

LOCAL STUFF

City & Hackney Crisis Pathway Services

East London NHS Foundation Trust and Mind have joined forces to launch a trio of services available 24 hour a day to support local residents in The City of London and Hackney available at weekends, bank holidays and outside office hours.

The Crisis Pathway Service offers immediate support to people in crisis or in distress, but also follow up with a range of interventions to help individuals to develop ways to cope with difficulties in their life and find ways that help to avoid a crisis.

24 Hour Helpline 020 8432 8020

This is for people of any age who may have long term psychological issues or who have had a sudden crisis such as a shock, bereavement, relationship issue, etc. They offer confidential expert advice and guidance support and referrals to local services if needed.

Walk-in Crisis Cafe | Hackney

As well as offering a welcome cuppa, the Crisis Cafe is a safe, supportive and therapeutic place for anyone struggling and not coping with life. It means people do not have to be alone, struggling with upsetting thoughts or worry.

18:00 - 21:00 Mon to Thurs

12:00 - 16:00 on Saturdays

The Café is at: **The Raybould Centre, City and Hackney Centre for Mental Health**
Homerton Row, London, E9 6SR | 073937 62366 | crisiscafe@elft.nhs.uk

Service User Network (SUN)

The Service User Network is for people who experience emotional & psychological distress, frequent mood changes, emotional instability, self-harm and/ or have thoughts of suicide.

It is a supportive & therapeutic group for individuals to develop self-help management strategies to prevent future crisis.

The Network can also support family, friends and people who support someone with mental health issues.

07508 842 688 | SUNreferrals@elft.nhs.uk



Hackney | MIND

I'd like some support to manage low mood

Low mood is something that affects us all from time to time, but sometimes it can feel overwhelming.

I care for someone and would like some support

Caring for someone with a learning difficulty or with mental ill health may impact upon your own wellbeing. We offer specialist support to carers, including one-to-one emotional support.

I'd like some support to manage stress

Stress can have a major impact on mental and physical wellbeing. We offer free courses and activities to help people in Hackney and the surrounding boroughs to manage and overcome stress.

I'd like to talk about how I'm feeling

Talking therapies provide a regular time and space to talk about problems and explore difficult feelings with a trained professional.

I'd like some support to manage anxiety

Anxiety often means that you have a strong feeling of worry or concern. This can often lead to feeling nervous and uneasy with certain situations, especially when unsure of the outcome.

I'd like to refer someone / myself

Anyone can self-refer or make a referral on behalf of somebody else, online, by phone or in person.

I'd like information about my benefit entitlements

We offer free, confidential advice and support around your welfare rights and benefit entitlements.

I'd like to book onto an activity

We offer a calendar of activities to benefit physical and mental health as part of the City and Hackney Wellbeing Network.

I'd like help getting a job

There is strong evidence of the relationship between mental wellbeing and meaningful work.

I'd like support to develop new skills

Developing new skills can improve low mood and boost confidence.

www.mindhackney.org.uk

General enquiries: 0208 985 4239

Referral line and wellbeing network enquiries: 0208 525 2301

City & Hackney Wellbeing Network

Offers high-quality free support to help people prevent the onset of mental health problems and alleviate issues such as stress, anxiety and low mood. We also offer support to adults with severe and enduring mental health conditions.

A dynamic and diverse partnership of eleven specialist mental health providers, the Wellbeing Network empowers people towards better mental and physical wellbeing. We offer an exciting range of groups and courses to support people to improve their mental wellbeing, physical health, social networks and daily living skills.

One named 'network navigator' will be available to ensure that people receive the right kind of support at the right time and that support is well-coordinated.

Upcoming Courses include: Ceramics & Clayworks Group Course | Digital & Social Media - Computing Skills Group Course | Green Care Landscape Gardens Group Course | Kit Drumming Group Course

<https://chwellbeingnetwork.london>

Derman

Free counselling, support and advice for Kurdish, Turkish, Turkish Cypriot and Eastern European Turkish people, mainly in Hackney, irrespective of their political, ethnic and religious backgrounds.

