

## Cannock Chase District

**Mid Staffs Mind** Cannock, 28 Manor Avenue, Cannock WS11 1AA, 01543 462907  
You can drop in to Peer Support on weekdays, Weekend by referral only, please see your GP or Care Coordinator

**Richmond Fellowship** Cannock- Avon Community Centre, Cannock, WS11 1LH  
Rugeley- St Pauls Church, Lichfield Street, Rugeley, WS15 2EH

**Richmond Fellowship's services by appointment and referral only. One to ones sessions and additional support outside of these times.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mid Staffs Mind</b>	Peer Support and Music Group 1pm—4pm	Badminton 2pm-4pm, Leisure centre			Peer Support 1pm-4pm	Support (referral only) 10am –2pm	Support (referral only) 10am –2pm
<b>Richmond Fellowship Peer Support, 1 to 1 and Activities</b>	<b>Cannock</b> 11am—2pm <b>Rugeley</b> 10.30am-1.30pm	<b>Cannock</b> 10am—1pm	<b>Cannock</b> 11am—2pm	<b>Rugeley</b> 10.30am-1.30pm	<b>Cannock</b> 11am—2pm		

## Stafford Borough

**Quest** (Referral Only) 2-3 Tipping Street, Stafford, ST16 2LL, 01785 356784 Office open Mon-Fri 10am-4pm

**Mid Staffs Mind** Chartley Centre, 96 Stone Road, Stafford  
You can drop in to Peer Support on weekdays, **Weekend by referral only**, please see your GP or Care Coordinator

**Richmond Fellowship:** Stafford Holmcroft Youth and Community Centre, Stafford, ST16 1NL  
Penkridge Haling Dene Centre, Cannock Road, ST19 9SD

**Richmond Fellowship's services by appointment and referral only. One to ones sessions and additional support outside of these times.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mid Staffs Mind, Chartley Centre</b>		9.30am –12.30pm Drop In Peer Support		1pm -3pm Women's Group	9.30am – 12.30pm Drop In Peer Support	10am—1pm <b>(Referral Only)</b>	10am—1pm <b>(Referral Only)</b>
<b>Richmond Fellowship Peer Support, 1 to 1 and Activities</b>			<b>Stafford</b> , 10am-1pm	<b>Stafford</b> , 10am-1pm  From August: <b>Stone</b> Frank Jordan Hall ST15 8NE 11 am—2 pm	<b>Stafford</b> 1pm—4pm		

## Tamworth Borough

**Albert House**, 21 Albert Road, Tamworth, B79 7JS- 01827 311505

Albert House will be open as normal until after the Day Opportunity Contract is awarded in September 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Albert House</b>	9.30am—5pm <b>Relaxation</b> 1pm –1.30pm	9.30am—5pm <b>Arts &amp; Crafts</b> 2pm-4pm	9.30am—5pm <b>Walking Group</b> 11am <b>Computer Skills</b> 1.30pm-3pm	9.30am—5pm	9.30am—5pm <b>Relaxation</b> 1pm –1.30pm <b>Arts &amp; Crafts</b> 2pm-4pm		



# INFORMATION DIRECTORY

## East Staffordshire Borough

### A Plus Self Help

New Baptist Church, Burton on Trent, DE14 2LE

### Burton and District Mind

Wood Street, Burton on Trent, DE14 3AA, 01283 566696 [info@burtonmind.co.uk](mailto:info@burtonmind.co.uk)

Burton Mind run counselling services from Wood Street by appointment and referral only.

### Changes

Burton on Trent 222 Branston Road, Burton on Trent, DE14 3BT 01283 500805 [burton@changes.org.uk](mailto:burton@changes.org.uk)

Uttoxeter 23 Carter Street, Uttoxeter, ST14 8EY 01889 567 436 [Uttoxeter@changes.org.uk](mailto:Uttoxeter@changes.org.uk)

