



Croydon APCMH **The Association for Pastoral Care in Mental Health**

Would you volunteer some time a week to support people who are isolated because of their mental health problems?

The opportunities to volunteer are:

- **Drop-Ins across the Borough.** Mondays 7-9pm. **The Rainbow Club** at South Croydon Centre, Ledbury Rd. CRO 1EP
- **The Women's Group** on Tuesdays at St Mildred's from 12-2pm
- **The Open Door** Friday evenings from 7-9pm at Norbury Methodist Church, Pollards Hill North. SW16 6NL
- **The Bridge** Sundays from 12:30 – 2:30pm at St Mildred's

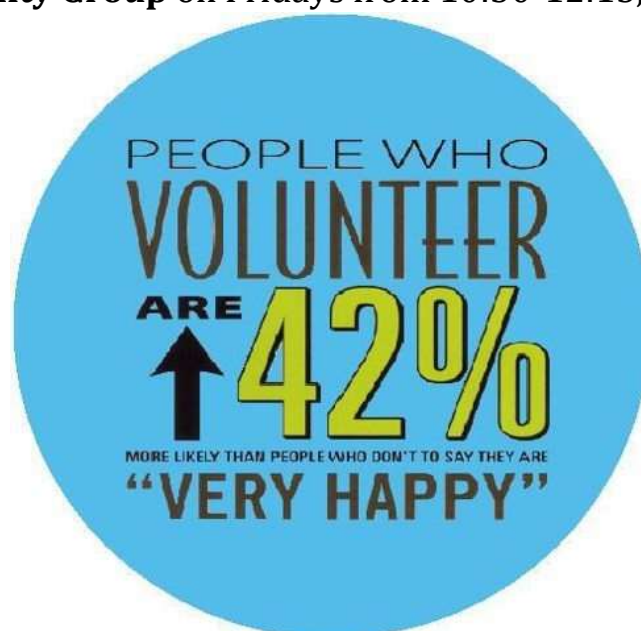
When members were asked what they liked about our Drop-Ins they said:
'A nice atmosphere and friendly volunteers....' **why not volunteer?**

There are also

- ❖ **Creative Writing Workshops** on Tuesdays from 2-4pm
- ❖ **A Spirituality Group** on Fridays from 10:30-12:15,
- ❖ **Art Workshop** on Fridays from 2-4pm

Occasionally we provide Well-Being sessions, including workshops on Mindfulness, Massage and Self-Care.

Through our **Welfare Project** we offer help to people having difficulty in sorting out their benefits and finances. Our part-time Welfare Worker is looking for volunteers to support this service. Many people are in need.



NOW TURN OVER THE PAGE...

We welcome anybody who has or is recovering from mental illness or distress. It's likely that volunteers have personal experience of mental health problems, either for themselves, or in the life of someone they care for. In your volunteering you will be supported and trained.

say 'Yes' to volunteering for us

Give us 3 hours a month at any of our sessions and you will be making a positive contribution to APCMH and also a great impact on the health of the community.

If you are interested in offering help please contact our Project Co-ordinator Millie Reid at St Mildred's Centre, Bingham Rd., Croydon CRO 7EB Tel: 020 8654 4010

Email: admin@croydon-apcmh.co.uk



Croydon APCMH is affiliated to the National APCMH 'Being Alongside' Although it was founded in 1986 by members of the Christian community it has always worked to support people of all faiths and none, regardless of differences of race, culture, faith, social status, and sexuality.