



Winter Newsletter

Useful information and resources



Our annual Mind in Kingston signposting newsletter to help you navigate the winter break



UPDATE & NEWS

Dear Mind Reader,

As we are close to a new year, I have been reflecting on what has happened in the last 12 months. Mind in Kingston is a growing organisation and we have welcomed new members of staff and new volunteers.

Our team is made up of people who are passionate about mental health and who run a wide range of services to support the mental wellbeing of people in our community.

As well as our long-running services like the Drop-in Café, Counselling Service, and the Floating Support Service, we are also providing newer activities such as the Happy Feet Walking Group, Magpie Project for the Korean Community, and the Kingston Peer Support Project.

Whether you want advice or information, meet other people, be outdoors and enjoy nature or get one-to-one support, we have something that suits everyone.

Our services are confidential, safe and help to build resilience, self-confidence, and meaningful connections, and our friendly team is there to help you – and will continue to do that in 2024.



RIANNE EIMERS
CEO AT MIND IN KINGSTON

This year we are thinking about what else we can do, or what we can differently.

If you have any ideas, our Empowering Minds Forum is a great place to share your thoughts.

Our services wouldn't be what they are without your input and the more we hear from you, the better we can meet your mental health needs.

Contact Alice at alice@mindinkingston.org.uk to find out more.

Whatever your connection is with us, we hope the festive season gives you a chance to rest and relax, and we wish you a healthy new year.

Rianne

Chief Executive Officer

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SERVICES

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If you need someone to talk to

Our full list of services **PAGE 11-12**

Join some of our free services

THINGS TO DO

Our Winter Walk **PAGE 4**

27th Dec 11:30-2PM

Mindful Art Sessions **PAGE 6**

for young people aged 12-25

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A list of colleges and other courses providers

Health related **PAGE 20**

Some helpful go to organisations and charities

Winter Break Walk!

Wed 27th Dec
11:30am - 2pm
18 years +

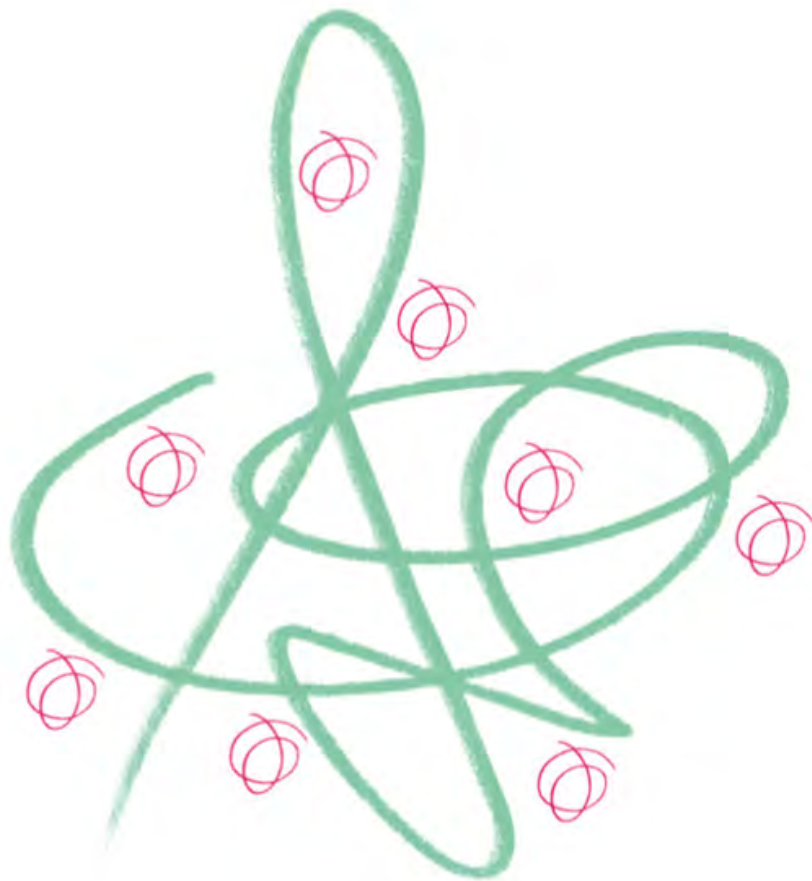
**Meet up point: outside Kingston
Station, by the flower beds**

for more info email:

johnny@mindinkingston.org.uk or
call: 0208 255 3939



Seasons Greetings from Mind in Kingston



You are enough -
every day of the year

Mindful Art Sessions

for young people aged 12-25

“I wanted to drop you a quick note to let you know how grateful we are as a family for the Mindful Art sessions on Tuesdays.

