

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

Love learning, love life...try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Tips

An enquiring mind: you don't need to be passionate about only one thing. A lot of emphasis is often placed on 'finding your passion'. But sometimes it can be more exciting to remain curious and open to lots of different things.

Setting Goals: research has shown that the practice of setting goals, and then working towards them and reaching them, has been strongly associated with higher levels of wellbeing.

Wonder: What do you want to learn more about?



Case Study

Ramla was experiencing some difficulties at home with family members after her father died. She felt lonely and socially isolated. Ramla felt that her family members were not really listening to how she was coping. She wanted to find new ways of meeting people, to get out of the house and to develop her creative side. Ramla began by visiting her local library to peruse the books and re-ignite her interests. She found out about Learn Harrow, via an information binder in the library, and subsequently found a course that interested her and was within her budget. She now enjoys attending the course every week which keeps her busy, utilises her creative instincts to cope with difficult feelings and creates opportunities for her to meet new people. This has in turn helped Ramla to communicate to her family members how she is feeling what she finds supportive.



For more information regarding Harrow Libraries, Learn Harrow and other opportunities to keep learning, continue reading.



Local & London-wide Opportunities to Keep Learning

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

CNWL Recovery & Wellbeing College

We pride ourselves on being a transformational space. We help to build support systems and strive to remove the stigma associated with mental and physical health. Our range of educational courses, workshops and resources are available to people who use CNWL services, their supporters (friends, family or carers) and CNWL staff.

T: 020 3214 5686 | E: recoverycollege.cnwl@nhs.net
www.cnwl.nhs.uk/recovery-college/

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 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

Digital Eagles (Barclays)

Our Digital Eagles hold Tea and Teach sessions across the UK. They're free, friendly, and a great way to build your confidence with computers and the internet. Each session will give you practical and helpful advice on all your online issues. They're held across the UK – within branches, libraries or local community centres. The nearest Tea and Teach is in Watford.

www.barclays.co.uk/digital-confidence/eagles/

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>

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 classes, training and other learning opportunities are available to access.

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

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

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; provide leisure and cultural activities for members and the wider community.

<http://hacas.org/>

Harrow Association of Somali Voluntary Organisations

Services include advice on housing, social welfare, health, education, training and employment, debt and substance misuse. Also provide outreach and advocacy services.

66 Lower Road, South Harrow, Harrow, HA2 0DH

T: 0208 423 5948 | E: info@hasvo.org

<http://hasvo.org/>

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. Wellbeing courses, workshops and training opportunities are available.

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

www.harrowcarers.org

Harrow Cookery School

Whether you're a beginner, amateur or experienced cook and if you love great food you'll love the hands-on approach to teaching at the Harrow Cookery School. Located at the Civic Centre on station road we have a fully equipped training centre and experienced tutors that will help you master new cooking techniques. We offer a range of classes to suit everyone including fun and entertaining workshops for children. Whether you book a half day, full day or an evening, our chefs will teach and inspire you to create great food using quality ingredients. Competitive pricing.

T: 020 8736 6810 | E: cookery.school@harrow.gov.uk

www.harrowcommercialservices.co.uk/services/catering/harrow-cookery-school



Harrow College

At our Harrow Weald and Harrow on the Hill campuses, we run a host of part time, evening and weekend classes aimed at people wishing to continue personal and professional development. From jewellery making to cake baking, learning a new language to music and dance, you're sure to find a course for you. You are sure to enjoy a short course at Harrow College at any age. For information about concessionary rates please ring us for information and guidance.

T: 020 8909 6000

www.harrow.ac.uk/adult-community-learner.html

Harrow Libraries

It is free to join a Harrow library and borrow books. Upon joining, you will be asked for one proof of identity showing either your address or signature. If you have specified that you have a disability, please bring proof when you collect your card. If you are unable to get to the library, you can borrow books from the housebound library service.

<http://www.harrow.gov.uk/info/200062/harrow-libraries/2121/join-a-harrow-library>

Harrow Mencap

We run a number of grant funded projects promoting inclusion, participation and community engagement. These services provide a range of day opportunities for adults and young people with learning disabilities. Activities include life skills, sports, dance, drama, music, drama, sailing, volunteering, leisure and social activities.

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

www.harrowmencap.org.uk

Harrow Tamil School Association (HTSA)

Harrow Tamil School Association (HTSA) was founded in 1987 and is a non-political, non-profitable secular, cultural, educational and artistic organization for the Tamils and others who are interested in our culture and tradition. A variety of classes are on offer for young people as well as parents.

HTSA, c/o Whitmore High School, Porlock Avenue, Harrow, HA2 0AD

E: committee@htsa.org.uk

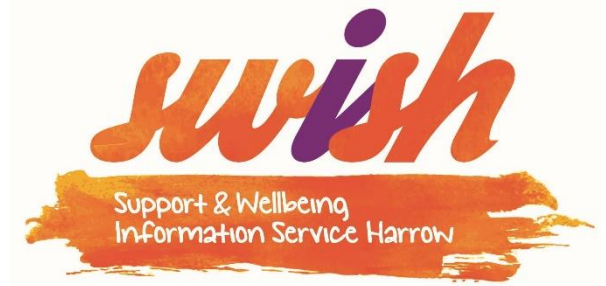
<http://www.htsa.org.uk/index.php>

Harrow - University of the Third Age (U3A)

The U3A is open to all men and women who are no longer in full time employment. The sole mind-set is a desire to learn. The annual membership fee for an individual person is £50. For two people living at the same address it is £90. For those in receipt of Pension Credit, the annual fee is £8.