**All Peer Groups, Recovery sessions and other services by appointment and referral only**

Contact the offices at the above addresses to find out more about how to join.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Burton Groups</b> – No referral necessary	<b>'Craft and Chat'</b> <i>Open to all</i> All Saints Church Branston Rd 1pm - 3pm	<b>A Plus Self Help</b> <i>Open to all</i> Activities and support 11am to 3pm	<b>New Baptist Church</b> <i>Open to all</i> Derby Street, Burton 10 am to 4 pm		<b>All Saints Church</b> <i>Open to all</i> Branston Rd, Burton 11am to 3pm		
<b>Changes—Burton</b> Office Open Mon– Fri 10am-3pm	<b>OFFICE BASED SOCIAL</b> Open to All 10am-12pm  <b>Starting 11 July: Stretton Mutual Support Group</b> Priory Centre, 11am-1pm  <b>Mutual Support Group</b> 18-25years 12.30-2.30pm	<b>Social Work</b> Meet at office for 10am or Stapenhill Bandstand at 10.20am  <b>NOCN Coord's Training</b> Open to All 12.00-2.30pm  <b>Wellness Workshop Office</b> 6pm –9pm  <b>Mutual Support Group</b> Adult 18+ 6.30-8.30pm Winshill Resource Centre Canterbury Rd DE15 0HD	<b>Wellness Programme</b> Open to All 9.30am – 12.30pm  <b>NOCN Coord's Training</b> Open to All 6.30pm –9pm	<b>OFFICE BASED SOCIAL</b> Open to All 1pm-3pm  <b>Mutual Support Group</b> Adult 18+ 6.30-8.30pm	<b>Mutual Support Group</b> Adult / PY 10.00am-12.00pm	<b>Mutual Support Group</b> 10.30am—12.30pm	
<b>Changes—Uttoxeter</b> Office Open Mon– Fri 10am-3pm	<b>Wellness Workshop</b> Open to All 12.00-3.00pm <b>Office based</b>  <b>Mutual Support Group</b> 18-25years 6.30-8.30pm <b>Office based</b>	<b>OFFICE BASED SOCIAL</b> Open to All 10am-12pm  <b>NOCN Coord's Training</b> Open to All 6.30pm - 9pm <b>Office based</b>	<b>Marchington Village Hall</b> <b>Mutual Support Group</b> Adult 18+ 10am-12pm  <b>OFFICE BASED SOCIAL</b> Open to All 1.00-3.00pm  <b>Mutual Support Group</b> Adult 18+ 6.30-8.30pm <b>Office based</b>	<b>NOCN Coord's Training</b> Open to All 9.30am-12.00pm <b>Office based</b>  <b>Wellness Workshop</b> Open to All 6.00-9.00pm <b>Office based</b>	<b>Mutual Support Group</b> Adult/PY 10.00am-12.00pm	<b>Mutual Support Group</b> Adult/PY 10.30am-12.30pm	

## South Staffordshire District

**Mid Staffs Mind**, Wombourne: United Reformed Church, High Street, Wombourne - 01543 462907

**Richmond Fellowship** Wombourne Wombourne Library or Community Fire Station.  
Great Wyrley Grt Wyrley Community Centre, Landywood Lane, WS6 6JX

**Richmond Fellowship's services by appointment and referral only.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mid Staffs Mind</b>			Peer Support 1pm-4pm				
<b>Richmond Fellowship Peer Support</b>	<b>Wombourne</b> Fire Community Room 10am—2pm  <b>Great Wyrley</b> Community Centre 2pm– 4pm		<b>Penkridge Haling Dene Centre</b> 2pm-4pm			<b>Wombourne</b> Hand in Hand 10am—2pm	

## Lichfield District

**Making Space** Lichfield Beacon Park Pavilion, Lichfield, WS13 6QZ— 01543 309778  
Burntwood BMC, Unit 8, Sankey's Corner, Burntwood, WS7 1JR - 01543 674236

**Rethink** Same Venues as above.

Making Space and Rethink will continue as normal until after the Day Opportunity Contract is awarded in September 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LDOC Lichfield</b>	10am –3.30pm	10am –3.30pm	10am –3.30pm	10am –3.30pm	10am –3.30pm	<b>Rethink</b> 10am –3pm	<b>Rethink</b> 10am –3pm
<b>BMC Burntwood</b>	10am— 3pm	10am— 3pm	10am— 3pm	<b>Activities and workshops</b> 1pm-3pm	10am— 3pm	<b>Rethink</b> 10am –3pm	

## Staffordshire County Wide

### Work4You Making Space

Making Space Work4you is a mental health employment service that will support people who are at risk of losing their job because of mental ill health to maintain that role, or for people who are not yet in employment but wish to do so. They will also offer training to employers to raise awareness of mental health issues and reduce the stigma associated with mental ill health in the workplace.

#### Work4You

Staffordshire Business Village, Dyson Way, Stafford. Staffordshire, ST18 0TW

Call **01785 887813** or **07843 268042** for more information.

### Brendan House Short Term Intervention Service *Richmond Fellowship*

Support in a non medical setting for a short period of up to 3 nights, supports that educates and offers help and the opportunity to talk about their issues to service users who are in personal crisis. Access is Referral Only, speak to your GP or mental health professional.

**5 Lockett Court, Cannock, Staffordshire, WS11 5FZ**

**01543 465** [brendan.house@richmondfellowship.org.uk](mailto:brendan.house@richmondfellowship.org.uk)