

# Volunteering



Shropshire Mind is always looking to expand the range of activities we offer and provide an even better level of service to all who visit.

To help us with this, we are always looking for new volunteers. If you have any spare time to give, we have opportunities within our drop in centres in Shrewsbury, Whitchurch, Bridgnorth, Ludlow and Market Drayton. From time to time, we also recruit volunteers to help run our shop at The Redwoods Centre.

## Fundraising

Do you have any innovative ideas to raise money for Shropshire Mind? Every penny we raise is spent in Shropshire for the people of Shropshire. If you have the contacts and motivation to fund raise, we would be delighted to hear from you.

## Become a Trustee

We are always seeking new people to join our board of trustees. All we ask is that you have a passion for improving mental health in Shropshire and have a particular skill set to offer. We would welcome anyone with a background in finance, I.T., marketing, human resources and charitable fundraising.

## How to Donate

It's easy to donate online. Simply visit our Virgin Money Giving page. If you are taking part in a fundraising event you can use Virgin Money Giving.

If you are donating via a giving page, please remember that we only have a Virgin Money Giving page. Virgin Money Giving are not for profit. All you need to do is choose Shropshire Mind as your chosen charity.

**Shropshire Mind**  
**Suites 3 & 4**  
**Observer House**  
**Holywell Street**  
**Abbey Foregate**  
**Shrewsbury**  
**SY2 6BL**  
**T: 01743 368 647**



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**W: [shropshiremind.org](http://shropshiremind.org)**

Registered in England No.: 2594511  
Registered Charity No.: 1003117



## We are Shropshire's local mental health charity

Serving the local population of Shropshire, we make sure that anyone with any mental health need can approach us for support and signposting.

We want everyone who experiences poor mental health to be enabled to access respectful support and to live well.



T: 01743 368647

E: [manager.shropshiremind@gmail.com](mailto:manager.shropshiremind@gmail.com)

W: [shropshiremind.org](http://shropshiremind.org)

Find us on Twitter and Facebook

**Spring 2020**

# Groups and Activities

## Observer House, Shrewsbury

### Drop In Centre Opening Times:

Monday to Friday	10.00 am - 4.00 pm
Saturday	11.00 am - 3.00 pm
Sunday	11.00 am - 3.00 pm

Our drop in centre is open seven days a week and offers a relaxing, non-judgemental environment for anyone over the age of 18. We ask for £1 donation towards refreshments.

### Monday

#### **Mindfulness for Wellbeing - 9.50am - 11.20pm**

Please call Shropshire Mind for more information and to enrol for the next course, which is offered in conjunction with North Shropshire College.

#### **Walking Group with Ed - 12.00pm - 1.00pm**

This group takes places on alternate weeks. Please ring us for details.

#### **Hearing Voices Group - 1.00pm - 2.30pm**

Held on the **first** and **third** Monday of each month, it's a safe haven where people who hear, see or sense things that others don't, can feel accepted and valued.

#### **Shared Reading Group - 1.30pm - 3.00pm**

This group is a place to relax, make new friends and share stories with others every week. You can just drop in, sit down and enjoy listening to a great story or poem. Please ring for dates for this group.

### Tuesday

#### **Unity Group - 10.30am - 12.30pm**

A support group for people living with bipolar disorder or long term depression. Regular attendance is helpful to encourage confidence to share feelings. Please ring for details.

#### **Steps to Wellbeing - 1.30pm - 3.00pm**

Each week, this group will talk about topics we experience in life that are difficult and learn ways that we can support ourselves.

#### **Mind at Ease - 6.30pm - 8.30pm**

A weekly group of mindfulness based stress reduction, non-judgemental listening and tea.

### Wednesday

#### **Reconnect - 10.30am - 1.30pm**

A twelve week wellbeing course, where each week, we focus on a range of tools and techniques that will help you to live well with mental health. Booking is essential.

#### **Wednesday Waffle- 11.00am - 12.00pm**

Join us for a shared lunch and chat, lots of delicious food and bakery goods.

#### **Road to Recovery—1.00pm - 2.30pm**

An informal group where people share experiences and difficulties whilst enjoying support from their peers.

#### **Wednesday Beat - 1.30pm - 3.00pm**

This group takes places on the second and fourth Wednesday of every month, where everyone is invited to come along and have fun and laughter with musical instruments.

### Thursday

#### **Women in Mind - 10.30am - 12.30pm**

A varied programme that includes complimentary therapies, guest speakers, craft activities, talking, company and peer support.

#### **Crafty Afty - 1.00pm - 3.00pm**

A warm and welcoming support group with lots of paints, pastels and pens. Why not have a go at being creative or pop in for company and a cuppa.

## Outreach Groups

### Whitchurch Drop In

#### **Monday - 1.30pm - 3.30pm**

Held at the Beechtree Community Centre, Claypit Street. Each session is informal and offers conversation, tea, coffee and peer support.

### Ludlow Groups

#### **Ludlow Lunch Group**

##### **1.00pm every first and third Tuesday**

This group meets at the Methodist Church, Broad Street. There is a nominal fee and you are advised to pre-book for friendship and food.

#### **Ludlow Drop In**

##### **7.30pm - 9.00pm every Wednesday**

Meeting at the Methodist Church, Broad Street, this weekly group offers support, friendship, refreshments and a wide range of social activities, including outings. All adults are welcome to come along and enjoy peer support.

### Bridgnorth Drop In

#### **1.30pm - 4.00pm every Tuesday**

This group meets at West Castle Street, in the building to the left of the Baptist Church. All adults welcome for conversation, refreshments and peer support.

### Market Drayton Drop In

#### **1.30pm - 4.00pm every Thursday**

Meeting at the Beacon Community Centre, Longslow Road, this group offers an informal session of conversation, tea, coffee and peer support.