon smiled broadly and admired the wonderful sight.

June 6th 2021

PHOENIX SPECIALS

----- ONE-OFF WORKSHOPS, SHORT COURSES & EVENTS -----

FOUNDLING MUSEUM (WORKSHOP)

10.30am - 4.30pm

Wednesdays

13th October - 8th December

During this 8-week workshop, you will collaborate with a professional artist to create personal pieces inspired by the museum's stories and collections.

@ Foundling Museum,
40 Burnswick Sq, WC1N 1AZ



WELLBEING DAY

11am - 4pm

Thursday 14th October

Guided zen sessions, breathwork, meditation, sound healing and more, all on a converted American school bus

BRIGHTON DAY TRIP

10.30am - 4.30pm

Wednesday 28th October

All aboard the Phoenix express to Brighton, where we'll brave the wind, splash in the sea and try our luck at the arcades.

CHRISTMAS DAY

Saturday 25th December

Celebrate a special Christmas Day with us this year. Expect turkey, a tombola, a tree and much more.

Speak to staff for more details and to book



PHOENIX FEATURES

----- FIND OUT MORE ABOUT WHAT'S HAPPENING @ PHOENIX -----

ASSERTIVENESS COURSE HELPS PHOENIX MEMBERS PRACTICE SKILLS FOR CONFIDENT LIVING

"Where in your week have you had to stand up for yourself?"

This September, the Phoenix collaborated with the Camden and Islington Recovery College to deliver Assertiveness classes. Over the course of two sessions at Mind in Camden, participants explored and practiced assertiveness skills for confident living.

The group was intended to provide everyday tools for self-care, an increased sense of self-awareness, and a safe space in which to share lived experiences. Participants learnt about maintaining boundaries, thinking about specific scenarios such as not giving money away and avoiding peer pressure. They also explored the differences between being assertive versus being confrontational or aggressive.

"You can't change the world now, but you can change how you feel now,"

- Ulanah Morris, a Professional and Peer Recovery Tutor at the Recovery College who co-facilitated the sessions with Emil Berleen - a Recovery Worker at Mind in Camden.

Ulanah's idea was strongly reflected in the responses of the participants, such as Ingrid, who said she learnt that she was not "responsible for making other people happy". Another participant, Theresa, explained that she had learnt to "say no with kindness" while participant Michael added that the session had "opened his eyes".

Plans are underway to run a longer assertiveness course of four-six weeks in the new year.

By Zahid Ghafoor, volunteer



MEMORIAL SERVICE COMMEMORATES PHOENIX MEMBERS AFTER THE PANDEMIC

On the 25th September Phoenix hosted a memorial service for all members of the service who have passed away. Several died during the pandemic at a time when funeral numbers were limited and members were not always able to attend.

Now that restrictions on gatherings have lifted, a memorial was organised to commemorate about 30 Phoenix members and friends of Phoenix members who have been lost over the last ten years.

“Some people have been coming for twenty to twenty-five years, so when we lose one, it really does feel like we’re losing a brother or sister,”

- Martyn Hunter-Craig, sessional worker and organiser of the event.

In the Phoenix garden, a list of the deceased was read out and members discussed those they remembered.

After the event, one member remarked at the sadness of the occasion, while another said “Those who have gone, live on.”

By Zahid Ghafoor, volunteer

VOICE COLLECTIVE RELEASES GUIDE FOR UNIVERSITY STUDENTS WHO HEAR VOICES OR SEE VISIONS

Funded by Student Space, Voice Collective have created a guide for students who hear voices or have related sensory experiences. You can read this, and their guide for tutors, at www.voicecollective.co.uk.



A STUDENT'S GUIDE TO



HEARING VOICES

& RELATED SENSORY
EXPERIENCES



Navigating university life as someone who hears voices or sees visions can have its challenges.

This guide, written by students for students, shares some experiences, ideas and tips.



OUR TRIP TO SOUTHEND-ON-SEA (Photos by Abbie Luck - former volunteer)



FEES AND FUNDING

We need to charge a contribution for most of what we offer. You may be eligible for a Personal Budget to cover part or all of the cost of what you choose to do. **Please note:** Our peer support groups are free to all.

A. ACCESS ALL AREAS PASS - £28 PER WEEK

This provides you with full access to all of Phoenix offers (excluding Pick and Mix offers), which you can use flexibly according to your personal needs and aspirations.

OR B. PICK & MIX - VARIABLE FEES

Top up your Access All Areas pass, or choose individually.

B. PICK & MIX SESSION FEES



Peer Support Groups:

Free



Group Therapy:

£6-£9



Counselling:

£12.50-£40 (sliding scale)



Hearing Voices 1-2-1 support:

£21-£40 (sliding scale)

HOW TO JOIN

CONTACT US

1

Call: 0207 911 0822

Email: referrals@mindincamden.org.uk

MEET US

2

If you like the sound of the Phoenix and think it might fit your needs, we will invite you to come in and meet us as soon as possible. We will find out what's important to you and explore which of our offers might suit you best.

ARRANGE FUNDING

3

Path 1: Personal Budget

Let us know if you would like some guidance on how to apply for a budget

Path 2: Self Funding

If you plan to self fund, we will discuss the costs and payment methods.

START!

4

We will arrange a start date with you. On your first day we will welcome you and help you to settle in.



YOUR JOURNEY AT PHOENIX



The Phoenix is a flexible service that can support you through the difficult times and help you access resources, skills, networks and opportunities to live life beyond them.

STEP 1 - Understanding your journey: We will spend time with you to explore how you got here, what you enjoy, need and hope for. We'll help you create a unique plan.

STEP 2 - Participating (up to 18 months): We will offer you the support and encouragement you need to follow your plan and modify it as needed. We will also help you build sustainable links with fellow members and your local community.

STEP 3 - Moving on and staying connected: When you move beyond Phoenix we will help you to identify your support network and keep those connections and interests you love. You are welcome at our Peer Support Groups and may wish to volunteer.

Mind in Camden

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