My daughter bravely started back at school in September and was persuaded to go along to a Mindful Art session with a friend. She hasn't looked back! It's the first club she's had the courage to join and she loves the safe, supportive, welcoming and creative atmosphere.

It is genuinely the highlight of her week and the relationships she's building with support staff from Mind and Creative Youth are incredibly positive - the Mindful Art sessions play an important part in supporting her on this journey.

Thank you to Mind in Kingston for partnering with Creative Youth and FuseBox to make this possible - we are so thankful that she discovered these sessions!”



FREE

Youth Zone

Mindful Art Sessions

Join our FREE weekly service
for young people aged 12-25

Every Tuesday 4-5PM

2 Buckland's Wharf, Kingston upon Thames
KT1 1TF

A message from The Journey Recovery Hub

**"We are here for you as always over Christmas.
Our Journey Recovery Hub is running as normal
during the festive period, including on
Christmas Eve and Christmas Day"**



This Richmond Borough Mind service is for adult residents of Richmond and Kingston in mental health crisis, or at risk of moving into mental health crisis.

The Kingston Hub is open 6-10pm on Monday,
Tuesday, Wednesday, Friday and 2-10pm on
Saturdays





**Drop in, call us on 020 3137 9755 or email:
recoveryhub@rbmind.org**



Alfriston Centre, 3 Berrylands Road, KT5 8RB



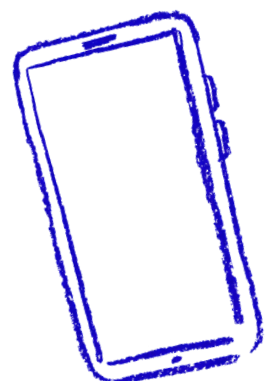
www.rbmind.org/support-for-adults/journey-recovery-hub/



**We all need
emotional
support
sometimes or
help knowing
where to
turn.**

**CALL OUR INFO & ADVICE LINE NOW IF
YOU NEED SOMEONE TO TALK TO:**

0208 255 3939



**Our info & advice line is open
9:30am - 4:30pm
excluding bank holidays**

**You can also contact our team on
email: info@mindinkingston.org.uk**

Our free open weekly services w/c 18th Dec

MON 18TH DEC

FREE **Happy Feet Wellbeing Walks**
11:30-2pm
Outside Kingston Station, drop-in
or for more info call: 07442600598
Johnny@mindinkingston.org.uk

TUES 19TH DEC

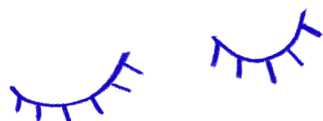
Wellbeing Football Training
Kingstonian Mind United FC
will be resting today

We'll be back on
Wednesday 3rd January

WED 20TH DEC

Wellbeing Football Training
Kingstonian Mind
United FC: 4-5pm

Johnny@mindinkingston.org.uk
or call 07442600598



Mindful Art Sessions
For young people aged 12-25
4-5pm

Fusebox,
2 Buckland's Wharf, KT1 1TF
Drop-in or for more info:
youth.service@rbmind.org

Drop-in Café (The Bridge)
WelCare House 6:00-9:00pm

53-55 Canbury Park Road KT2 6LQ
Drop in or for more info:
Dropincafe@mindinkingston.org.uk

FREE **Magpie Project**
열린 카페
Kingston Environment Centre
6:30-8:30pm

1 Kingston Road, New Malden
KT3 3PE, drop in or for info
Infomagpie@mindinkingston.org.uk

FREE **Online**
Drop-in Café
(via Zoom) 6:30-7:30pm

to receive info & login details:
Dropincafe@mindinkingston.org.uk
or call 020 8255 3939



THURS 21ST DEC

FREE **Jog Together**
1:30-2:30pm

Kingsmeadow Weir Athletics Centre
53-55 Canbury Park Road
Johnny@mindinkingston.org.uk
or call 07442600598

FREE **Online Quiz**
(via Zoom) 4-5pm

to request logins:
Johnny@mindinkingston.org.uk
or call 07442600598

FREE **Drop-in Café (The Star)**
with festive celebration
Alfriston Day Centre,
7:00-9:30pm

