

The Lotus Centre

The Lotus Centre is run by Mind and is open every Monday to Friday from 12.00—4.00 p.m. The Centre is open to anyone with mental health difficulties.

Along with many activities at the Centre, we also have a counselling service on the premises—Anchor Counselling—which can be accessed by all that are members of the Lotus Centre.

We also have an advocacy service which provides information on a range of issues and supports people with mental health issues to access services, exercise choice and assert their rights.

If you would like more information, please contact:

Andy (The Centre Manager)
on **0208 571 7454**

The Lotus Centre is supported
by funding from

Ealing 
Primary Care Trust

THE PROGRAMME

Mon	Gardening Computing Job Search	L	Discussion Hour
Tue	Keep Fit Exercises Basic Computing Job Search	U	Meditation Board Games (Educational)
Wed	Relaxation Healthy Eating	N	Art & Craft Sewing Lessons
Thur	Life Skills Walking Exercises	C	DIY (Practical Training)
Fri	Relaxation Exercises	H	Group Activities Scrabble Tournament Discussion Hour
Southall Norwood Drop-In 2.00 – 4.00 p.m.			
Lunch: Main Meal £2.00; Dessert 50p.			

One-to-one Support and Social Interaction

There are also optional activities such as:
Opportunities for IT Training
Attendance in Employment Assistance
Power Walking
Healthy Living Sessions

Mind in Ealing and Hounslow
Head Office
First Floor, The Priory Community Centre
Acton Lane,
Acton, London W3 8NP
Tel: 0208 992 0303
Fax: 0208 993 8151



For better
mental health

**Mind in Ealing &
Hounslow Ltd**

Charity No: 299556
Company No: 2307854

**THE
LOTUS
CENTRE**

Helping People to
Fulfill Their
Potential

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Southall
Middlesex UB2 5AX

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The Lotus Centre

Mission Statement

Our mission is to make it possible for people who experience mental distress to live full lives and play their full part in society.

User Involvement

The Lotus Centre is a user-led activity centre where the whole community of staff, service users and volunteers determine what is done and how it is done.

Purposeful Activities

We provide opportunities for all who attend to engage in beneficial activities and to make new acquaintances and develop life and social skills.

Social Inclusion

We believe in working in such a way as to empower members to live more independently and to be more able to use resources in the wider community.

Support

All members support each other at the Lotus. We provide one-to-one support and refer to other professional services as necessary.

The Programme

Diversity & Equal Opportunities

Lotus is a multi-cultural community and works with people from all backgrounds.

Healthy Living

We provide activities for working towards improved mental, emotional and physical health for all by offering a range of physical activities that help increase fitness, such as walking. There are also activities for relaxation and reducing anxiety levels such as meditation and yoga. We also provide cheap, healthy food cooked on site.

Other Activities

There is opportunity for learning new skills such as computer literacy, sewing and gardening and week-long or day trips to places of interest or events across London.

Improving our Services

We are committed to constantly finding ways of improving the range and quality of the services we offer to our clients. We do this through paying attention to views, suggestions and complaints of all our clients. We therefore welcome your views on any aspects of our service to enable us to continue to offer high quality services in future.

Joining the Lotus

Who can Join the Lotus?

Any adult living within the Borough of Ealing who has a mental health problem can join the Lotus.

How does one join?

You may phone on the number at the back of this leaflet and arrange to come for a first visit. You will complete a form and be introduced to other members.

How much Does It Cost?

Joining costs nothing and all activities are completely free of charge. Members pay for their meals and may also pay for day trips and other external activities.

Making A Complaint

We take care to ensure that our service delivery is fair and appropriate to clients' needs and circumstances. However, should you feel the need to complain about any aspect of our service, you can do so in the first instance to: The Operations and Finance Manager at our Head Office address at the front of this leaflet.