The Basement, 66 New North Road, London N1 6TG

020 7613 5944 | services@derman.org.uk

<http://derman.org.uk/derman>

Young Hackney substance misuse service

Information, advice, support and counselling to young people aged 6 to 24 who are at risk of, or have developed problems associated with, alcohol or drug misuse.

Confidential advice and referral line:

020 8356 7377 (Mon to Fri 9am to 5pm)

yhsms@hackney.gov.uk

Hackney Quest

Aims to give young people, families and members of the community the practical and emotional support that they need to develop and pursue their aspirations and deal positively with life's challenges against a backdrop of social and economic disadvantage.

We help them build confidence, develop new skills, and widen their perspectives as well as uncover existing strengths and capacities. We help them find resources and help from each other through forging supportive relationships that realise the potential for positive change that lies within them as individuals, families, and as a community.

- Provides carefully designed social, recreational, education and personal development programmes for young people, families and community members.
- Provides positive responsible role models for young people and adults.
- Provides a safe and nurturing environment for young people, families and the community to make positive choices and enhance their own future.
- Helps young people to stay in education and to value achievement as a means of meeting their aspirations through lifelong learning, as well as helping their families to support this.
- Provides a bridge between families and the community, creating an environment of community cohesion, inclusion and support.
- Supports adults and parents in the community to access training and volunteering opportunities in order to build skills and confidence as a route into employment.

0208 533 5480 [Head Office]

0208 533 0210 [Family & Community Support]

<http://www.hackneyquest.org.uk> | enquiry@hackneyquest.org.uk

Hackney Recovery Service

Free and confidential support service for individuals and their families and carers affected by drug and alcohol problems.

110 Mare Street E8 3SG

Drop-in: Mon and Fri 10am to 3.45pm; Tues and Thurs 1pm to 3.45pm or Weds 10am to 12.30pm

0300 303 2611 | hackney@wdp.org.uk

<http://hackneyrecoveryservices.org.uk>

Young Hackney | Hackney Youth Parliament

Hackney Youth Parliament aims to represent the views of young people in Hackney to decision-makers in the council and in public services such as the Police, health services and housing providers.

To become a Hackney Youth Parliament (HYP) member you have to be elected by young people in the borough.

Any young person who is a resident or attends a school in Hackney and aged between 11 and 18 years old (inclusive) has the right to stand for election as an HYP member.

Elections will take place September – October 2018. Election results will be announced on the 20 October 2018

0208 356 6236 | getinvolved@hackney.gov.uk

Acrobatics & Street Dance with Mimbre

For 5 - 13 year olds to learn acrobatics and street dance. Suitable for young people with support needs up to age 25.

Mimbre offer strong concessions and bursary places for low-income families and Milton Gardens estate residents.

Milton Gardens Community Hall

Tuesday 18 September; Every Tuesday term-time only

16:00–19:00

education@mimbre.co.uk

The Grand Union Youth Orchestra

Open to all young musicians aged 12-26 who wish to explore the world's major musical cultures



You can take part in regular performances, learn about world music first hand from experts, work alongside leading professional musicians, discover new instruments and develop improvisational skills plus meet and create with like-minded musicians. 😎

And it's completely free to join!

The youth orchestra have an Autumn programme coming up which is in support of the Black British Music in Hackney exhibition!

Get involved! 😊

Ages 12–25 (Suitable for young people with support needs up to age 25)

The first Sunday of each month - 10:00–13:30

<http://grandunion.org.uk/guyo.php>

Hackney & East London Writing Circle

Try Hackney Writer's Circle for support, feedback and inspiration.

The group meets twice a month, on 1st Mondays and 3rd Wednesdays at 7pm.

It's free, and we mee upstairs at The Talbot pub.

We are using a yahoo group to stay in touch between meetings (Hackney Writers).

If you would like more information about the group: hackneywriters-owner@yahoogroups.com

Domestic Abuse Intervention Service

c/o Hackney Service Centre, 1 Hillman Street, E8 1DY

0800 056 0905 or 020 8356 4458 / 4459: Mon - Fri | 9:00 - 17:00

For out of hours emergencies call police 999 / housing 020 8356 2300 / Refuge 0808 2000 247

dais@hackney.gov.uk

<https://hackney.gov.uk/domestic-violence>

Free Tai Chi in London Fields

Come and relax with a free Tai Chi class in London Fields, every Saturday at 2pm. We meet under the tree close to London Fields Lido, E8 3EU, 10 minutes before. Don't be late!

