



**Friends  
in need**

Friends in Need is brought to you by Depression Alliance

## Friends in Need

West London: Members Weekly Update  
Monday 25<sup>th</sup> – Friday 29<sup>th</sup> January 2016

Here in West London, Friends in Need is a growing Social Network for anyone affected by depression. We are welcoming, friendly and are here to help each other.



Everyone is invited to join us as we meet together, share experiences and support each other. Joining the **Friends in Need** social network can be an important step towards recovery, friendship and wellbeing. **Friends in Need** is not just for people who have experience of depression, family, and carers can all benefit from joining.

*“... Depression Alliance is such a special group, giving support, inspiration and hope to many of us”.*

The West London Team also now has a messaging service. If you want us to call you please phone **0203 011 0433** leave your name, telephone number and a message and we will get back to you. We meet together on-line and off-line. Being together and helping each other is a positive place to be.



The Depression Alliance Friends in Need social network is based alongside the Take Time To Talk Team which provides free psychological therapies to local residents living in Kensington and Chelsea and the Queens Park Paddington area.

Did you know you can speak to someone privately and confidentially if you are feeling stressed or down and want support? You can also [refer yourself](#) to the Take Time to Talk Team. Find out more information on the [Take Time to Talk website](#)

*“People trying to help each other for no other reason than simply caring.  
A wonderful, safe place to be”*

### HELP GROW THE NETWORK

**Can you offer your help to the Friends in Need network next week?**

Depression Alliance is taking part in the libraries 'New You, Healthier You' events at libraries in West London next Monday, Wednesday and Friday.

The aim is to ensure that people are aware of the network and where they can come if they are feeling depressed, lonely or isolated. It would be incredible to have some of you there to talk to people about your experiences of the network.

If you are interested in helping please contact Christina on: **07908 265 186** or [christina@depressionalliance.org](mailto:christina@depressionalliance.org). For more details on the events see the timetable below.



## THIS WEEK'S HIGHLIGHTS



### Poetry Group – Tuesday 26<sup>th</sup> January | 1:30pm

This week, wonderful "Word Doctor" Rachel Kelly is coming back to catch up with members from her previous DA workshops and watch a movie. For more information **contact: Imogen 07984163775 [imogen@depressionalliance.org](mailto:imogen@depressionalliance.org)**

Rachel's latest book *Walking on Sunshine: 52 Small Steps to Happiness* has reached #3 on the best seller list. Well Done Rachel.



### Side-by-Side Meetup: Metropolitan Bar, Baker St – Monday evening 25<sup>th</sup> January | 7:00pm

Well done to Michael and members of the Side-by-Side project for winning £50 towards their next meet-up. The group is growing so this is a timely prize towards the meet-ups. Good hospitality and friendly people is always a good combination.

If you want to join us contact **Louise** on **07964 401 636** or **Michael** on **07901 257 030**.

As well as an easy and sociable time, as part of the meet-up we are participating in a national evaluation of peer support. We are a regular meetup - on the last Monday of the month at Baker St the Metropolitan Bar.

### Share a Book: Queens Park Library - Tuesday 26th January | 3.30 - 5.00 pm

Following the enjoyment from the DA Poetry Group Workshops with Rachel Kelly, DA members are meeting up and joining the Share a Book group at Queens Park Library. Feedback is really positive - "friendly, relaxed and interesting.."

With free tea or coffee and snack, the group listen to stories, plays and poems read aloud - and then share what they think. There is no need to read a book in advance or pressure to read aloud or join in the discussion.

The details for next week are listed below, and if you'd like to join up with another DA member to go along, let us know and we can put you in touch. [westlondon@depressionalliance.org](mailto:westlondon@depressionalliance.org)



## THIS WEEK'S HIGHLIGHTS cont.

### Royal College of Music concert: Film Orchestra – Tuesday evening 26<sup>th</sup> January | meet at 5:30pm (concert starts at 6pm)

We are very pleased to return to the RCM to hear their film orchestra play in the main hall. This was a very popular and uplifting concert last time, so we are looking forward to it again!

The RCM Students' Film Orchestra this time performs music from the movies including Gone with the Wind and How to Train Your Dragon.



They will also be offering the chance to hear music from the Harry Potter franchise in a performance dedicated to the memory of Alan Rickman.

If you are interested by contact **Stuart** on **07495 579 252** or [stuart@depressionalliance.org](mailto:stuart@depressionalliance.org)

(Please only arrive if you have had your place confirmed with Stuart)



### Sew... Knitty Picky (crochet, knitting, sewing and cross stitch) @ Chelsea Theatre (RED ROOM) – Wednesday 27<sup>th</sup> January | 2:00 – 4:00pm

If you're an expert or a novice knitter, sewer, crocheter, cross stitch crazy or just want to have a crafty chat. This group is a chance for you to learn a new hobby, pick up that unfinished scarf you started years ago or carry on working on your current project in a friendly environment.

