

Activity Programme – October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	Gardening project 10.00am -15.00pm FREE TO ALL				In order to attend any of the activities you will need to register . To register please email community@bwwmind.org or call 0207 259 8100
	Get Fit, Stay Active 12.00pm -1.00pm FREE TO ALL				
	Yoga 12.00pm -1.00pm FREE TO ALL			Music in Mind Workshop 12.00pm – 2.00pm FREE TO ALL	In order to attend the B.E.S.T workshops you will need to register for the B.E.S.T programme. To register please email community@bwwmind.org or call 0207 259 8100
	Get into Volunteering or employment B.E.S.T 2.00pm – 4.00pm			Non-Contact Boxing 2.00pm – 4.00pm FREE TO ALL	
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 To refer please email talkingtherapies@bwwmind.org.uk Or call 0207 259 8134 For more information please visit: http://www.bwwmind.org.uk/talking-therapies-and-wellbeing-services.asp		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 To find out more, please email: housing@bwwmind.org.uk Or call 0207 259 8132 For more information please visit: http://www.bwwmind.org.uk/supported-housing.asp		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 For more information please email: community@bwwmind.org.uk Or call 0207 259 8122	