****

**Wakefield Mental Health Community Support Service**

Richmond Fellowship is a national charity with over 50 years’ experience supporting people with a variety of mental health issues.

We hold regular drop in sessions at locations around the Wakefield district to provide support, advice and guidance to anyone with experience of mental health problems. Just turn up and see a member of our friendly staff at any of the venues and times listed below.

|  |  |  |
| --- | --- | --- |
| **Tuesday Morning** | **Queens Mill,****Castleford** | **10.00am - 12.00 noon** |
| **Tuesday Afternoon –** **Pontefract** | **Pontefract Library, Pontefract** | **1.00pm - 3.00pm** |
| **Wednesday** | **Salvation Army** **Wakefield** | **3.30pm - 7.00pm** |
| **Thursday** | **St Catherine’s** **Wakefield** | **3.30pm - 7.00pm** |
| **Friday – Young Person’s** | **The Gaslight, Lower Warrengate, Wakefield** | **1.00pm – 3.00pm** |
| **Saturday – Pontefract** | **Pontefract Library, Pontefract** | **9.30am - 12.00pm** |
| **Saturday – Wakefield** | **The Gaslight, Lower Warrengate, Wakefield** | **1.00pm - 3.00pm** |

(These are correct at time of printing 31/05/16, please contact office for confirmation)

Other elements of our Wakefield Mental Health Community Support Service are:

**12-week Structured Support Programme** aimed at helping individuals on a tailored one-to-one basis and through group activities;

Wealsorun a variety of **Peer Support** activities and groups including; walking for health, a weekly gardening group, arts & crafts, music and sports groups. We work with partners to deliver a range of peer based courses from our offices at the Gaslight. For more information, please call:

***01924 339157 Drop-In/ 12 week Programme Team (Sophie, Bridy, Paula, Martin)***

***01924 339157 Peer Support Coordinator (Caroline)***