

Drop-in and Day Centre Timetable

June 2024

Isledon Road

76-80 Isledon Rd
N7 7LB
Tel: 0207 062 9890
Tube: Finsbury Park
Bus: 4, 29, 153, 253, 254,
259

Despard Road

48 Despard Rd
N19 5NW
Tel: 0207 263 3397
Tube: Archway
Bus: 43, 143, 210, 263, 271,
W5

Ashley Road

35 Ashley Rd
N19 3AG
Tel: 0207 272 6936
Train: Crouch Hill
Bus: 41, 91, 210, W7

Day Centre Drop-in Times:

Monday

10:30am-3:30pm - Isledon Road

Tuesday

10:30am-3:30pm - Despard Road

Wednesday

12pm-3:30pm - Isledon Road

Thursday

10:30am-3:30pm - Despard Road

Friday

10:30am-3:30pm - Isledon Road

Crisis Cafe Drop-in Times:

Monday-Friday

5:30pm-9:30pm - Despard Road

Saturday + Sunday

2:30pm-5:30pm - Despard Road

What's in the drop-in?

- Free Tea and Coffee
- Lunch served 1pm-1:45pm
- Art room with materials
- Computer access
- Board + video games
- Groups + activities
- Staff and volunteers to talk to
- Help with practical needs eg making calls, opening letters

The Crisis Cafe also has counsellors available for ad-hoc appointments

Who can come to the drop-in?

Our drop-in is open to anyone who's already **registered with us** - if that's you, feel free to come!

If you're over 18 and live in Islington, and would like to register, please complete a referral form on our website www.islingtonmind.org.uk/refer or call 0207 062 9890

Activity Groups

Jewellery Making: Monday, 11am-12:30pm, Isledon Rd

Mindfulness: Tuesday, 12:30pm, Despard Rd

Creative Writing + Poetry: Thursday, 2pm, Despard Rd

Computer Games Group: Thursday, 2pm, Despard Rd

Film Club: Friday, 1:45pm, Isledon Rd



Art

Art Lesson: Fri 10:30am-12:30pm at Despard Rd

Isledon Art Room: Mon, Thurs, Fri 10:30am-3:30pm;
Weds 12-3:30pm

Despard Art Room: Tues + Thurs 10:30am-3:30pm, Fri
12:30-3:30

Gentle Exercise

Gardening: Monday, 11am-1pm, Isledon Rd

Qi Gong: Tuesday, 10:30am, Isledon Rd

Mindful Walking: Tuesday, 11:30am, Despard Rd

Gentle Exercise: Tuesday, 2:45pm, Isledon Rd



Music

Music Therapy Open Groups: Wednesday, 3:30pm at
Isledon Rd and Thursday, 2pm at Despard Rd

Jam Session: Wednesday, 2pm, Isledon Rd

Drumming: Friday, 1:30pm, Despard Rd

Support Groups

Paranoia + Anxiety: Monday, 2pm, Isledon Rd/Online

Therapy Group: Monday, 6:30pm, Despard Rd

Bereavement Support: Friday, 12pm, Isledon Rd

Hearing Voices: Friday, 2:30pm, Isledon Rd/Online

Living Well Group: Sunday, 4:30pm, Despard Rd



Specialist Groups

Mother to Mother: Monday, 11am-3:30pm, Ashley Rd

Men's Space: Tuesday, 12-3:30, Despard Rd

Young Adult's Group (18-35): Tuesday, 1-3pm, Isledon Rd

Outcome LGBTQIA+ Drop-in: Tuesday, 11am-4pm, Ashley Rd

Outcome Freedom from Fear to Love: Wednesday, 11am-
3pm, Ashley Rd

Women's Drop-In: Thursday, 11:30-3:30, Ashley Rd

