



Enfield Mental Health User Group

Registered Charity No. 1096105
Company Limited by Guarantee No. 4423286

EMU NEWSLETTER OCTOBER 2016

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Contributions from service users are welcome

If you no longer wish to receive this newsletter, please contact us and your details will be removed from our mailing list—

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Hello All, Welcome to our Autumn newsletter.

As you can see there is lots going on and we really want you to be involved.

Our big event is on World Mental Health Day—we are hosting another conference at the Dugdale.

We have moved towards a theme of positive steps towards well-being for mental and physical health, So we hope you will join us to share your experiences, strategies and thoughts.

We will be asking for your views on how local services can support you and improvements or best practise in Enfield. As the service user voice for mental health in the borough its very important that you make your voices heard!

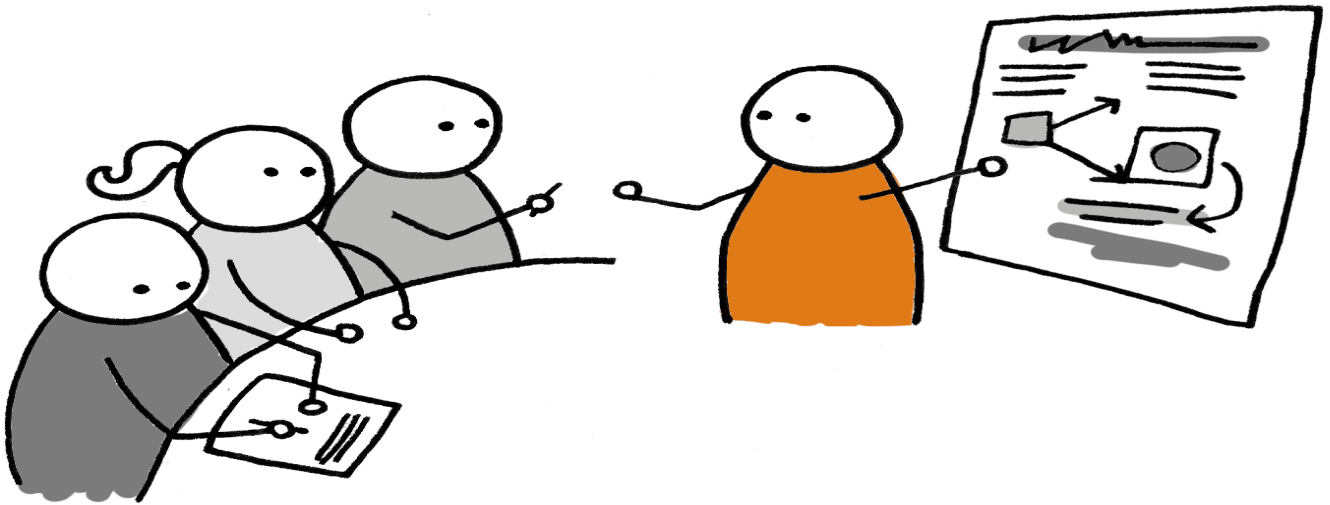
We have also been lucky enough to secure funding from the Postcode lottery and we will be offering supported sessions for free at our gardening project in partnership with London Grown, a food growing co-operative. Please get in touch with us if you are interested.

All our day drop-ins and forums are now on a Thursday—so there is always something happening here Thursday afternoon, But we are very small and we cannot always be in the office. We are unable to answer calls on a Thursday afternoon or all day Friday. If you need help in an emergency then please contact:

Samaritans - 116 123—not just for a crisis but also to talk

Crisis Line: Enfield 0208 702 3800/Barnet 0208 702 4040/Haringey 0208 702 6700

Look forward to seeing you all at the Conference—Sara



VOLUNTEER INDUCTION TRAINING DATES

Park Avenue Resource Centre, 65c Park Avenue, Enfield, EN1 2HL

Tuesdays 4th & 11th October

9.45am – 3pm

- ◆ Registration is at 9.45.
- ◆ Training starts promptly at 10am. Late comers will not be admitted.
- ◆ Lunch & refreshments will be provided.
- ◆ Please let me know if you have any special dietary requirements.
- ◆ Travel expenses are paid on receipt or through car mileage.

This training is for anyone interested in becoming either a volunteer or peer support mentor with EMU.

You must attend ALL sessions to be eligible to become either a volunteer or peer support mentor. If you miss any you will have to repeat the entire training programme. If you have a problem with the dates or times, please speak to Helen

You can attend the training to find out more about us and the role's available without making a commitment to the organisation.

YOU MUST CONFIRM YOUR PLACE BEFORE ATTENDING.

