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| **ACTIVITIES SCHEDULE- WANDSWORTH WELLBEING HUB**  A picture containing text  Description automatically generated  201-203 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** |  |