

The support that I have been given by Dudley Mind has helped me gain the skills I needed to live independently for the first time. Dudley Mind has also supported me in achieving a basic food hygiene certificate which helped me get a job in catering.-

Darren Brown

*I find the activities that Dudley Mind offers me take my mind off my worries and stop me feeling lonely.-
name withheld*

I gain a lot of support from Dudley Mind staff and other service users. I feel lonely and Dudley Mind helps me feel safe and supported.-

John Chapman

Dudley Mind is committed to promoting equality and diversity and welcomes applications from all sections of the community regardless of ethnic background., gender, religion, disability, or sexual orientation.

...making a
difference in
people's lives



For further information or to apply for this service, please ring the number below or visit our website.

Head Office

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E-mail: enquiries@dudleymind.org.uk

**Working in partnership with
Dudley MBC and Dudley PCT**



Dudley Mind Day Services & Group Work



**For better mental
health**

Regd. Charity No. 1002257
Incorporated under the 1985
Companies Act No. 2533622

The Day Services



Dudley Mind's day services are based at Dove House which is on the Bushey Fields hospital site.

This is a day centre providing drop-in and group activities 5 days per week (Tuesday to Saturday). These include;

- literacy and numeracy classes
- healthy eating sessions
- access to computers
- exercise sessions
- relaxation sessions
- allotment gardening
- music sessions

Above all these take place in a supportive atmosphere where there are opportunities to make friends, and staff who can spend a bit of time helping with practical problems such as building confidence or returning to work, or who can just offering a listening ear.

Opening Times

Mon	Closed
Tues	10.00am to 5.00pm
Wed	11.30am to 7.30pm
Thurs	11.30am to 7.30pm
Fri	11.30am to 7.30pm
Sat	10.00am to 2.00pm
Sun	Closed



We are also developing a range of group activities in various locations around the borough.

We intend these to include groups that focus on particular mental health issues as well as groups that are about having fun. The programme of groups will vary regularly. Contact the number overleaf for details of current groups.



If you are recovering from a mental health problem and you want to go out to meet people and start rebuilding a social life where people understand how you feel, then get in touch. Equally if you are suffering from feelings of isolation and are unhappy with your thoughts let us know and we will try and help.