Peer Mentor training follows on 18th & 25th October

NEW EMU DROP-IN



Every Thursday 2-3.30pm

At the Lancaster Centre

53 Lancaster Road, EN2 0BU

- ♦ **Join us for tea, coffee and discussion, board games, cards, quizzes**
- ♦ **You decide, it's YOUR drop-in**



2nd & 4th week's are an ART group

**Learn new skills — try new crafts —
have fun—show us what you can do!**

Experts on hand to offer support

All materials provided

Garden Project



Want to find out more about the gardening project and meet the garden experts?

Come to an Introduction session :-

Monday 3rd October 2-4pm

or

Saturday 15th October 2-4pm

At Pasteur Gardens, top of Queensland Avenue, N18 1AU

- ⇒ Get fit
- ⇒ Meet other EMU members
- ⇒ Paul will be there to offer support

Contact Helen to let us know if you will be joining us

Nearest buses are 144, 217, 231, 444, 617, W3



SWIMMING

Every Friday 1-2pm



- * Get fit
- * Have fun
- * Meet other EMU members
- * Stop for a hot drink and a chat afterwards
- * John & Helen will be there to offer support

Meet us in reception just before 1pm and join us for swimming at -

Southbury Leisure Centre, EN1 1YP
(Behind "Cineworld" Cinema)

Buses 317, 231, 191, 121, 307, 313

Contact Helen to let us know if you will be joining us

DEPRESSION SUPPORT GROUP

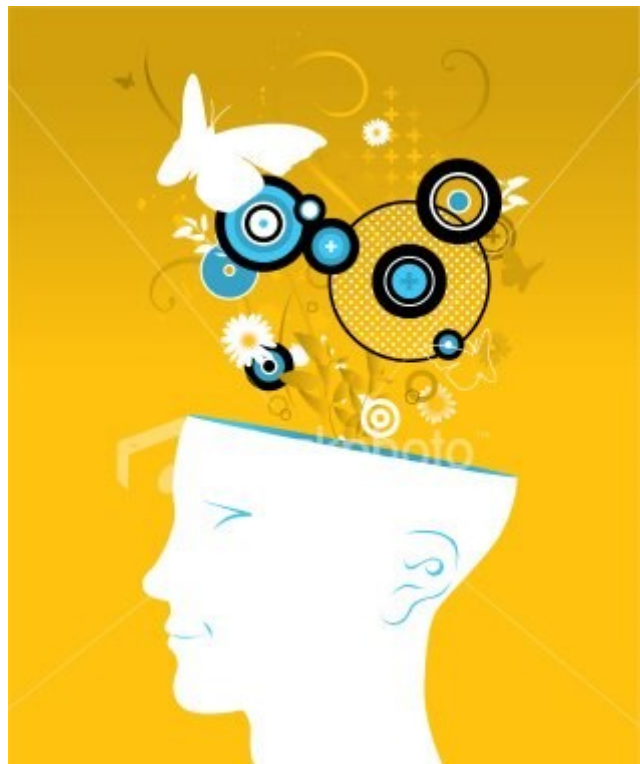
1st & 3rd Wednesday each month

6.30pm—8.30pm

Here at the Lancaster Centre

The group is open to anyone experiencing problems with depression and meets to share experiences, talk about problems and offer each other support. Everyone has an opportunity to speak, but people can also sit quietly if they wish. The group is run by service users, although a member of staff is present for additional support if required. Refreshments are provided and there are resources available for people to borrow, such as books and DVDs.

The group cannot, however, offer counselling, legal or monetary advice. Please contact the office if you should need these services.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Complementary Therapies 1 - 4pm (Appointment only)	Complementary Therapies 10-12 (Appt only) Counselling (Appt only)	Football Armfield Road Hall 4-5pm Counselling (Appt only) Depression Support Group	Over 65 Group 1-4pm General Drop-in 2-3.30	Swimming Southbury Leisure Centre 1-2pm
Week 2	Complementary Therapies 1 – 4pm (Appt only)	Complementary Therapies 10 -12 (Appt only) Counselling (Appt only)	Football Armfield Road Hall 4-5pm Counselling (Appt only) (Committee Meeting)	Over 65 Group 1-4pm General Drop-in 2-3.30 Including Art Group	Swimming Southbury Leisure Centre 1-2pm
Week 3	Complementary Therapies 1 - 4pm (Appt only)	Complementary Therapies 10–12 (Appt only) Counselling (Appt only)	Football Armfield Road Hall 4-5pm Counselling (Appt only) Depression Support Group	Over 65 Group 1-4pm General Drop-in 2-3.30	Swimming Southbury Leisure Centre 1-2pm
Week 4	Complementary Therapies 1 -4pm (Apt only)	Complementary Therapies 10-12 (Appt only) Counselling (Appt only) LGBT - One to One Support 7-8.00pm	Football Armfield Road Hall 4-5pm Counselling (Appt only) Fundraising Group 6-8pm	Over 65 Group 1-4pm General Drop-in 2-3.30 & Art Group	Swimming Southbury Leisure Centre 1-2pm