



For better mental health

**Group sessions are £17.20, which may be funded via a direct payment. Non FACS eligible existing service users can access remaining places subject to availability.**

**Funded by:  
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Lloyds TSB**

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**A company limited by guarantee  
registered number 3917830**

**Registered charity number 1079700**

## **Rotherham Mind Resource Centre**

### Mission Statement

**'Rotherham Mind commits itself to promoting good mental health and well being, offering high quality services in a variety of settings'**

**Experts in  
community mental health care  
for over 30 years**

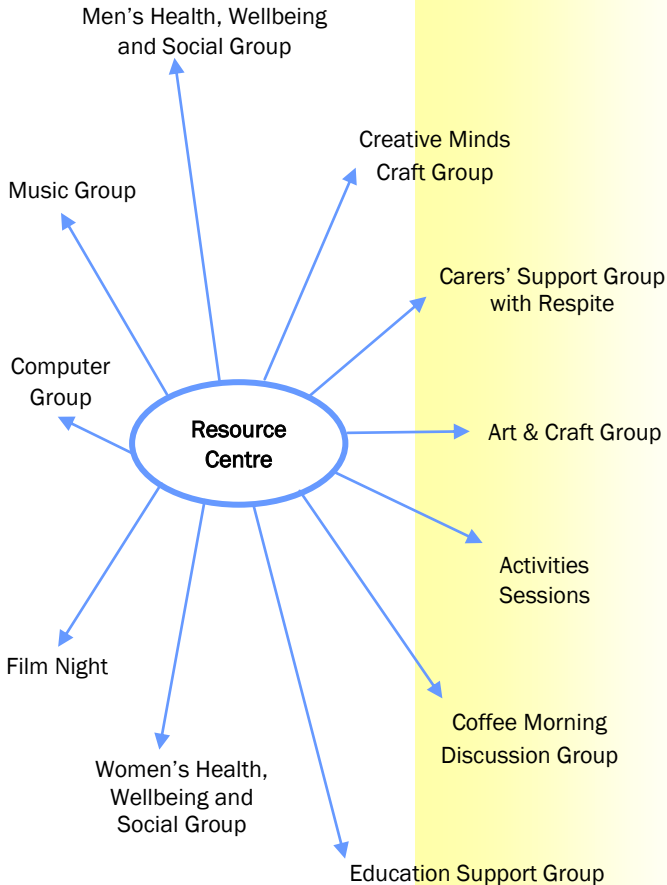
**Rotherham Mind**

**Rotherham Mind**

**Telephone 01709 367648**



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## Rotherham Mind Resource Centre

### Carers' Support Group at Rotherham Arts Centre

**Wednesday 1pm – 3pm**

The Carers' Group aims to support carers of people with mental health issues. The group draws on each others strengths and experiences to give support and advice to each other, with a member of staff facilitating. Respite is available at Amberley Court in conjunction with this group.

### Employment Support Group

**Monday 4:30pm - 7pm**

This group is for individuals who are having difficulties at work due to mental health issues, including anxiety, stress and depression. Free one-to-one support can also be accessed to help:

- Facilitate successful return to work plans.
- Help overcome specific work related issues.
- Mediate and keep lines of communication open between employer and employee.

This group also gives the opportunity to explore options for new employment. Group members will be encouraged to discuss obstacles and barriers, as well as aims, goals and support needs.

### Activities Sessions

**Thursday**

This group will provide support in accessing the wide variety of leisure facilities in the Rotherham area, as well as further afield. Please see the Resource Centre staff for more details.

### Music Group Tuesday 4pm - 7 pm

This fun group provides the opportunity for service users to come together, sing and play instruments. It breaks down isolation and provides the opportunity to socialize in a relaxed atmosphere.

### Film Night Wednesday 4pm - 7pm

This group gives the opportunity to watch a film with other people, and encourages discussion and friendships for people with similar interests, helping to break down isolation. We provide a different film each week, Drama, Thriller or Comedy.

### Health, Wellbeing and Social Groups

**Women's Friday 10am - 12noon**

**Men's Wednesday 10am - 12noon**

These groups aim to promote confidence, self esteem and break down isolation. There will be a mixture of discussion, some activity and information. The programme will be responsive to the groups needs. Previous Women's Groups have included 'pampering', diet advice and eating out. Previous Men's groups have included badminton, shopping and problem sharing.

### Coffee Morning Discussion Group

**Tuesday 10am - 12noon**

The opportunity to discuss a range of issues in a safe environment and the opportunity to develop problem solving and teamwork skills.

### Creative Mind's Craft Group

**Thursday 1pm - 4pm**

A college facilitated group in which practical activities are undertaken helping to develop a sense of achievement and self esteem.

### Computer Group

**Wednesday 1pm – 3pm**

A college facilitated group in which I.T skills are developed helping to promote a sense of achievement and self esteem. These skills will improve access to employment and education.

### Art & Craft Group

**Tuesday 1pm - 3pm**

The group is an opportunity to learn a new way to creatively express thoughts and feelings and to socialize in a calm and supportive environment. The group enables people to learn or pursue a skill or craft, and through this gain confidence and increased self esteem.

### Access Sessions

**Monday and Friday**

**1pm – 4pm**

These informal sessions are the place to come along to discover how Rotherham Mind can care for your mental health and support your recovery, via our structured groups and 1-2-1 support

### 1-2-1 Individual Support

This bespoke 1-2-1 service provides a fully trained mental health support worker to provide individual support designed to meet their specific needs and objectives.

This support is £17.20 per hour which may be funded via a direct payment subject to eligibility. Please see separate leaflet for more information.

Rotherham Mind

*Caring for your mental health  
and supporting your recovery*