3 Berrylands Rd. KT5 8RB
Dropincafe@mindinkingston.org.uk

Opening hours Christmas and New Year 2023-24

Mon-Thurs 18-21 Dec:	Usual hours for all services
Friday 22 Dec:	9am – 2pm
Monday 25 Dec:	CLOSED (bank holiday)
Tuesday 26 Dec:	CLOSED (bank holiday)
Wed 27- Fri 29 Dec:	10am – 3pm
Monday 1 January:	CLOSED (bank holiday)
Tuesday 2 January:	10am – 3pm
Wed 3 Jan onwards:	Usual hours for all services

The Journey Recovery Hub, run by RB Mind, is for adult residents of Kingston and Richmond in mental health crisis, or at risk of moving into mental health crisis.

Open 365 days a year, support is available throughout the Christmas and New Year period.

Kingston Hub – Monday, Tuesday, Wednesday, Friday (6-10pm) and Saturday (2-10pm)

rbmind.org/support-for-adults/journey-recovery-hub/

Our free open weekly services w/c 25th Dec

MON 25TH DEC

**Happy Feet
Wellbeing Walk
will be resting today**

So we're out on Wednesday instead -
same time, same place, all welcome
Johnny@mindinkingston.org.uk



TUES 26TH DEC

**Wellbeing Football Training
Kingstonian Mind United FC:
will be resting today**

We'll be back on
Wednesday 3rd January

**Mindful Art Sessions
For young people aged 12-25
will be resting today**

We welcome you back on
Tuesday 9th January
youth.service@rbmind.org

WED 27TH DEC

**Happy Feet
Wellbeing Walks
11:30-2pm**

Outside Kingston Station, drop-in
or for more info call: 07442600598
Johnny@mindinkingston.org.uk

**Drop-in Café (The Bridge)
WelCare House
will be resting today**

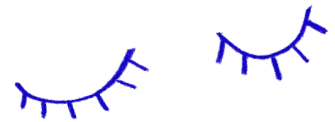
We welcome you back on
Wednesday 3rd January
Dropincafe@mindinkingston.org.uk

**Magpie Project
열린 카페
Kingston Environment Centre
will be resting today**

welcoming you back on Monday 8th Jan
Infomagpie@mindinkingston.org.uk

**Online Drop-in Café
(via Zoom)
will be back in the new year -
details coming soon!**

Dropincafe@mindinkingston.org.uk



THURS 28TH DEC

**Jog Together
will be resting today**

We welcome you back on
Thursday 4th January
Johnny@mindinkingston.org.uk

**Online Quiz (via Zoom)
will be resting today**

We welcome you back on
Thursday 4th January
Johnny@mindinkingston.org.uk

**Drop-in Café (The Star)
will be resting today**

We welcome you back on
Thursday 4th January
Dropincafe@mindinkingston.org.uk



Opening hours

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rbmind.org/support-for-adults/journey-recovery-hub/

To get in touch call: 0208 255 3939 / info@mindinkingston.org.uk or visit mindinkingston.org.uk

For the Journey Recovery Hub: 020 3137 9755 or email: recoveryhub@rbmind.org

Our Services in 2024

LET'S MOVE TOGETHER



FREE

**Happy Feet
Wellbeing walks
Mondays 11:30-2pm**

info and sign-ups:

Johnny@mindinkingston.org.uk
or call 020 8255 3939

FREE

**Football Training
Kingstonian Mind FC
Tuesdays 3:30-4:30pm and
Wednesdays 4-5pm**

info and sign-ups:

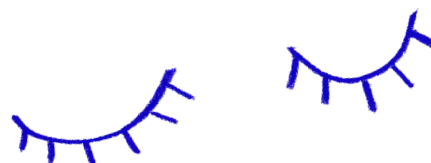
Johnny@mindinkingston.org.uk
or call 020 8255 3939

FREE

**Jog Together
Thursdays 1:30-2:30pm**

info and sign-ups:

