



Your guide to daily



5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



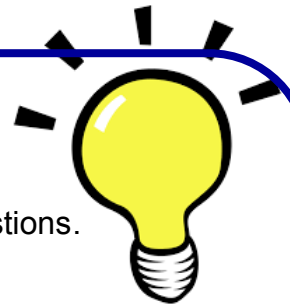
Your time,
your words,
your presence



People need people

Connect...with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Tips



Listen: show genuine interest in others and try asking thoughtful questions. Seek to truly understand the people around you.

Be authentic – not perfect: science shows people prefer those who are honest about both their strengths *and* their insecurities. The quickest way to make people trust you is to be truthful about how you feel.

Forgive: holding a grudge? Try letting it go. Research shows it benefits us to stop clinging on and feeling bad about a situation. Forgiveness could make you feel happier!

Case Study

Monika is a carer for her sister, Anna, who had recently been discharged from Northwick Park Hospital and was feeling socially isolated because she did not know many people in Harrow. Monika found out about an opportunity to meet people from a poster in a coffee shop, the group was called 'Harrow Communities Click' and they put on coffee mornings at a local venue. Monika decided to attend the social group along with Anna. At this session they were able to sign up as members of Harrow Communities Click and find out the full list of activities that were taking place locally as well as connect and chat with other members. Monika was pleased that her sister could start to create local connections.



For more information regarding Harrow Communities Click and other opportunities to meet people, continue reading.



Local & National Opportunities to Connect

Age UK Harrow

Age UK Harrow is an independent charity which exists to serve the interests of all older citizens of Harrow, from all walks of life and ethnic communities. It provides a wide range of services, from information about an extensive breadth of issues of interest to older people, to volunteering opportunities and support for those who are housebound and isolated.

T: 020 8861 7980 | E: enquiries@ageukharrow.org.uk
www.ageuk.org.uk/harrow

Chatty café

A national scheme, called 'Chatter and Natter', aims to create a space for people to talk, even just for a few minutes, to build new friendships over a brew. Local Pinner café, Carpentier and Co., have joined the scheme and will be designating a table during quieter periods on a Tuesday and Thursday afternoon to encourage customers to talk to one another.

www.thechattycafescheme.co.uk

DAWN: Diwa Asian Women's Network

Dawn is a charitable organisation that works for the emotional and social support for communities around Harrow. In a culturally sensitive environment, we provide counselling, seminars and workshops, creative arts clubs and talks for personal development, stimulation and for alleviating loneliness and distress.

T: 0208 427 6796 | E: yakeen_dawn@yahoo.co.uk
www.dawncharitabletrust.com

Eden Project: Communities

Our aim is to improve the happiness and wellbeing of people across the UK by helping to build more resilient and better connected communities. Provides inspiration and ideas to make a positive change where you live.

www.edenprojectcommunities.com

Harrow African-Caribbean Association

The Harrow African-Caribbean Association (HACAS) is a voluntary community organisation formed to bring together the African-Caribbean people who live in Harrow. We aim to promote the well-being and interest of our members; provide them with a meeting place; support individuals including the youth and elderly; take up their concerns with statutory bodies such as Local and Central Government in respect of Health, Education, Employment and Training; provide leisure and cultural activities for members and the wider community.

<http://hacas.org/>



HAD (Harrow Association of Disabled People)

To promote and bring about inclusion and equality for all disabled people in all areas of life. A variety of social groups, peer support and other opportunities are available to access.

T: 020 8861 9920 | E: general@had.org.uk

<https://sites.google.com/view/hadharrow/home>

Social hubs, connected to HAD:

Red Brick Café: Offers high quality, fairly priced fresh food. The food is cooked daily, fresh on the premises. The menu changes every day. Open Monday to Thursday, 9:00am - 4:00pm, Friday, 9:00am - 3:00pm.

Changes Nightclub: An integrated night club for people with learning disabilities and their friends.

The Wealdstone Centre, 38-40 High Street, Wealdstone, HA3 7AE

Harrow Carers

Our overall aim is to improve the wellbeing and resilience of carers from all ages and backgrounds, so that they can continue to provide for their cared-for without compromising their health, inclusion and ability to contribute to society. We are preventative and responsive in meeting carers' needs, and the voice of carers shape our services.

T: 020 8868 5224 | E: admin@harrowcarers.org

www.harrowcarers.org

Harrow Communities Transport

Harrow CT works to provide safe, affordable and accessible transport services to local community and voluntary groups in the London Borough of Harrow and its environs. We arrange regular, low-cost outings.

