

Activity Programme

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Portugal Prints (Camden) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>Portugal Prints (Camden) 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>Portugal Prints (Camden) 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>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)</p>
<p>Digital Smartphone Photography Classes (@ 23 Monck Street) 09.30-11.30am <u>Monday 23rd & 30th</u> <u>January Only (Free)</u></p>	<p>Boxercise (@ 23 Monck Street) 11.00pm – 12.00pm (Free)</p>	<p>Get Active (@ 23 Monck Street) 11.00pm – 12.00pm (Free)</p> <p>Yoga (@ 23 Monck Street) 12.00pm – 13.00pm (Free)</p>	<p>The Fig Tree Gardening Club (@ Beethoven Garden) 11.00am-2.00pm (Free)</p>	<p>Music in Mind (@ 23 Monck Street) 12.00pm – 2.00pm (Free)</p>
<p>Music in Mind Workshop (@ 23 Monck Street) 2.00pm – 4.00pm (Free)</p>	<p>Sports @ Lords (@ Lords Cricket Ground) 1.00-3.00pm (Free)</p>	<p>Building Employment Skills & Training workshop (@ 23 Monck Street) 2.00pm - 4.00pm (Free)</p>		

Contact us to register interest.

community@bwwmind.org.uk or call 020 7259 8122

PSYCHOLOGICAL THERAPIES

- **Managing Stress and Worry.**
- **Improving mood.**
- **Learning to cope with loss.**
- **Connecting with services and support in the community.**

Contact:
talkingtherapies@bwwmind.org.uk
0207 259 8134
[Find out more.](#)

HOUSING SERVICES

- **Discovering your strengths, skills and interests.**
- **Managing your tenancy.**
- **Connecting and contributing to your community.**
- **Developing and moving onto independence.**

Contact:
housing@bwwmind.org.uk
0207 259 8117
[Find out more.](#)

COMMUNITY PROGRAMMES

- **Portugal Prints creative art workshops.**
- **Building Employment, Skills and Training.**
- **Community Befriending (personal budget or self funding).**
- **Service User involvement.**
- **Community Mental Health and Wellbeing Training.**
- **Ecotherapy groups.**
- **Sports at Lords.**

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