Johnny@mindinkingston.org.uk
or call 020 8255 3939



RELAX CHAT AND CUPPA

FREE

**Magpie Project
열린 카페
Kingston Environment Centre
6:30-8:30pm**

1 Kingston Road, New Malden
KT3 3PE, drop in or for info

Infomagpie@mindinkingston.org.uk



FREE

**Face to Face Drop-in Café
Alfriston Day Centre,
Thursdays 7-9PM**

3 Berrylands Rd. KT5 8RB
info

dropincafe@mindinkingston.org.uk

FREE

**Face to Face Drop-in Café
WelCare House
Wednesdays 6-9PM**

53-55 Canbury Park Road
KT2 6LQ

dropincafe@mindinkingston.org.uk



 **mind
in Kingston**



Our Services (continued)

ONLINE

FREE

**Online Drop-in Café
(via Zoom)
Tuesdays 6:30-7:30PM**

to join email:
dropincafe@mindinkingston.org.uk
or call 020 8255 3939

FREE

**Online Quiz (via Zoom)
Thursdays 4-5PM**

info and sign-ups:
Johnny@mindinkingston.org.uk
or call 020 8255 3939

FREE

Online Group Art Therapy

To register your interest in future
courses please email her on:

Edit@mindinkingston.org.uk

Our other services

SUPPORT

Counselling

For more information
and counselling enquiries
please contact Vicky Bourne:
Vicky@mindinkingston.org.uk
please note: a payable fee will be applied

HAVE YOUR SAY

FREE

Empowering Minds Forum

To join email
alice@mindinkingston.org.uk
or visit
<https://bit.ly/EmpoweringMindsForum>

If you wish to find more details about our
services or to receive a PDF copy of our
leaflets please email
soyeon@mindinkingston.org.uk

 mind in Kingston

Mental Health Crisis

01



Local Mental Health Support

Please visit this webpage for a full list of places you can go to with opening times: www.mindinkingston.org.uk/information/crisis-support/

If you need mental health support in a crisis you can call the 24/7 Mental Health Support Line on 0800 028 8000

<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>

02



Samaritans

<https://www.samaritans.org/branches/kingston-upon-thames/>

Elspeth House

2 Wheatfield Way

Kingston Upon Thames KT1 2QS

116 123 (open 24 hours a day)

or email jo@samaritans.org

03



National Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/>

0300 123 3393 open Mon-Fri 9am to 6pm

E: infoline@mind.org.uk

Our Infoline provides an information and signposting service. We're open 10am to 6pm, Monday to Friday (except for bank holidays). Our helplines will be closed on bank holidays 26 and 27 December and 2 January.

04



CALM

0800 58 58 58

Open 5PM to Midnight

365 days a year

www.thecalmzone.net/help/get-help

Urgent Help

01



Domestic-sexual-violence

Domestic Violence Hub Kingston

T: 020 8547 6046

E: kingstondvhub@refuge.org.uk

National Domestic Abuse Helpline

24 hour national freephone helpline for advice and support about domestic violence.

Telephone: 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

<https://www.refuge.org.uk>

02



Homelessness & rough sleeping

Kingston Action for Homeless

<https://kcah.org.uk/our-services/>

<https://www.kcah.org.uk/our-services/useful-websites/>

<https://kcah.org.uk/assets/documents/client-info-flyer>

Spear

<https://www.spearlondon.org/about-us/contact-us/>

Stonewall Housing, support for LGBTQ+ community

<https://stonewallhousing.org/>

T: 0800 6 404 404

03



Local food banks

Kingston Foodbank

Please visit this webpage for locations and opening times

<https://kingston.foodbank.org.uk/locations/>

E: info@kingston.foodbank.org.uk T: 020 8391 1100

<https://www.connectedkingston.uk/services/kingston-food-banks>

Children & Young People

01



Kooth

www.kooth.com

Your online mental wellbeing community
Free, safe and anonymous support

<https://www.kooth.com/urgent-support>

02

YOUNGmINDS

YOUNGmINDS

YOUNGmINDS

Young Minds

<https://www.youngminds.org.uk/>

If you are a young person struggling to cope, text YM to 85258 for free, 24/7 support.

03



The Mix

<https://www.themix.org.uk/>

Essential support for under 25s

T: 0808 808 4994

www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger

04



Childline

www.childline.org.uk

Call us free on 0800 1111

LGBTQ+

01



Kingston LGBTQ Forum

The welcoming team is hosting various events for more info visit: www.meetup.com/kingstonlgbtforum/events/ or www.kingstonlgbtforum.org.uk/

02



London LGBTQ+ Community Centre

Are hosting a FREE Xmas eve dinner from 1 to 6PM for tickets: www.eventbrite.co.uk/e/lgbtq-community-christmas-eve-dinner-tickets-483793147327

<https://londonlgbtqcentre.org/>

60-62 Hopton Street, Blackfriars, SE1 9JH, London

The centre will be open as follows:

Sat 24th 12-6PM hot drinks books and board games

Sun 25th 12-6PM hot drinks books and board games

Closed from 26th to 2nd Jan

03



Mermaids

<https://mermaidsuk.org.uk/>

Helping gender-diverse kids, young people and their families

text MERMAIDS to 85258 for free 24/7 crisis support all across the UK. All texts are answered by trained volunteers with support from experienced clinical supervisors.

