

# Activity Programme

Monday	Tuesday	Wednesday	Thursday	Friday
<p>London Zoo Volunteer Program (London Zoo) 10.30am – 1.00pm Free</p>	<p>Portugal Prints (GWS) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm Personal budget or self- funding</p>	<p>Portugal Prints (GWS) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm Personal budget or self- funding</p>	<p>Portugal Prints (GWS) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm Personal budget or self- funding</p>	<p>Portugal Prints (GWS) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm Personal budget or self- funding</p>
<p>Music in Mind Workshop (GWS, Studio 125) 2.00pm – 4.00pm Free</p>	<p>Employment and Volunteer Support (GWS, Studio 125) 11.00pm – 1.00pm Free Limited spaces, please book</p>	<p>Mental Wellness Yoga Movement and Mindfulness (GWS, studio 125) 11.00am – 1.00pm Free</p>	<p>The Fig Tree Gardening Club (Beethoven Garden) 11.00am – 2.00pm Free</p>	<p>Music in Mind Workshop (GWS, Studio 125) 2.00pm – 4.00pm Free</p>
	<p>Creative Writing (GWS, Studio 125) 1.30pm – 3.00pm Free</p>		<p>Walk and Talk (multiple locations, meet at GWS Café) 2.00pm – 4.00pm Free Green Minds (multiple locations) 2.00pm – 4.00pm Free Every 3rd Thursday of the month, April – December</p>	

Contact us to register interest:

**community@bwwmind.org.uk** or call **020 7259 8122**  
**Portugal Prints: call 07551521033**

Brent, Wandsworth and Westminster