Tai Chi is a great way to improve your strength, flexibility, balance, circulation and concentration. It is also a powerful and effective form of self-defence.

Everyone is welcome regardless of age, experience or physical ability. No special clothing or equipment is necessary.

(If it rains we may practice under the railway bridge on Reading Lane - 3 min away from the Lido. However we will always meet by the Lido first).

Things you may learn include: chi kung deep breathing, the Yang style Tai Chi long form, self-defence techniques, partner exercises - and a healthy dose of Chinese philosophy!

<https://www.meetup.com/tai-chi-meetup-london>

Free Sahara Yoga | Hackney

Sahaja Yoga is a unique method of meditation based on the experience of Self-Realisation through Kundalini Awakening. It establishes a deep state of inner silence and joy, where one experiences the deepest self, free from unhelpful thoughts, anxieties and worries.

When & where are the FREE classes?

Beginners classes Saturdays from 15:00 - 16.30 every Saturday

Hindu Community Centre, 498 Kingsland Rd, Hackney

Nia

Specialist domestic abuse service offering services including: refuge and outreach for women with substance misuse issues; advocacy; workshops and play schemes to reduce the impact of domestic abuse on families and children; East London Rape Crisis Centre

P.O. BOX 58203, London, N1 3XP

020 7683 1270 | info@niaendingviolence.org.uk

<http://www.niaendingviolence.org.uk>

Centre for Better Health

The Centre for Better Health is a community-based charity that supports well-being and recovery from mental ill-health.

The Better Health Hub is committed to providing low cost inclusive courses, classes and groups for all. This means that there are mixed ability participants with different paces of learning.

We run three termly programmes during the year. Our termly programme timetable includes courses and groups such as:

Creative arts and crafts: Ceramics for different levels, Painting, Drawing and Herbal Craft

Health: Yoga classes for different levels and abilities, Chi Kung, T'ai Chi, Mindful Movement, Pilates, Dance Movement Psychotherapy

Therapeutic Groups including Art Therapy

<http://www.centreforbetterhealth.org.uk>

LGBT Hackney Carers

Are you Lesbian, Gay, Bisexual or Transgender?

Do you care for a friend, partner or family member who has a long term illness, a disability, mental health need or a drug or alcohol dependency?

Hackney and City Carers Centre have been developing a new service to support any unpaid LGBT carers living, working or socialising in Hackney. The project is funded by The Big Lottery Fund.

As well as a peer support group and specialist LGBT advice they can also offer:
Carers Needs Assessment | Benefits and Housing advice | Advocacy | Listening ear and counselling
| Coaching

www.lgbtjigsaw.net/lgbt-hackney-carers | lgbt@hackneycarers.org.uk | 020 8533 0951

Project Indigo

Questioning your sexual or gender identity? Aged 13 - 25?

Project Indigo is our LGBTQ youth group and counselling service for young LGBTQ people or for people who are questioning their sexual or gender identity. The service is free.

Our group gives you an opportunity to meet other young LGBTQ people in a supportive environment whilst having fun and making new friends.

We meet on Thursday evenings from 6pm to 8pm at Off Centre.

If you would like to join the group, you're welcome to just come along, or you can get in contact with Susy or Maya: indigo@family-action.org.uk | 020 8986 4016

AADD-UK London | Adult ADHD Support Group

We meet on the first Tuesday of the month and third Thursday of the month from 7 p.m. to 9 p.m. at Costa Coffee in Argyll Street, round the corner from Oxford Circus tube station.

Our meetings are friendly and loosely structured. We exchange information, talk about issues related to adult ADHD, and have a good time. All meetings are confidential, no judgements are made, and no issues are too delicate. For more details you can either email us at.

Just a reminder, this meeting is organised by AADDuk and advertised on their website, these meetings are usually very well attended, at least 10-15 people. I estimate that we have seen more than 200 people come and go over the months.