04



Pride Surrey

<https://www.prideinsurrey.org/>

For opening times visit www.instagram.com/p/CmWTlGAN01H/

Bereavement

01



Kingston Bereavement Centre

KBS provides counselling support for bereavement. Get a referral via your GP (in Kingston) or contact them on 020 8547 1552, email info@kingstonbereavementservice.org.uk or visit <https://e-voice.org.uk/kingston-bereavement-service/>

02



Cruise

You can call the CRUSE National Helpline on 0808 808 1677
<https://www.cruse.org.uk/>

03



Sudden

The charity Sudden provides support with a sudden bereavements. Visit www.sudden.org or call their helpline on 0800 2600 400

04



Child Bereavement

<https://www.childbereavementuk.org/>
Helpline 0800 02 888 40

West London: Child Bereavement UK, Beethoven Centre,
174k Third Avenue, London W10 4JL
londonsupport@childbereavementuk.org



Cost of Living

01



Finances, budgeting and debt advice

Council website: <https://www.kingston.gov.uk/benefits-5/support-rising-living-costs/2>

Connected Kingston:

<https://www.connectedkingston.uk/results?category=9857fe1c-17dc-4994-819d-1977ea416633>

02



Warm spaces

<https://www.kingston.gov.uk/benefits-5/support-rising-living-costs/10>

Kingston Council website has a map of all the free warm, welcoming spaces across the borough: Warm Spaces Locations [MAP](#)

03



Citizens Advice Kingston

Website: <https://www.citizensadvicekingston.org.uk>

Telephone 020 3166 0953

Please note this is a call back service. Call, leave a message with your number and someone will get back to you.

04



Kingston Council Benefits Team

For benefits advice and support:

Telephone: 0208 547 5001

Email: benefits@kingston.gov.uk

Adult Learning

01

**KINGSTON
ADULT
EDUCATION**
Learn Achieve Progress

Kingston Adult Education

Offering lots of different courses, family learning, health & fitness, wellbeing for more info visit: <https://bit.ly/CLNewsletterJan>
<https://www.kingston.gov.uk/adults-education>

***Free Courses Available, many of our courses are free or subsidised by the government (depending on personal circumstances and funding regulations).

02



Richmond Adult College

www.rhacc.ac.uk &
www.rhacc.ac.uk/schools/hillcroft-women-only
<https://www.rhacc.ac.uk/free-digital-courses-kingston-residents>

The college offers a variety of discounted courses, at both college branches for more info www.rhacc.ac.uk/help-advice/help-your-fees

03



Adult Education for young people with disabilities

Visit
shorturl.at/oMOPR

04



Kingston College and University

<https://stcg.ac.uk/kingston-college/adult-short-courses>
<https://www.kingston.ac.uk/short-courses/courses/>

Health Related

01



NHS Covid support

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.yourcovidrecovery.nhs.uk/>

<https://www.swlondon.nhs.uk/flu-vaccinations-in-kingston/>

<https://www.healthwatchkingston.org.uk/>

02



NHS 111

NHS 111 is here a 24/7 service

To get help from NHS 111, you can:

- Go online to 111.nhs.uk (for assessment of people aged 5 and over only).
- Call 111 for free from a landline or mobile phone.

03



Carers Support

<https://www.kingstoncarers.org.uk/>

E: admin@kingstoncarers.org.uk

T: 020 3031 2757

04



Alzheimer

<https://www.alzheimers.org.uk/dementia-connect-support-line>

<https://www.alzheimers.org.uk/blog/how-support-dementia-christmas>

Dementia support Line 0333 150 3456

<https://www.kingston.gov.uk/learning-disability/dementia-memory-loss>

T: 0207 423 5115

Email: Kingstonoffice@alzheimers.org.uk

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checks all information carefully,
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for any inaccuracy or omission.**

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