

Activity Programme – July 2022!

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Portugal Prints (Camden) Studio Based Creative Arts 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>Portugal Prints (Camden) 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>Portugal Prints (Camden) 10.15am – 12.30pm or 1.30pm – 3.45pm (Personal budget or self-funding)</p>	<p>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)</p>
	<p>Boxercise (WM) 11.00pm – 1.00pm (Free)</p>	<p>Get Active, Feel Good (WM) 11.00am-12.00pm (Free)</p>	<p>The Fig Tree Gardening Club (Beethoven Garden) 11.00am-2.00pm (Free)</p>	<p>Music in Mind (WM) 12.00pm – 2.00pm (Free)</p>
<p>Music in Mind Workshop (WM) 2.00pm – 4.00pm (Free)</p>	<p>Building Employment Skills & Training workshop 2.00pm - 4.00pm (Free)</p>	<p>Yoga (WM) 12.00-1.00pm (Free)</p>	<p>Green Minds (Hyde Park) 3rd Thursday of the month 2.00 – 4.00pm (Free)</p>	

Contact below to register interest in:

Community groups: email community@bwwmind.org or call 07974 679737

Portugal Prints: call 0207 267 7809

- WM (Westminster Hub)

PSYCHOLOGICAL THERAPIES

- **Managing Stress and Worry**
- **Improving mood**
- **Learning to cope with loss**
- **Connecting with services and support in the community**

Contact:
talkingtherapies@bwwmind.org.uk
0207 259 8134
[Find out more.](#)

HOUSING SERVICES

- **Discovering your strengths, skills and interests**
- **Managing your tenancy**
- **Connecting and contributing to your community**
- **Developing and moving onto independence**

Contact:
housing@bwwmind.org.uk
0207 259 8117
[Find out more.](#)

COMMUNITY PROGRAMMES

- **Portugal Prints creative art workshops**
- **Building Employment, Skills and Training**
- **Community Befriending (personal budget or self funding)**
- **Service User involvement**
- **Community Mental Health and Wellbeing Training**

Contact;
community@bwwmind.org.uk
07974 679737
[Find out more.](#)