

## REGULAR PAYMENT FORM

If you would like to **MAKE A REGULAR DONATION** to the Community Meeting Point Harpenden charity you can complete the following Standing Order form. Once completed please either hand into your bank or send to at the address opposite.

I would like to set up a new Standing Order to pay Community Meeting Point Harpenden Registered Charity, tick here ☐

### YOUR ACCOUNT DETAILS

Account Name: \_\_\_\_\_

Sort Code: \_\_\_\_\_

Account Number: \_\_\_\_\_

### BENEFICIARY ACCOUNT DETAILS -BARCLAYS BANK-

Account Name: Community Meeting Point Harpenden

Sort Code: 20-74-09

Account Number: 10285854

Reference:

### PAYMENT DETAILS

Amount of first payment: \_\_\_\_\_

Amount of usual payment: £1.00 ☐ £5.00 ☐ £10.00 ☐

Date of first payment: \_\_\_\_\_

Date of usual payment: \_\_\_\_\_

Frequency of payment: MONTHLY

Date of last payment: \_\_\_\_\_

or tick here to please continue until further notice ☐

Customer signature: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please Return to: CMPH, Marlborough House,  
6a High Street, Wheathampstead, Herts. AL4 8AA  
or Barclays Bank, High Street, Harpenden

WWW.CMPH.ORG.UK

## HOW TO FIND US



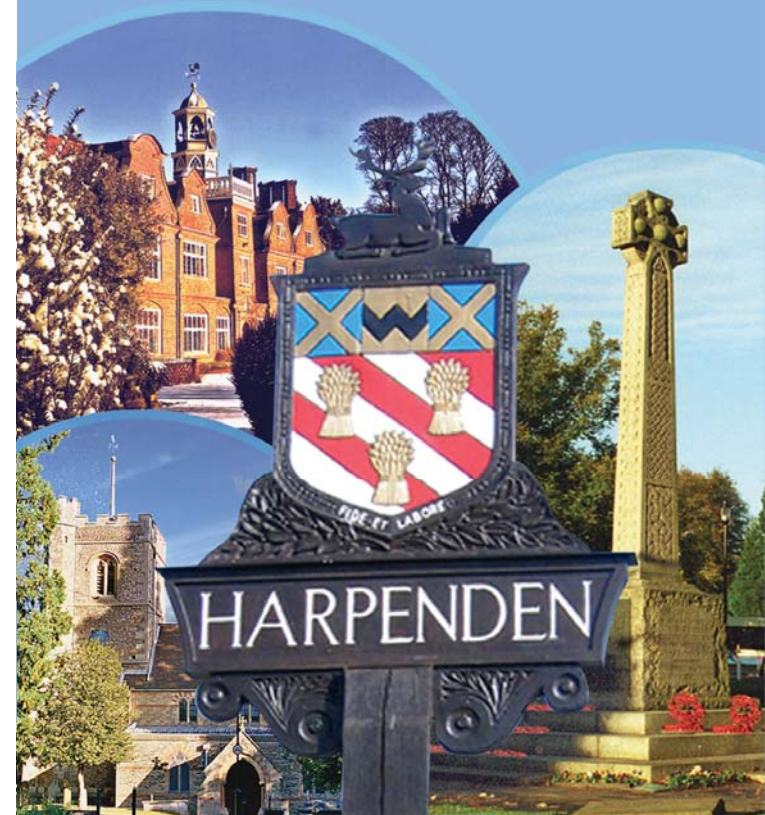
If you would like to **Join 'Friends of CMP'** by becoming a subscribing member at a minimum of £10 a year or simply **make a donation**

Registered Charity No 1080258 President Esther Rantzen OBE



**COMMUNITY MEETING POINT HARPENDEN**

*An award winning local charity*



## 1. HOW WE STARTED

This project was started in Harpenden on the initiative of two local couples. Both have sons with long-term mental health problems. Because of their illness, they were experiencing increasing social isolation. In addition, being unemployed, they lacked motivation and structure in their daily lives.

The Health Service did not have either adequate means or staff to provide sufficient facilities and support for 'Care in the Community' in response to the diverse and individual needs of the many sufferers discharged from hospital back into the community.



## 2. OUR OBJECTIVES

**To enable, support and promote recovery for people who are experiencing mental health problems. To provide facilities for recreation and leisure-time occupations, with the object of improving their quality of life.**

**To provide for those people workshop facilities and training in business skills within a structured day.**

The Centre is run by professional staff with the help of volunteers, and managed by staff and representatives from the voluntary sector, Health and Social Services.

## OUR STORY

In 1991 CMP, recognised as a registered charity, and serving an area which covers St. Albans, Harpenden and surrounding villages, opened a **Therapeutic Day Centre** two days a week for people experiencing mental ill-health between the ages of 18 and 65 years.

Our work has now expanded. The centre, through its activities, offers its user-members stimulation, motivation and structure **five days a week, as follows:-**

## OUR ACTIVITIES

### MONDAYS, TUESDAYS & THURSDAYS TRAINING AND BUSINESS CENTRE

mornings & afternoons (by referral)  
with opportunities for half-day  
or full-day attendance.

Working as a team, members assemble and package a variety of goods for commercial companies, developing concentration and dexterity. Individual training in office skills, using some of the latest business technology, is also offered.

### WEDNESDAYS & FRIDAYS THERAPEUTIC CENTRE

all day (by referral)

Activities are aimed to increase members' daily living skills, offer the enjoyment of taking up new hobbies and meeting with other people. Members help to prepare a two course meal for everyone attending the centre (a small group having first gone into town to select and buy the ingredients from a local food store). There are also opportunities to go swimming, on walks, outings and other activities outside the centre, when the season and weather permits.

We at CMP welcome any offers of help towards keeping the project going. This can take the form of cash donation or offers of time and practical help, and will be much appreciated.

WITH YOUR ENCOURAGEMENT, HELP AND SUPPORT,  
WE HOPE OUR FUTURE MAY BE ASSURED.