If you have them, bring your own supplies and patterns/books so that we can share and be creative together. I'm looking forward to seeing you there and finishing off a project I started a long time ago.....

Please let me know if you are interested by contacting **Yvonne** on **07964 376 928** or at [yvonne@depressionalliance.org](mailto:yvonne@depressionalliance.org)

### Stay Well: 'Anxiety' – St Charles (Group Meeting Room) Wednesday 27<sup>th</sup> January | 2.30 – 4:30pm

This Wednesday come and join a session with the therapists at St Charles on 'Anxiety.'

Anxiety can affect us in a number of ways and can sometimes take us by surprise. This session will provide an introduction to anxiety, how it can affect us mentally and physically and offers the opportunity to try some brief anxiety management techniques. The session will involve a presentation, group discussion and practicing anxiety management skills.








































For more information please contact **Whitney** on **07908 265 183** or at [whitney@depressionalliance.org](mailto:whitney@depressionalliance.org)

**Look out for the Five Ways To Wellbeing:**



## January 2016

| Dates & Times                                  | Meet up  | Location  | Contact                      | 5 Ways to Wellbeing symbol  |
|--|--|---|------------------------------|---|
| <b>Mon 25<sup>th</sup></b><br>10:00am – 5:00pm | 'New You, Healthier You' event                                     | Church Street Library, 67 Church St, London NW8 8EU                         | Christina<br>07908 265 186   |     |
| <b>Mon 25<sup>th</sup></b><br>2:30 – 4:30pm    | Monday Social and Relaxation                                       | St Peter's Church, Kensington Park Road (opposite Stanley Gardens), W11 2PN | Stuart<br>07495 579 252      |          |
| <b>Mon 25<sup>th</sup></b><br>2:30 – 4:30pm    | Side By Side Meetup  | Metropolitan Bar, 7 Station Approach, Marylebone Rd, London NW1 5LD         | Louise<br>07964 401 636      |     |
| <b>Tues 26<sup>th</sup></b><br>10:30 – 12:30pm | Art Group  | Chelsea Theatre, 7 Worlds End Place, SW10 ODR                               | Whitney<br>07908 265 183     |     |
| <b>Tues 26<sup>th</sup></b><br>3:30 – 5:00pm   | Share a Book   | Queens Park Library, 666 Harrow Rd, London W10 4NE                          | QPP Library<br>020 7641 6200 |     |
| <b>Tues 26<sup>th</sup></b><br>5:30 – 7:30pm   | Royal College of Music concert: Film Orchestra                     | Prince Consort Rd, London SW72BS  | Stuart<br>07495 579 252      |     |
| <b>Wed 27<sup>th</sup></b><br>10:00am – 5:00pm | 'New You, Healthier You' event                                     | North Kensington Library, 108 Ladbroke Grove, London W11 1PZ                | Christina<br>07908 265 186   |     |
| <b>Wed 27<sup>th</sup></b><br>11:00 – 1:00pm   | Coffee Meetup: Side by Side  | 63 Kensington High Street (1st Floor Restaurant / Café)                     | Louise<br>07964 401 636      |     |
| <b>Wed 27<sup>th</sup></b><br>2:00 – 4:00pm    | 'Sew... Knitty Picky' (crochet, knitting, sewing and cross-stitch) | Chelsea Theatre, Red Room, 7 Worlds End Place, SW10 ODR                     | Yvonne<br>07964 376 928      |    |
| <b>Wed 27<sup>th</sup></b><br>2:30 – 4:30pm    | Stay Well: Anxiety   | St Charles Centre, Exmoor Street, W10 6DZ                                   | Whitney<br>07908 265 183     |    |
| <b>Wed 27<sup>th</sup></b><br>5:30 – 7:00pm    | Coffee Evening: Whole Foods  | 63 Kensington High Street (1st Floor Restaurant / Café)                     | Stuart<br>07495 579 252      |     |
| <b>Thurs 28<sup>th</sup></b><br>1:30 – 4:00pm  | Jewellery Making   | Chelsea Theatre 7 Worlds End Place, SW10 ODR                                | Whitney<br>07908 265 183     |    |
| <b>Thurs 28<sup>th</sup></b><br>1:00 – 4:00pm  | Big Ben Tour   | Fully Booked  | Stuart<br>07495 579 252      |    |
| <b>Thurs 28<sup>th</sup></b><br>3:00 – 5:00pm  | Book Break   | North Kensington Library, 108 Ladbroke Grove, W11 1PZ                       | Book Break Staff             |     |
| <b>Fri 29<sup>th</sup></b><br>10:00am – 5:00pm | 'New You, Healthier You' event                                     | Hammersmith Library, Shepherds Bush Road W6 7AT                             | Christina<br>07908 265 186   |     |
| <b>Fri 29<sup>th</sup></b><br>3:30 – 5:30 pm   | CANCELLED Creativity   | Queens Park Library   | Imogen<br>07984163775        |     |



