

# Mother-To-Mother Carers Support Project



## A service for mothers who are carers of offspring with mental health problems

This service is provided weekly at Islington Mind's Ashley Road day centre, 35 Ashley Road, London N19 3AG, on **Mondays 11am-3pm. and offers:**

- Peer support groups
- Activities to improve well-being and learn new skills
- Therapy in 1-to-1 and group settings
- 1-to-1 help with issues related to the cared-for as well as other issues such as accessing welfare benefits, housing solutions, employment support, information and referrals to community resources etc.
- Companion support to key appointment (e.g. GP appointments, CAMHS Appointments, SEN annual reviews, court hearings etc.)
- A communal meal, facilitated by users and/or volunteers
- Training/workshops on issues such as mental health diagnosis/medications etc.
- Outing and trips

Contact 020 3301 9850 or [ossi.ron@islingtonmind.org.uk](mailto:ossi.ron@islingtonmind.org.uk) for details