The meeting is free, (although the coffee shop owners probably would like you to buy something). It is a convenient location and you can walk in and out with anonymous impunity and we sit at a cost table at the back where we can speak freely. There is a sign saying "ADHD" on the table so you don't have to ask around.

Adults with or without a diagnosis, as well as spouses, partners, and friends are welcome.

Hosted by Peter

<https://www.meetup.com/London-Adult-ADHD-Associated-Conditions-Meetup>

Newham Talking Therapies

We are here to help. Whatever the cause of your anxiety or depression, sharing your problems could be the first step to recovery.

Newham Talking Therapies offers a range of free and confidential talking therapies and specialist support to help you feel better within the borough of Newham.

We can help with:

Low mood and depression | Stress | Health anxiety | Feeling shy | Anxiety | Obsessive Compulsive Disorder (OCD) | Panic attacks | Agoraphobia | Bereavement | Post Traumatic Stress Disorder (PTSD) | Phobias | Anger | Long-term health conditions | Employment and welfare issues | Couples relationship problems

www.newhamtalkingtherapies.nhs.uk

Hackney Flea Market

The D.I.Y. Art Market is a celebration of London's independent publishers, and emerging/ established artists, championing original/unique items, an art market for lovers of all that is D.I.Y. and self published.

Showcasing a curated selection of over 60 artists, it's a great place to discover a new wave of publishers/artists, all exhibiting and selling an eclectic range of original items.

Items for sale include, art prints, ceramics, zines & independent publications, illustration, photography, jewellery, sewn items, comics, custom tees, homemade cassettes, screen prints, records, and artist books.

<http://www.hackneyfleamarket.com>

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Walking Together | Hackney

Making you feel good | Increases bone density | Giving you more energy | Reducing stress | Helping to manage weight | Helping you to sleep better | Helping to reduce blood pressure

A range of walks which take place in parks within the London Borough of Hackney. The group walks are a great way to socialise, meet new people, enjoy the park and get healthy. The health walks are suitable for all ages and vary in difficulty. The free led walks are appropriate for those who are beginners. Our walks are wheelchair accessible.

We also do monthly themed walks covering a range of topics and locations.

<https://www.walkingforhealth.org.uk/walkfinder/london/hackney-walking-together>

surbjit.mahey@hackney.gov.uk

Growing Communities

For the past 20 years, we have worked to harness the collective buying power and skills of our community to reshape the food and farming systems that feed us, providing people with real, practical alternatives to the current damaging food system. Join our organic fruit and vegetable bag scheme, shop at the Growing Communities Farmers' Market or volunteer on our London farms. Eat amazing food, help small-scale, sustainable farmers and producers to thrive and play a part in building a better food system one carrot at a time.

If you are interested in organic growing and want to make a difference, come and join our regular volunteer work team. Volunteers are essential in helping us to grow food in the heart of the city.

Volunteer on our Hackney Farm: 9 small market patches make up our Patchwork Farm in Hackney.

Mon: 10:00 - 16:00 @ Clissold Park

Variable hours at Allens Gardens & Hackney Tree Nursery

Tues: 10:00 - 16:00 @ at Springfield Park

**If you'd like to help out at the tree nursery, please contact Ximena before you visit on 07958 018567 to check she will be there.

<https://www.growingcommunities.org/volunteering-hackney>

Green Spaces near you | East London

Springfield Park

Two miles north-west of the Olympic Park, tranquil Springfield Park runs up the steep bank from the River Lee, affording expansive views over Walthamstow Marshes to the Lee Valley. Its 16 hectares (40 acres) are a lovely mix of manicured gardens and conservation areas, and in the White House is relaxed Springfield Park Café, serving homemade treats and fresh juices.

hackney.gov.uk/springfield-park.htm

springfieldparkcafe.co.uk

Walthamstow Marshes

A less cultivated alternative and a haven for urban wildlife. There are cattle, rare plants and butterflies, kingfishers and kestrels. Just along the river is the Anchor & Hope (15 High Hill Ferry, E5), a tiny Fuller's pub right on the water.

visitleevalley.org.uk

anchor-and-hope-clapton.co.uk

