

Drop-in and Day Centre Timetable

October 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
Overground: 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

What's in the drop-in?

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

Crisis Cafe Drop-in Times:

Monday-Friday

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

Saturday + Sunday

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

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, 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
Gardening: Monday, 11am-1pm, Isledon Rd
Mindfulness: Tuesday, 12:30pm, Despard Rd
SLT Creative Writing & Poetry: Thursday, 2pm, Despard Rd
Computer Games Group: Thursday, 2pm, Despard Rd
Film Club: Friday, 1:45pm, Isledon Rd



Art



Volunteer-Led Art Sessions: Weds 2-3:30pm at Isledon Rd and Thurs 10:30am-3:30pm at Despard Rd
Art Lesson with Teacher: Fri 10:30am-12:30pm at Despard Rd
Isledon Art Room open access: Mon, Thurs, Fri 10:30am-3:30pm; Weds 12-3:30pm
Despard Art Room open access: Tues + Thurs 10:30am-3:30pm, Fri 12:30-3:30pm

Gentle Exercise

Qi Gong: Tuesday, 10:30am, Isledon Rd
Mindful Walking: Tuesday, 11:30am, Despard Rd
Gentle Exercise Group: Tuesday, 2:45pm, Isledon Rd
Weekly Boxing: Wednesday, 11am, Islington Boxing Club
Men's Exercise Group: Thursday, 2pm, Isledon Rd
Relaxing Movement + Meditation: Friday, 12pm, Isledon Rd
Monthly Boxing: 26th October, 2-3pm, Islington Boxing Club



Music



Music Therapy Open Group: Wednesday, 3:30pm, Isledon Rd
Jam Session: Wednesday, 2pm, Isledon Rd
Drumming: Friday, 1:30pm, Despard Rd: volunteer led and open to everyone
Guitar and piano lessons available via waiting list, speak to staff

Support Groups

Paranoia + Anxiety: Monday, 2:15pm, Isledon Rd/Online
Men's Support Group: Thursday, 11:30am, Despard Rd/Online
Bereavement Support: Friday, 12pm, Isledon Rd
Hearing Voices: Friday, 2:30pm, Isledon Rd/Online



Specialist Groups



Mother to Mother: Monday, 11am-3:30pm, Ashley Rd
Men's Space: Tuesday, 12-3:30, Despard Rd
Young Adult's Space (18-35): Tuesday, 1-3pm, Isledon Rd + Monday 5:30-9:30pm, Despard Road restarting 4th Nov
Outcome LGBTQIA+ Drop-in: Tuesday, 11am-4pm, Ashley Rd
Outcome FFFTL (LGBTQIA+ Refugees): Wednesday, 11am-3pm, Ashley Rd

Trips

Imperial War Museum Exhibition - War and the Mind: 14th November

Please speak to staff to book a trip