


via group email and  .

***A free Crossing Culture event!
SALSA!!!!***

An energising and fun dance workshop

THIS FRIDAY 23rd August, 2-4pm, at Cambridge House, 1 Addington Square, SE5 0HF

Come along and learn something new, & bring a friend!

Refreshments provided.

**Kindred Minds fortnightly 'Pop-In' sessions
Thursday 29th August 2013 at
Cambridge House, 1 Addington Square (off Camberwell Rd)**

London SE5 0HF

from 4pm til 6pm

news, discussion, complementary therapy, snacks

this PoP-In will focus on "CARNIVAL"

TalkShop, the men's discussion group

is now a monthly group on Wednesday 21st August 2013

Doors open 6pm

Discussion starts 6.30

at Inspire, The Crypt,
St Peters Church, Liverpool Grove
London SE17 2HH

Facilitated by Garry and Derron

Kindred Women, the BME women's group
safe and supportive new group

a monthly group starting Friday 30th August 2013

Time:12-2pm

at Cambridge House,
1 Addington Square (off Camberwell Rd)
London SE5 0HF

Facilitated by Shirley and Geraldine

Kindred Minds Details:

Our telephone number for all enquiries is:

Office: **020 7358 7029**

Mobile: 07809 701 434

Email: kindredminds@safh.org.uk

**Kindred Minds “Still We Rise”
London-wide Conference
3rd October 2013
10.30am-4pm
Employment Academy
29 Peckham Road, London, SE5 8UA**

Showcasing the work of Kindred Minds, celebrating our strengths and achievements and presenting our model of good practice in engaging BME service users in effective user involvement

Key speakers, Exhibition, Lunch, Performance, Complementary Therapies, Networking

**THE FUTURE OF DAY SERVICES IN SOUTHWARK – BE A VOICE
FOR KINDRED MINDS!**

Kindred Minds would like to hear your views on the future of mental health day opportunities in Southwark to submit a report to Southwark Council Commissioning Manager, Peta Smith.

We will be holding discussions at all our activities so make every effort to come along, have your say, in a safe BME way as we aim to collectively influence the Council's proposals.

Be a voice for Kindred Minds!

OTHER SOUTHWARK BME MENTAL HEALTH GROUPS:

Simba Unity is at The Maroons Building, 1 Bethwin Road, SE5 0SH.
It's situated in the road alongside the BP Petrol Station on Camberwell Road.

Drop-in on Tuesday's from 10am – 2pm.
Free hot drinks only, but you are welcome to bring microwavable food along.

OTHER LOCAL MENTAL HEALTH GROUPS / ACTIVITIES:

Lambeth and Southwark Mind: Women's Forum
for women who experience mental health difficulties
Friday 13th September at Inspire
for further details call 020 7358 7030

Dragon Cafe on Mondays only 11.30 – 20.30
in the crypt of St George the Martyr Church SE1 1JA
for more info call Sarah on 07557 365 959
or checkout www.dragoncafe.co.uk

How to improve your Self-Confidence
free workshops for people who live in Southwark
September 2013
call Seon on 020 3228 3748
email wellbeing.workshops@kcl.ac.uk

Cooltan Arts

New building
Third floor, 224-236 Walworth Rd SE17 1JE

Feel better with a book

is a new weekly group to share reading
at Canada Water Library
21 Surrey Quays Road SE16 7AR
every Wednesday 11am to 1pm
phone 020 7525 2515 or
email rosietrustram@thereader.org.uk

USEFUL INFORMATION:

Samaritans Talk to us

If there's something troubling you, then get in touch.
Talk to us any time you like, in your own way, and off
the record – about whatever's getting to you. You
don't have to suffer alone.

If you have any concerns about our service before
you try it, we want to reassure you about them. Hear
from some of our callers how we helped them.

CALL US: 08457 90 90 90*

We're here 24 hours a day, 365 days a year.

*call charges apply

EMAIL US: jo@samaritans.org

VISIT US: Find your local Samaritans branch.

WRITE TO US: Freepost RSRB-KKBY-CYJK, Chris,
PO Box 90 90, Stirling, FK8 2SA

PALS

Patient Advice & Liason Service
provides support, advice, help and information on
health care services.

If you have a concern or just need advice please
contact 0800 58 77 170

Legal Advice Clinic

is a free public drop-in advice service
London South Bank University

Wednesday 10am to 12 noon

3pm to 5pm

Thursday 2pm to 4pm

VOLUNTEERING OPPORTUNITIES:

MSAADA - BME Volunteering project in Southwark, SLaM-run.

Please contact Joseph.Kiguwa@slam.nhs.uk of phone 020 3228 5945 for details of this opportunity.

“Still We Rise” by Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.