



**Still
Building
Bridges**

Social and Support group in Richmond Borough



www.stillbuildingbridges.org.uk

STILL BUILDING BRIDGES

We are a support and social group solely for people with mental health issues and their family and friends. We are particularly there for people who can not easily access the support they need during the week.

Still Building Bridges is a voluntary support group for residents of the London Borough of Richmond upon Thames. Our aim is to promote friendship and social inclusion among people with long term mental health conditions who are otherwise not provided for through social activities. We were founded in 2003 and we are still going strong and have helped a lot of people.



WHAT WE DO

1. Welcome to our coffee clubs! We meet across the London Borough of Richmond every Saturday. To find out about our next meeting contact us via our website www.stillbuildingbridges.org.uk. We'd love you to join us!

2. Meals - we have one restaurant meal every month in Richmond.

3. Outings and walks.



Membership is just £15 a year and you can then come along to as many of our events as you like!

TOP TEN TIPS FOR WELLBEING

1. Don't give up hope and try to keep doing things you enjoy
2. Keep a structure or routine that works for you
3. Talk and share how you are feeling
4. Try to stick to a balanced diet
5. Keep a healthy active lifestyle
6. Lean on your social network
7. Develop a good relationship with your Doctor or GP
8. Don't be afraid to ask for help
9. Don't give up help and be creative
10. Ring a friend and never forget you can always ring the Samaritans on 116 123



Pets, friends, & the outdoors are all great for wellbeing!

www.stillbuildingbridges.org.uk
for community building in Richmond for
people with mental health issues and their
families



“ I’ve been a member on and off for 15 years. I have found the group is very much a help to me. I get a lot of support from the members and we have one to one conversations where I feel I can talk in a relaxed way about things that concern me. Over the years it has made the difference between me feeling well or otherwise - a great support group. ”



Members in Richmond