T: 020 8427 6619

www.harrowct.org.uk

Harrow L.E.A.F.

Our aim is to encourage allotment use and protect open space in the Borough for the benefit of community, well-being, wildlife and bio-diversity. We also list associate member groups with links to information about their events and on-going activities.

Our green Headquarters building can be found on the West Harrow large allotment site, entrance in The Gardens, beside West Harrow tube station, HA1 4HE; the building is at the end of the roadway; parking is available.

T: 0208 907 0188 | E: info@harrowinleaf.org.uk

www.harrowinleaf.org.uk



Harrow Mencap

We run a number of grant funded projects promoting inclusion, participation and community engagement. We support people with learning disabilities, helping them to speak up on issues ranging from welfare reform, health, transport, voting and housing.

T: 020 8869 8484/020 84237382 | E: harrowmencap@harrowmencap.org.uk
www.harrowmencap.org.uk

Harrow Town Centre

There is always something happening in Harrow, with an arts theatre, cinema, clubs and lots of public spaces that hold special events throughout the year. Visit our website to find out all about what is happening in Harrow.

www.harrowtowncentre.co.uk/whats-on/events/1/

Harrow Women's Centre

We offer a safe, welcoming space for women to come together and receive support and information. We provide: information and advice, counselling, complementary therapies, legal advice service, domestic violence outreach, older women's group, and other periodic groups, courses and social events.

Harrow Women's Centre, Andrews Close, Off Bessborough Road, Harrow, HA1 3GE.

T: 020 8422 1100 | E: thehwc@hotmail.com
<http://www.harrowwomenscentre.org/>

Mind in Harrow

Mind in Harrow is affiliated to National Mind. Here in Harrow we support people who experience emotional distress through providing high quality services and campaigning to improve services. We offer a variety of daytime and culturally specific services.

T: 020 8426 0929 | E: info@mindinharrow.org.uk
www.mindinharrow.org.uk

Pinner Village Hall

Pinner Village Hall is centrally located with excellent transport links, ample car parking and disabled access. Serves as a focal point for 32 local groups and regular activities by independent organisations. Please visit the website, or contact us, to find out what's on, either weekly and/or monthly.

T: 020 8429 4320 | E: administration@pinnervillagehall.org.uk
www.pinnervillagehall.org.uk



Local social groups

Beyond Limits social group

Beyond Limits is a social group formed for Harrow's children, young people and Care leavers in care. It provides the opportunity for young people in care to learn new skills, improve their confidence and social skills and to re-establish their relationships with each other. Beyond Limits meets monthly and provides various activities at different locations for the young people. If you are aged between 12 and 21 years old you are welcome to join us.

T: 020 8736 6614

www.harrow.gov.uk

EKTA

The monthly EKTA event runs on the third Friday of each month at 11am at Harrow Baptist Church. It starts off with 15 minutes of light exercise, followed by a vegetarian lunch and then activities. These may include talks and workshops on relevant information by experts in their fields, skill development, wellbeing sessions, entertainment, outings, festival celebrations, etc. The group also arranges one outing per year as well as Diwali/Idd and Christmas parties.

T: 020 8515 7877

<http://www.mindinharrow.org.uk/ekta-south-asian-group.asp#.W17n-9VKjcs>

Harrow Coffee Pot

Harrow Coffee Pot is a social club that organizes events mostly in the Harrow and Ruislip areas, although we have members as far as Ealing, Stanmore and Watford. The club was founded in 1962 and is run, on a non-profit making basis, by a committee elected by the members at the annual AGM. Members range in age from mid-thirties to mid-fifties. There is, however, no fixed age limit. The gender ratio is about 50-50.

E: mad8forit@hotmail.com

<http://coffeepot.pythonanywhere.com/>

Harrow Communities Click

Harrow Communities Click is a Timebank which allows people living in Harrow, who are over the age of 18 years, to help each other whilst gaining time credits. They can exchange services and skills as well as form groups with others who have a shared interest.

T: 020 8426 0929

<https://harrowcommunitiesclick.wordpress.com/>



Harrow Gateway

Harrow Gateway is an independent charity based in North West London providing social events, sports activities, clubs, outings and trips for people with learning disabilities. Membership: yearly subscription of £5. Age 18+.

T: 0208 248 1867 | E: s.heels56@btinternet.com

www.freewebs.com/harrowgateway/index.html

Harrow Humanists

We are a group of people, living mainly in and around Harrow, who share the humanist philosophy. We have monthly evening meetings except for August when we have a social lunch and July when we have a day trip. If you are interested in joining us, and are 18+, please contact us.

