



DepressionAlliance

**Friends
in need**

Friends in Need is brought to you by Depression Alliance

Friends in Need

**West London: Members Weekly Update
Monday 2nd – Friday 6th November 2015**

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.

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.

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

THIS WEEK'S FIN HIGHLIGHTS

Free Piano Solo Concert – Monday 2nd November | 1:00 – 2:00pm

Mignonette Aarons will be playing a piano concert on Monday lunchtime. Come along and listen in this magnificent venue before joining us for a coffee, chat, and food, at our Monday Social afterwards at 2:30pm!



- Mendelssohn: 3 Fantasies. Opus 16 1-3 (Prelude And Fugue In E Minor, Opus 35)
- Hans Gal: 3 Small Pieces For Piano - Opus 64 (*Humoresque ~ Melody ~ Scherzino*)
- Kurt Weill: Intermezzo
- Victor Ullman: Variations
- Gideon Klein: Sonata For Piano (*Allegro Con Fuoco ~ Adagio ~ Allegro Vivace*)



Poetry with Rachel Kelly - Tuesday 3rd November | 2:00 – 3:30pm

In these workshops we discuss and share seven or eight poems each week that are designed to help in a journey from the darkness of depression to managing an ordinary but stressful and difficult life, with the help of some of our greatest and most accessible literature.

Please note that we have **TWO spaces available** for this workshop so if you are interested please contact: westlondon@depressionalliance.org and wait to **receive confirmation of a place before attending** in order to avoid disappointment.

THIS WEEK'S FIN HIGHLIGHTS cont.

James Bond Cinema Trip: Spectre – Tuesday 3rd November | 6:30pm



Come and join us for a special trip to the cinema! Following on from our Bond themed concert at the Royal Albert Hall, we are arranging to go and see 'Spectre'.

The film will be shown in special high definition Sony 4K.

We are looking to do a group booking with a third off of the normal ticket price, so we need names of people who want to come. Tickets will cost **£9.79**. So please help us to plan by letting us know if you want to come!

We will also be meeting for a coffee beforehand,

Please contact **Stuart** on **07495 579 252** or stuart@depressionalliance.org

Coffee Evening – Wednesday 4th November | 5:30-7:00 pm

Coffee evening this week will be on **Wednesday** 4th November, and at the usual time of 5:30 – 7:00pm. Come and enjoy a coffee, tea, milkshake, bite to eat, or whatever takes your fancy. We have had some great feedback from our members recently about coffee evening, so come along and join us for a relaxing and friendly chat!



Please contact **Stuart** on **07495 579 252** or stuart@depressionalliance.org



Creativity in Queens Park! – Friday 6th November | 3:00 – 5:00 pm



























This is a brand new session for members living in the Queens Park/Paddington area. Each week we'll be getting crafty and creative. Come and enjoy jewellery-making, card-making and drawing in a lovely space.

Please contact **Imogen** on **07984 163 775** or at imogen@depressionalliance.org for more details or to join this session.

Depression Alliance and Friends in Need Pop-Up Shop @ Barclays Bank – Friday 6th November | 9:00 am – 5:00 pm



On the **6th November 2015** we have to offered a pop up shop within **Barclays Bank**, (High Street Kensington branch) to promote our charity. We will be there all day from **9:00 am – 5:00 pm** and we have a number of lovely members who have offered to help us out during the course of the day. If you would like to get involved or know more, please contact westlondon@depressionalliance.org or if you simply want to pop by to say hello we will see you there.

NOVEMBER 2015	Dates & Times	Meet up	Contact	5 Ways to Wellbeing symbol		
	Mon 2nd 2:30 – 4:30pm	Monday Social and Relaxation	Stuart 07495 579 252			
	Tues 3rd 10:30 – 12:30pm	Art Class	Whitney 07908 265 183 07964 376 928			
	Tues 3rd 14:00 – 15:30pm	Stay Well: Poetry Workshop with Rachel Kelly	Imogen 07984163775			
	Tues 3rd 15:30 – 17:30pm	Book Break	Book Break Staff			
	Tues 3rd	Cinema: 'Spectre' (James Bond)	Stuart 07495 579 252			
	Wed 4th 5:30 – 7:00pm	Coffee Meetup: Whole Foods Market	Stuart 07495 579 252			
	Thurs 5th 1:30 – 4:00pm	Jewellery Making	Whitney 07908 265 183			
	Thurs 5th 3:00 – 5:00pm	Park Walk: Kensington Gardens	Stuart 07495 579 252			
	Thurs 5th 4:00 – 5:45pm	Book Break	Rosie Book Break			
Fri 6th 9:00 – 5:00pm	The Depression Alliance FiN Pop Up Shop	Whitney 07908 265 183				
Fri 6th 3:00 – 5:00pm	Creativity	Imogen 07984163775				

Look out for the Five Ways to Wellbeing:

Connect



Keep learning



Give



Take notice



Stay active



SOMETHING SPECIAL



Houses of Parliament Tour – Thursday 12th November | 2pm

We have arranged a very special group booking tour of the Houses of Parliament! The tour will be led by a guide and will be a chance to see these historical buildings from the inside.

We need to know who wants to come as soon as possible, and places are booked, but we do have a reserve list in case people drop out.

Please contact **Stuart** on **07495 579 252** or stuart@depressionalliance.org



Card-making workshop – Monday 16th November | 2.30pm

Join us for a special afternoon of card-making! This week in Relax and Social we have an artist coming to teach beautiful and simple designs for making cards using dried leaves from the trees and professional paints. Cards will be sold at the St Peters Christmas sale to raise money for the DA groups.

Please contact **Imogen** on **07984 163 775** or at imogen@depressionalliance.org for more details or to join this session.

Portrait drawing skills with charcoal – Tuesday 17th November | 10.30am

Join us for a special workshop led by a professional artist, Helen, who will be teaching some clever drawing techniques using charcoal. Why not give it a go and get inspired?

Please contact **Imogen** on **07984 163 775** or at imogen@depressionalliance.org for more details or to join this session.



WHAT'S COMING IN NOVEMBER

- Poetry Workshop with Rachel Kelly –10th, 17th and 24th November at 2:00pm
- Houses of Parliament Tour – Thursday 12th November | 2pm
- Card – making workshop – Monday 16th November, St Peters Church
- Pub quiz – Monday 16th November | 8pm
- Portrait drawing skills with charcoal Tuesday 17th November, Chelsea Theatre
- Collaborative Group Art Class (with Liz B) Tuesday 10th November, Chelsea Theatre

FIN REFLECTIONS



A lovely park stroll in the cool fresh air to take in the plants, flowers, and wildlife.



What a great turn out for the dinner on Wednesday. With 17 members attending, it was great to see so many of us, (both old and new) gathered together.

Big thanks to **Sally** and **Hafida** for cooking stir fry at the Monday Social!

A great coffee evening followed by a guitar concert at Royal College of Music was enjoyed by all who attended!



HELP US TO HELP YOU

In November we will be asking our members to help us out by answering some questions in a survey designed to give an opportunity for you to give some feedback. We will be looking to offer some kind of incentive as a thank you for your time in filling out a questionnaire!



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.

As always we love to hear your wonderful experiences. So if you would like to share some with us and the other members please email us at westlondon@depressionalliance.org and leave your quote(s) to be featured in an up and coming newsletter.

Thank you



If you would like to become a member of the West London Network and join us at our events please phone: [020 3011 0433](tel:02030110433) and leave your name and number or email: WestLondon@depressionalliance.org

We will call you and arrange how to join.

www.friendsinneed.co.uk

Together let's end the loneliness and isolation of depression