

# Kidstime

"The supported children who I've met through 'Kidstime Workshop' have not questioned their parents love and concern and have been fiercely protective of them...but being part of a project focusing on their children's needs I know has actually made me feel better" (mother who had suffered repeated bipolar episodes)

"This is probably the only outlet for them to be what the project is named after, kids" (grandparent)

What I liked about KTW was?

"Everyone was listening to each other" (young person)

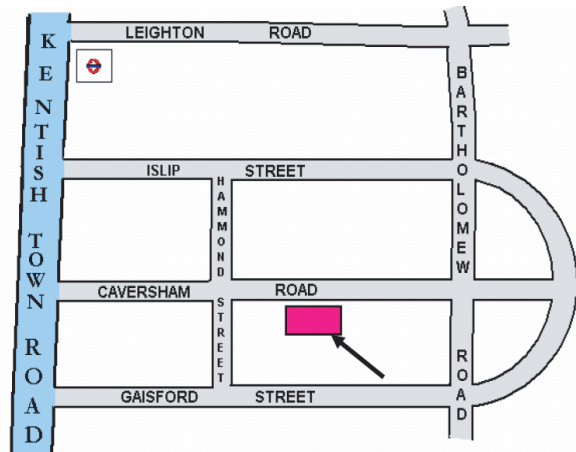
## Address:

Vadnie Bish House  
33-43 Caversham Road  
London NW5 2DR

## Nearest Train:

Kentish Town Tube  
Kentish Town Train

**Bus:** C2, 134, 214.



Camden MALT

Camden and Islington   
NHS Foundation Trust

Do you find it difficult to talk about mental ill health in your family?

# KIDSTIME

is a workshop for children and parents affected by parental mental illness

## Kidstime

### Who is the workshop for?

Parents, children (of any age providing reasonable verbal skills) and young people who are affected by mental health issues in their family.

### What we offer is...

- A safe space for families to talk openly about mental illness.
- The opportunity to learn about mental health from professionals.
- Discussion groups for parents.
- Drama/Artwork/Games for children and young people.
- Refreshments
- Help getting there

### Our aim is to...

- Reduce feelings of isolation.
- Increase confidence by providing a safe environment.
- Provide information and share experiences.
- Answer questions and explore myths about mental ill health.

### What we promise...

We aim to be a confidential service and we will ask you and your child who you're happy for us to talk to.

However, we believe that the needs of the child are most important so, if we have any concerns about your child, we cannot ensure 100% confidentiality.

One more thing, you may bring a trusted professional to help you access the group.

For more information please contact:

Tanya on 020 7272 6933  
(for families in Islington)

or

Sabbi on 020 7974 3165  
Alan on 07966-373256  
(for families in Camden)

Kidstime Workshop takes place on  
the first Monday of every month  
from 17:00 to 19:30

Kidstime is run as a partnership  
between  
Camden and Islington  
NHS Foundation Trust,  
Camden MALT  
and  
Family Action  
the UK's leading family charity.