E: harrowhumanists@gmail.com

www.harrowhumanists.uk

Lunch Clubs

For a comprehensive list of local lunch clubs, please contact Harrow Mencap and/or Age UK Harrow.

Meetup groups

Meet ups are...neighbours getting together to learn something, do something, share something. Use the website to search for a local meetup near you based on your interests. You could also start your own group. Meetup could help you find the right people to make it happen.

www.meetup.com

National Women's Register (NWR)

NWR has groups across the UK that connect women who are interested in everything and talk about anything! Join us for lively discussions, to share ideas, meet other women and make new friends. Nearest meetings take place in Kenton, Pinner & Ruislip.

T: 01603 406767 | E: office@nwr.org.uk

www.nwr.org.uk

Northwest London Lesbian & Gay Group

We are a social group who welcome all members of the lesbian, gay, bi-sexual and transgendered community. We have been organising a weekly programme of social activities, for old friends and new, for more than 40 years in the aim of creating a friendly environment for any member of the LGBT community to meet and socialise. These activities include quizzes, games nights, bingo, barbecues and many other social events. We also organise presentations, with guest speakers addressing issues that impact the LGBT community.

www.nwlgay.com



Online peer support forums

Big White Wall (BWW)

Big White Wall is an online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it. Currently, BWW is available for free for UK serving personnel, veterans and their families and some UK universities. Alternatively, Harrow residents can register for a 6-month subscription at £9.99/month.

www.bigwhitewall.com

CALM (Campaign Against Living Miserably)

Offering support to men in the UK, of any age, who are down or in crisis via our helpline, webchat and website. We offer an accredited, confidential, anonymous and free support, information and signposting to men anywhere in the UK through our webchat service. Chats are taken by trained staff who are there to listen, support, inform and signpost. And because calls are confidential and anonymous we don't and can't offer a counselling service.

www.thecalmzone.net

Creative Mornings

Creative Mornings is a breakfast lecture series for the creative community. We offer free, monthly events featuring a short talk and breakfast. Our previous talks are available to watch on our website. Although registration and some networking is done online – the event is completely offline.

www.creativemornings.com

Elefriends (National Mind)

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

www.elefriends.org.uk

Gather online

Chat about topics you love with people like you. Join for free. All conversations are monitored so whether you have questions, comments, technical issues, or need to report misbehaviour of others – support is available.

www.gatheronline.com

Men's Health Forum



All men and boys - particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives. Including a men's health online community of general chat around men's health and how to improve it.

www.menshealthforum.org.uk

Men's Sheds Association

They're community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun. Local sheds are in Pinner and Watford.

www.menssheds.org.uk

Mind Peer Support Directory

Peer support is when people use their own experiences to help each other. Support is based on sharing experiences and agreeing a reason for meeting. Peer support can improve your emotional health, wellbeing and sense of belonging. A vital part of peer support is mutual respect; peer support aims to help both those giving and receiving support. Everyone's experiences are treated as equally important, so you might find this gives you a different experience to more traditional support options.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/peer-support-directory/find-peer-support-in-the-south/#londonn>

Mumsnet

Make parents' lives easier by pooling knowledge, advice and support. We try, as far as possible, to let the conversation flow and not to over-moderate. Mumsnet is a site for grown-ups.

www.mumsnet.com

Connecting through faith and spiritual communities

Many faith and spiritual communities have volunteer opportunities and varied schemes to get involved with, like lunch clubs that are taking place all over Harrow. For more information enquire with Age UK and/or Harrow Mencap, they keep up-to-date lists of what is going on. Also, many of these organisations will have a website explaining what activities are available. Alternatively, you could pop-in and express your interest to get involved and enquire what opportunities might be accessible and of interest to you.



Please call Mind in Harrow on 020 8426 0929
for a large print version of this factsheet or a summary translation.

Mind in Harrow's Mental Health Information Service is a part of SWiSH, a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council. www.harrowca.org.uk

This factsheet was produced by
Mind in Harrow

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T: 020 8426 0929 | E: info@mindinharrow.org.uk | W: www.mindinharrow.org.uk
Registered charity number 1067480

Visit our website for our Mental Health Directory
<http://directory.mindinharrow.org.uk/>

Easy to use searches for over 100 Harrow services, including counselling/therapy, specialist NHS services, minority ethnic community organisations, support for carers, benefits & housing and self-help groups. Over 20 Harrow factsheets on topics such as schizophrenia, sleeping problems, self-harm and depression. Also, if you can't find what you are seeking in Harrow, the directory has around 100 National organisations which may be able to help.