T: 020 8861 3821

www.harrowu3a.co.uk/



Headstone Manor & Museum

Headstone Manor is a fantastic place to come and discover more about the rich history of the Harrow area. We are a great place to discover the heritage on your doorstep! We have a very popular Schools and Loan Box service as well as programmes for Adults and Families. We are proud to be an organisation that puts learning at the heart of what we do.

Headstone Recreation Ground, Pinner View, Harrow, HA2 6PX

T: 020 8863 6720 | E: info@headstonemanor.org

www.headstonemanor.org

Herts Inclusive Theatre (HIT)

The company runs a number of children's and youth theatre groups, groups for adults and holiday activities. The company also offer workshops for schools, councils and other organisations. Workshops do have a small fee to join.

T: 01923 216 951 | E: admin@hit-theatre.org.uk

www.hit-theatre.org.uk

HOPE Harrow

We ensure easy and affordable access to participate in parenting support that meets diverse needs. Deliver high quality specialised services accessible to individuals and the local community. We aim to stimulate family learning in local communities and to co-operate with other agencies in sharing resources, experience and information to promote good practice in family learning.

T: 020 8863 7319 | E: info@hopeharrow.org.uk

<http://www.hopeharrow.org.uk/index.html>

Learn Harrow

Learn Harrow provides access to a range of courses that you can join on a part-time or full-time basis. Whether you want to learn a new language, learn to surf the Internet or use email, develop your parenting skills, get into music recording or join an art class with your child, it's all here for you. With our learning providers working in partnership, you will find that the course you are interested in is accessible to you, even if you don't want to leave your home. Just contact the course provider when you have found the course you like.

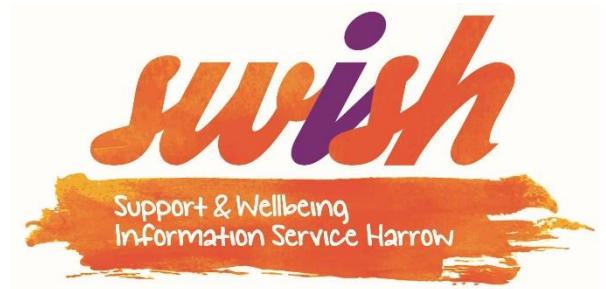
T: 020 8901 2691 | E: learnharrow@harrow.gov.uk

www.learnharrow.co.uk

Minded for Families

Minded is a free learning resource about the mental health of children, young people and older adults.

www.mindedforfamilies.org.uk



Mind in Harrow

The Stepping Stones Project enables service users to move into mainstream courses and leisure activities, giving them greater control over their lives and renewed confidence and independence. It offers a range of opportunities on a termly basis.

T: 020 8426 0929 | E: g.gupta@mindinharrow.org.uk

More Than Just A Choir

Provides musical creativity for people affected by mental ill-health, in a friendly and safe environment. We hold weekly choir rehearsals and organise several public performances each year. This helps members build their confidence, whilst also connecting with the wider community.

T: 07399025823 | E: beinspired@harrowcommunitychoir.org
www.morethanjustachoir.org

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. We also organise presentations, with guest speakers addressing issues that impact the LGBT community.

www.nwlgay.com

Paiwand (Afghan Association)

We help by providing services including community 'saturday school' for children and enrichment and careers support for teenagers who are living in the UK alone. We also provide free English classes for adults.

T: 020 8905 8770 | E: info@paiwand.com
<http://paiwand.com/>

W.E.A. (Worker's Educational Association)

Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities. With the support of nearly 3,000 volunteers, 2,000 tutors and over 10,000 members, we deliver friendly, accessible and enjoyable courses for adults from all walks of life. The Harrow Borough WEA run a variety of courses from History to Art Appreciation.

Enrolment: 0300 303 3464 | E: london@wea.org.uk
www.wea.org.uk/london



Online Learning Resources

Floodlight course directory

Learn what you love and Find the right course to progress your career or just for fun. We have built a comprehensive list of in-class and online courses.

www.floodlight.co.uk

Future Learn

We offer a diverse selection of courses from leading universities and cultural institutions from around the world. These are delivered one step at a time, and are accessible on mobile, tablet and desktop, so you can fit learning around your life.

www.futurelearn.com

Hot Courses – course directory

Whether it is part time pottery, full time photography, or you just want to do something fun this weekend, we've got over 200,000 courses to choose from. You can also expand your career opportunities with a professional qualification.

www.hotcourses.com

T.E.D. Talks (Technology, Entertainment, Design)

TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. We believe passionately in the power of ideas to change attitudes, lives and, ultimately, the world. TED is owned by a non-profit, non-partisan foundation. Our agenda is to make great ideas accessible and spark conversation.

www.ted.com

The Open University (OU)

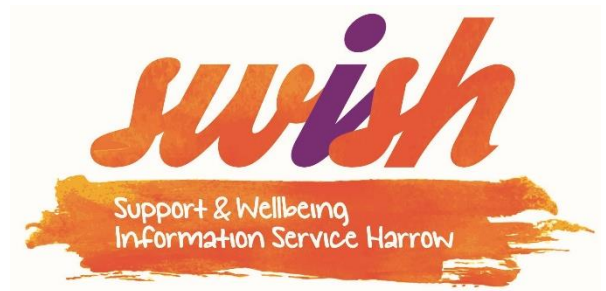
The OU teaches through its own unique method of distance learning, called 'supported open learning'. We are pioneers of flexible learning that is respected by employers. Choose from a range short courses through to master's degrees.

T: 0300 303 5303 (you can also request a free call back via the website)

<http://www.open.ac.uk/>

Keep learning with faith and spiritual communities

Many faith and spiritual communities have varied schemes to get involved with, offering one-off workshops or courses that spread out over a few weeks. 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

Mind in Harrow, First Floor, 132-134 College Road, Harrow, HA1 1BQ
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.