

## How do I contact the Drop-In Activities Service?

If you would like to use this service you can be referred by your GP, Community Mental Health Team or a relevant health professional. If you would like any further information please contact:

**Day Services Manager**  
Thurrock Mind  
160 Bridge Road  
Grays  
Essex  
RM17 6DB

Telephone: 01375 380233  
Fax: 01375 389793  
Email: [dropin@thurrockmind.org.uk](mailto:dropin@thurrockmind.org.uk)

**Thurrock Mind**



Thurrock Mind is an affiliated Local Mind Association and strives to deliver services which meet the quality management in Mind standards



For better mental health

## Thurrock Mind

Services and Contact Numbers

### DAY SERVICES

*Community Bridge Builders*  
*Befriending Volunteers*  
*Drop In Activities*

Tel: 01375 380233  
Email: [dropin@thurrockmind.org.uk](mailto:dropin@thurrockmind.org.uk)

### ADVOCACY SERVICES

*Advocacy*  
*Advocacy For People Over 65*  
*IMCA Independent Mental Capacity Advocate*

Tel: 01375 391411  
Email: [advocacy@thurrockmind.org.uk](mailto:advocacy@thurrockmind.org.uk)

### COUNSELLING & GROUPWORK SERVICE

Tel: 01375 391411  
Email: [counselling@thurrockmind.org.uk](mailto:counselling@thurrockmind.org.uk)

### STEPPING STONES SERVICE

Tel: 01375 389780  
Email: [reception@thurrockmind.org.uk](mailto:reception@thurrockmind.org.uk)

## Thurrock Mind

152 Bridge Road, Grays, Essex RM17 6DB

Tel: 01375 391411

Fax: 01375 389793

[www.thurrockmind.org.uk](http://www.thurrockmind.org.uk)

Registered Charity Number 1106452  
Registered Company Number 5256793

Thurrock Mind is an Affiliated Local Association

## Thurrock Mind

AFFILIATED LOCAL ASSOCIATION



## DAY SERVICES

## DROP-IN ACTIVITIES



For better mental health

# Thurrock Mind

## Drop-In Activities

### Who can use the services?

Anybody who has been diagnosed as having a mental health problem – this can range from depression, stress and anxiety as a result of recent life events, through to longer term severe and enduring mental health problems.

### Drop-In Services

The Drop-In Service is open 7 days a week between 11am - 4pm, providing a range of groups and other activities that enable and support service users to gain the confidence to take their place as valued members of the wider community, thus decreasing social isolation.

Service users are free to call in during opening hours to catch up with friends, meet their Community Bridge Builder or cook a meal with others. It also offers the opportunity to participate in the peer support available.

Service users are encouraged to define the activities delivered and to participate in the running of the Drop-In, although staff are on hand to support and facilitate activities as well as co-ordinate the groups.

The Drop-In provides a comfortable, friendly environment and helps service users overcome isolation and promote their mental well-being.

### The way we work

Our Day Services Model works holistically to promote and encourage social inclusion.

We aim to get people back on the road to recovery by providing the most appropriate support at the right time.

Activities focus on enabling the people who use our services to access mainstream opportunities, encouraging them to become part of the community rather than separate from it.

There are three elements:

- Community Bridge Builders
- Befriending Volunteers
- Drop-In Activities

### Group Activities in the Drop-In

Activities are planned which enable service users to gain in confidence, improve self esteem and develop skills linked to increasing independence, with some group work relating specifically to the Social Inclusion Domains.

We feel this approach establishes and reinforces links with the Community Bridge Building and Befriending Services, providing a holistic model aiming to increase social inclusion for service users.

Group activities often extend out into the community: for example the Art and Photography Groups have worked together within Community Bridge Building and visited art exhibitions as part of the programme of activities.

The programme of activities varies depending on the needs of service users, with some groups developing smaller, spin-off activities.

However, the most popular groups below are regularly available at the Drop-In:

**Art & Photography** – encourages participants to explore and develop their creative side, plan and arrange trips to places of artistic and photographic interest and even present their own work for exhibition.

**Relaxation** – promotes relaxation as a way to improve health and well-being. Sessions include relaxation exercises and group discussion. Outcomes gained can include increased confidence and self-esteem.

**Cooking Certificate** – aims to enable participants to learn the basic skills needed in the kitchen. The group enables them to cook for themselves or friends at home and promotes healthy eating, hygiene and safety.

**Self-Esteem and Confidence** – this group is run in partnership with WEA and aims to encourage participants to gain a positive attitude towards themselves and identify their positive qualities.

**Look Good, Feel Good** – aims to show how a positive personal appearance can lead to positive mental health. A person-centred approach is taken with participants supported to plan their own strategy to achieve their personal goals – this may include finding out about weight loss groups or planning to visit a gym.