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| **ACTIVITIES SCHEDULE- WANDSWORTH WELLBEING HUB**A picture containing text  Description automatically generated201-203 Tooting High Street (corner of Trevelyan Road)London SW17 0SZ**0207 259 8128** | **WW Mind Wandsworth Wellbeing Hub****Support and Outreach Group Programme*****Office Telephone 020 7 259 8128 Main Line*****N.B: Cooking Training (depends on available space)****Email: josakwe@bwwmind.org.uk** |
| **MONDAY 9am – 4pm** |
| **Regular Day** **Trips** | **10.00am Cooking Training-Staff****Art & Craft** **Room 1** **10am-12pm****Staff & Volunteer (SU)** |  | **IT Training 1.00pm Room1****Staff + Volunteer****French Room 2** **2.00pm- Staff & Volunteer****Cooking Training 1pm- Staff** |  |
| **TUESDAY 9am – 4pm** |
| **9.00am-10am team meeting** | **IT Training****Room 1** **10am-12pm****Staff and PT Staff****Cooking Training 10.00am-Staff** |  | **Music in Mind****Room 1** **1-3pm -Staff and PT Staff****History Group – Room2, 2.00pm, Volunteer (SU)****Cooking Training 1pm-Staff** |  |
| **WEDNESDAY 9am – 5.30pm** |
| **Regular well-being events****Visit our web site for details and dates.**[www.bwwmind.org.uk](http://www.bwwmind.org.uk) | **Creative Writing** **Room 1****10.00am-12pm -Staff / Volunteer****Cooking Training 10.00am- Staff** | **Service users’ meetings** | **Patchwork & Quilting** **Room 2****1.00-3pm- Staff (PT)****Cooking Training 1pm- Staff** | **From 3.15pm-5.15pm or later,** **The Wednesday Club – varied programme including outings, Icebreakers, game nights, book club, movie nights & more -Staff.** |
| **THURSDAY 9am – 4pm** |
|  | **Cooking Training 10.00am- Staff** |  | **Cooking Training 1pm- Staff** |  |
| **FRIDAY 9am – 4pm** |
| **Celebrations throughout the year including Black History Month and World Mental Health Day****Visit our web site for details dates.****www.bwwmind.org.uk** | **Cooking training 10am- Staff****Art & Craft** **Room 1** **10am-12pm -Staff and Volunteer****Mark Ryder****Volunteer X ONE SERVICE USER** |  | **Cooking Training 1pm- Staff****ROOM RENTAL** **2.00PM – 4PM** |  |