

Activity Programme – June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	Portugal Prints – CAMDEN Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm or 3.30pm – 5.30pm 4.00pm – 6.15pm (Personal budget or self-funding)	In order to attend Portugal Prints you will need to REGISTER . To register please call 0207 267 7809
	Boxercise (WM) 11.00pm – 1.00pm F	Get Fit, Stay Active (WM) 11.00am-12.00pm F Yoga (WM) 12.00-1.00pm F	The Fig Tree Gardening Club 11.00am-2.00pm F	Music in Mind (WM) 12.00pm – 2.00pm F	
Music in Mind Workshop (WM) 2.00pm – 4.00pm F 25th April – 13th June	Music in Mind Workshop (Wandsworth) 12.00pm – 2.00pm F		Green Minds (3 rd Thursday of the month) 2.00 – 4.00pm F	Mindfulness and Mindful Walking 2.00pm – 4.00pm (contact Tom to attend) tacres@bwwmind.org.uk 07710092811	
					In order to attend any of the activities you will need to REGISTER . To register please email community@bwwmind.org or call 07974 679737
Talking Therapies and Wellbeing Service <ul style="list-style-type: none"> - Managing Stress and Worry - Improving mood - Learning to cope with loss - Connecting with services and support in the community <p>To refer please email talkingtherapies@bwwmind.org.uk Or call 0207 259 8134</p> <p>For more information please visit: http://www.bwwmind.org.uk/talking-therapies-and-wellbeing-services.asp</p>		Housing Services <ul style="list-style-type: none"> - Discovering your strengths, skills and interests - Managing your tenancy - Connecting and contributing to your community - Developing and moving onto independence <p>To find out more, please email: housing@bwwmind.org.uk Or call 0207 259 8117</p> <p>For more information please visit: http://www.bwwmind.org.uk/supported-housing.asp</p>		Community Programmes <ul style="list-style-type: none"> - Portugal Prints creative art workshops (personal budget or self funding) - BEST (Building Employment, Skills and Training) - Community Befriending (personal budget or self funding) - Service User involvement - Community Mental Health and Wellbeing Training <p>For more information please email: community@bwwmind.org.uk Or call 07974 679737</p>	