

Mental health problems cross all boundaries of race, gender, culture, faith, social status, sexuality and all other social categories.

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APCMH welcomes all people.

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Having a mental health problem can be a very isolating experience. APCMH offers friendship, accepting people as they are.

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When people feel lonely life often seems pointless.

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APCMH works to sow the seeds of hope by demonstrating that people are valued and loved.

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Mental health problems can reduce a person's opportunities for making choices. APCMH promotes the participation of members in the decisions which affect them.

Our Volunteers

Volunteers work in a caring and supportive environment on a rota basis. They have the opportunity to develop their strengths as creative listeners, to become aware of the spiritual dimension of their lives and to contribute to the health of the community. Training courses are run on a regular basis and are open to anybody with an interest in mental health issues. If you can spare a few hours a month, please contact the Project Co-ordinator..



Croydon APCMH

Association for Pastoral Care in
Mental Health
www.apcmhcroydon.co.uk

Project Co-ordinator

Millie Reid, St Mildred's Community Centre,
Bingham Road, Croydon CRO 7EB. Tel: 0208 654 4010.
Email: admin@croydon-apcmh.co.uk

Alongside those in mental distress

Who are we?



Croydon APCMH is affiliated to the National APCMH, founded in 1986. Whilst we were founded by members of the Christian community, we actively encourage participation of members of all faith communities and also those of no religious commitment. We welcome all who support our ethos of personal individual integrity. Our emphasis is on concern for each other first and foremost as individuals, not our mental health status. We are working together with others towards a better understanding of mental health, illness and distress. We seek to remove the barriers to acceptance and inclusion that are so often a part of our society.

What is it that we do?



Our Clubs are open every week and offer a welcome to anybody who has, or is recovering from, mental illness or distress. You do not need a referral. Many, but not all, of our volunteers who staff the Drop-Ins, have personal experience of mental health problems either their own or those of a loved one.

All of the following groups are held at St Mildred's Centre, Bingham Road (corner of Sefton Rd) CRO 7EB unless stated otherwise.

Women's Club
Tuesdays between 12-2 pm

Creative workshops
Writing – **Tuesdays 2-4pm**
Art - **Fridays 2-4pm**

Spiritual Club
Fridays 10.30am-12.30 pm

Reg. Charity no. 1097979

Evening and Weekend Social Clubs

The Rainbow CRO 1EP.
South Croydon Centre, Ledbury Rd
Mondays 7-9 pm.

The Open Door
Norbury Methodist Church,
Pollards Hill North SW16 6NL.
Fridays 7-9 pm.

The Bridge
Sundays 12.30-2.30pm.