## WHAT'S COMING UP

- Hands on Together Support – **Wednesday 3<sup>rd</sup> February | 2pm**
- Royal College of Music: Opera Scenes – **Thursday 4<sup>th</sup> February | 5.30pm**
- Kensington Palace: Visit and lunch – **Wednesday 10<sup>th</sup> February**
- Royal College of Music: Maxim Rysanov (viola & piano) – **Wednesday 10<sup>th</sup> February | 7pm**
- Football Kick About: **February dates TBC**
- Fitness Training: **February dates TBC**

## WE NEED YOUR HELP!

### Hands on Together Meet Ups

Members who have mentioned an interest to be more involved in the network will all be meeting up the afternoons of **Wednesday 3<sup>rd</sup> and 17<sup>th</sup> February**. This will be a great chance to look at where help is needed, the dates we have planned and meet with other members who are already helping out.

Your Friends in Need Team regularly need help at events and Meet ups including;

- greeting new members at meetups
- running stalls at local libraries and community events
- raising money for the groups selling the jewellery and cards made by members
- going out and about with posters and leaflets to local GP surgeries and pharmacies
- writing the members' monthly newsletter

If you can help us to do more we really would like to see you on Wednesday 3<sup>rd</sup> February. Otherwise just call Liz or the team to chat through how you'd like to be more involved.

### Meeting place:

**Where:** Chelsea Theatre, 7 World's End Place,  
King's Road, London, SW10 0DR

**Date:** Wednesday 3<sup>rd</sup> February

**Time** 2pm - 4pm

**Where:** St Charles Wellbeing Centre, Exmoor St,  
W10 6DZ

**Date:** Wednesday 17<sup>th</sup> February

**Time** 2pm - 4pm



Please text or call **Liz 07976 244 589** and **Yvonne 07964 376 928** for more info.

## SOMETHING NEW



### Sky Gardens visit

Sky Gardens is famous enlarged glass dome of 20 Fenchurch Street is dedicated to three storeys of exquisitely landscaped public gardens and London's most exclusive social spaces, including observation decks and an open air terrace.

**We are planning a visit to Sky Garden, but as the tickets go quickly we would like to gather names of members who would like to come along. When we have an idea of the numbers we can organise some dates.**



Please let us know that you are interested by emailing us your name to: [westlondon@depressionalliance.org](mailto:westlondon@depressionalliance.org) or by contacting **Whitney** on: **07908 265 183** and we will be in contact when we plan our next visit.

## BACK TO WORK HELP (only Queen's Park and Paddington residents)

Are you registered with a GP in Queens Park or Paddington and are struggling with your current job and/or employment support service? There are currently **three spaces** for people to receive employment support via [Jobs in Mind](#).

You would be invited to an initial assessment meeting where Jobs in Mind would discuss your work situation, say more about the service and agree in what way they could be of support. Depending on your situation Jobs in Mind would be able to offer:

- one-to-one support in preparing and attending meetings, mediation/advocacy with an employer
- advice around rights
- help exploring reasonable adjustments or looking for alternative employment.

If you are interested please contact us at [westlondon@depressionalliance.org](mailto:westlondon@depressionalliance.org)

## FINDING US AT MEET UP VENUES



### **Members Together - If you're new to the group and want to know:**

**Q)** How do I find you?

**A)** Look out for the bundle of orange wristbands in the centre of the table or on our wrist - it's a nice way to find our friendly meet-ups.

As always we love to hear from members. So, if you would like to share your thoughts and comments with us and the other members please email us at [westlondon@depressionalliance.org](mailto:westlondon@depressionalliance.org)

Each weekly newsletter is so much more interesting with members' contributions.

If you would like to become a member of the West London Network and join us at our events please phone: **020 3011 0433** and leave your name and number or email: [WestLondon@depressionalliance.org](mailto:WestLondon@depressionalliance.org)

We will call you and arrange how to join.

**[www.friendsinneed.co.uk](http://www.friendsinneed.co.uk)**

**Together let's end the loneliness and isolation of  
depression**