

Activity Programme – April 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|---|---|--|---|
| | Portugal Prints – CAMDEN Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding) | Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding) | Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding) | Portugal Prints - CAMDEN 10.15am – 12.30pm or 1.30pm – 3.45pm or 3.30pm – 5.30pm 4.00pm – 6.15pm (Personal budget or self-funding) | In order to attend Portugal Prints you will need to REGISTER . To register please call 0207 267 7809 |
| | Boxercise (WM) 11.00pm – 1.00pm F | 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 (Wandsworth) 12.00pm – 2.00pm F | Music in Mind Workshop (WM) 2.00pm – 4.00pm F Sports at Lord's 1.00pm-3pm F Contact DJ to attend | | | 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 | | | | In order to attend any of the activities you will need to REGISTER . To register please email community@bwwmind.org or call 07974 679737 |
| 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 <p>To refer please email talkingtherapies@bwwmind.org.uk Or call 0207 259 8134</p> <p>For more information please visit: http://www.bwwmind.org.uk/talking-therapies-and-wellbeing-services.asp</p> | | 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 <p>To find out more, please email: housing@bwwmind.org.uk Or call 0207 259 8117</p> <p>For more information please visit: http://www.bwwmind.org.uk/supported-housing.asp</p> | | 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 <p>For more information please email: community@bwwmind.org.uk Or call 07974 679737</p> | |