

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	Portugal Prints – CAMDEN Studio Based Creative Arts 10.00am – 12.00pm or 1.30pm – 3.30pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.00am – 12.00pm or 1.30pm – 3.30pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.00am – 12.00pm or 1.30pm – 3.30pm (Personal budget or self-funding)	Portugal Prints - CAMDEN 10.00am – 12.00pm or 1.30pm – 3.30pm or 3.30pm – 5.30pm (Personal budget or self-funding)	In order to attend any of the activities you will need to REGISTER . To register please email community@bwwmind.org or call 07974 679737
		Get Fit, Stay Active (WM) 11.00am-12.00pm F Yoga (WM) 12.00-1.00pm F	Music in Mind Workshop - Young People (WM) 2.00pm – 4.00pm F	Music in Mind (WM) 12.00pm – 2.00pm F	B.E.S.T. Groups are for WESTMINSTER residents Only
Music in Mind Workshop - BRENT 1.00pm – 3.00pm FREE FOR ALL (F)	Music in Mind Workshop (Wandsworth) 12.00pm – 2.00pm F	Music in Mind Workshop (WM) 2.00pm – 4.00pm F	Harmonious Choir (WM) 1.30pm – 3.30pm F	Non-Contact Boxing (WM) 2.00pm – 4.00pm F	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 07974 679737
	Get into Volunteering or employment B.E.S.T (WM) 2.00pm – 4.00pm				
Talking Therapies and Wellbeing Service		Housing Services		Community Programmes	

mind Brent, Wandsworth and Westminster

Activity Programme – September

2021

- 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>

- 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>

- 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