

Redcar & Cleveland Mind Day Services in Redcar & East Cleveland

July - September 2010



INVESTOR IN PEOPLE



More information
on our
service user
website:

www.randcmind.org

Redcar Day Service - Tel 01642 296055

Dove House, 5 Turner Street, Redcar

Monday - Friday:

(Please see inside for details of Drop in & Activity times)

Saturday:

Community Activities: 9am - 2pm

Sunday:

Drop in: 12 noon - 5pm

East Cleveland Day Service - Tel 07855 770568

Monday & Tuesday:

Skelton Civic Hall, Coniston Road, Skelton

(Please see inside for details of Drop in & Activity times)

Wednesday, Thursday & Friday:

23a Diamond Street, Saltburn

(Please see inside for details of Drop in & Activity times)

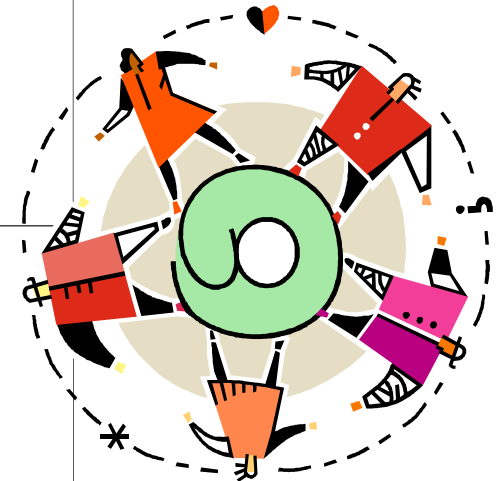
Saturday & Sunday:

Prior Pursglove College, Church Walk, Guisborough

Drop in: 10am - 4pm



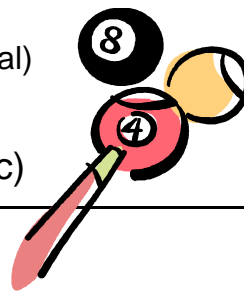
Charity No 1002308



Redcar & Cleveland Mind - for people not labels

Redcar Day Service

Day	Time	Activity/Drop in
Monday	10-12.30	Garden Group - meet at Dove House 10am - (please see below*)
	12.30-4	<u>DROP IN</u>
Tuesday	10-1	Walking Group - meet at Dove House at 10am (please remember suitable footwear/coat)
	1-4	<u>DROP IN</u>
Wednesday	10-11.30	Garden Group - meet at Dove House 10am - (please see below*)
	11.30-4	<u>DROP IN</u>
	2-3.30	Newsletter Group (Joint with East Cleveland)
Thursday	1-3	Gym (Redcar Leisure Centre) - meet at Dove House at 1pm (suitable footwear essential)
	3-6	Mixed Social & Activity Group
	6-9	Community Activities (Pub, Cinema etc)
Friday	10-1	<u>DROP IN</u>
	10-1	Outreach Group
	1-4	Computer Group at R&C college - meet at Dove House 1pm
	1-4	Garden Group - meet at Dove House 1pm - (please see below*)
Saturday	9-2	Community Activities - See posters of where to meet up and please remember your bus pass!
Sunday	12-5	<u>DROP IN</u> Video Club



*Garden Group

We expect the Garden Group to start back at Redcar & Cleveland College in late July - please watch the notice boards for details of exact date and times

Counselling Sessions at Dove House

We have a limited amount of free counselling sessions. Please ring 01642 296055 for more information or to arrange an appointment.

East Cleveland Day Service

	Day	Time	Activity/Drop in
SKELTON Civic Hall	Monday	10-1 10-12.30 1-4	<u>DROP IN</u> Arts & Crafts Walking Group Please ring the day service to find where the walk starts
	Tuesday	10-12.30 12.30-1.30 1.30-4	Writing Group + Information & Support Session Gentle Exercise Activities: Pool, Table tennis, Badminton etc
SALTBURN Outreach Diamond Street	Wednesday	10-1.30 1.30-4 2-3.30	Lunch Club <u>DROP IN</u> Newsletter Group - please see separate poster for venues
	Thursday	12-6 1pm onwards	<u>DROP IN</u> IT
	Friday	10-12.30 10-1 1-4	Women's Group - see separate programme or poster for full details Information & Support Session Art & Craft Group
GUISBOROUGH Prior Pursglove	Saturday	10-4 10.30-12.30 1pm 1.30	<u>DROP IN</u> Holistic Therapy (by appointment) Film Fun or Sing-along Relaxation Session
	Sunday	10-4 1.15 2pm	<u>DROP IN</u> & Group activity Why not try a spot of Wii-hab? Enjoy a light exercise session Quiz + Bingo



Community Meeting Dates for East Cleveland Day Service

Guisborough

Saturday - 24 July: 10.45-11.45

Skelton

Tuesday - 24 August: 1.45-2.45

Guisborough

Saturday - 25 Sep: 10.45-11.45

INFORMATION SERVICE - SMS Text Messaging Service for deaf, hard of hearing and speech impaired people ONLY

Service available Monday to Friday

Text 07855 770568

we will try to respond within 48 hours.

(Please **do not** use this number for any other type of text message)



Contacting Redcar & Cleveland Mind Day Services

Dove House
Monday to Sunday
5 Turner Street
Redcar, TS10 1AY
Tel: 01642 296055
Fax 01642 296053
E-mail: day@randcmind.org

Saltburn Outreach
Wednesday, Thursday & Friday
23a Diamond Street,
Saltburn, TS12 1EB
Tel: 01287 622118 & 07855 770568
Fax: 01287 622118
E-mail: ecday@randcmind.org

Prior Pursglove College
Saturday & Sunday
Church walk
Guisborough
TS14 6BU
Tel: 07855 770568
E-mail: ecday@randcmind.org

Skelton Civic Hall
Monday & Tuesday
Coniston Road, Skelton,
TS12 2EE
Tel: 07855 770568
E-mail: ecday@randcmind.org



All our day service venues are fully wheelchair accessible,
have access to portable induction loops, and we can be contacted by typetalk users.
You can also get further information on www.goodmindguide.org & www.randcmind.org
We can call you back if you contact us by phone.