

## Harrow Rethink Support Group {established 1983}.

### Who are we?

We are volunteer carers, people who use mental health services & others who are affected by mental illness. We give time to offer advice, help, mutual support & access to all kinds of information to help everyone affected by mental illness. We seek to influence local mental health policies on local committees & attend meetings to **help improve mental health services.**

Email: [harrowsupportgroup@rethink.org](mailto:harrowsupportgroup@rethink.org)

### What are we providing during the pandemic as at December 2021.

**An occasional newsletter** is distributed electronically and by post.

**The monthly support meeting** keeps in touch via telephone & email and meets when guidelines allow.

**Telephone:** Jennifer 07766 331 604 and Ann 07760 127 693.

**More Than Just A Choir** {aka Harrow Community Choir}, winner of Lemos & Crane Rise Awards 2011 *for excellence in improving the quality of life & wellbeing of mental health service users receiving support in the community*, sings via Zoom on **Monday, Wednesday and Saturday & keeps in touch via WhatsApp.** Telephone: David 07399 025 823.

Email: [mtjchoir@gmail.com](mailto:mtjchoir@gmail.com)

**Munch & Mingle**, lunch and chat, meets monthly in the Moon and Sixpence, Hatch End, with restricted numbers. Telephone: Patricia 07914 373 934.

Email: [patriciaggates@gmail.com](mailto:patriciaggates@gmail.com)

**Out & About** meets monthly to go out & about in & nearby to Harrow.

Telephone: Jennifer 07766 331 604

**Sunday Music Group - Don't Fret**, beginners/intermediate guitar group, & **UkeCan**, beginners/intermediate ukulele group, meets via Zoom on **Sundays** from 2 to 4pm. Telephone: 07914 373 934.

Email: [patriciaggates@gmail.com](mailto:patriciaggates@gmail.com)

**Support Group for carers of people with BPD/EUPD {Borderline Personality Disorder/Emotionally Unstable Personality Disorder}** meets on 2<sup>nd</sup> and 4<sup>th</sup> Monday evening via Zoom.

Email: [bpdbooking@yahoo.co.uk](mailto:bpdbooking@yahoo.co.uk)

**Harrow Rethink Support Group is a registered group of the national mental health charity, Rethink Mental Illness.  
Registered Charity Number: 271028**