

# Activity Programme – August 2022!

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Portugal Prints (Camden)</b>  <b>Studio Based Creative Arts</b>            10.15am – 12.30pm or            1.30pm – 3.45pm            (Personal budget or self-funding)</p>	<p><b>Portugal Prints (Camden)</b>            10.15am – 12.30pm or            1.30pm – 3.45pm            (Personal budget or self-funding)</p>	<p><b>Portugal Prints (Camden)</b>            10.15am – 12.30pm or            1.30pm – 3.45pm            (Personal budget or self-funding)</p>	<p><b>Portugal Prints (Camden)</b>            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><b>Boxercise (WM)</b>            11.00pm – 12.00pm (Free)</p>	<p><b>Get Active, Feel Good (WM)</b>            11.00am-12.00pm (Free)  <b>Yoga (WM)</b>            12-1.00pm (Free)</p>	<p><b>The Fig Tree Gardening Club (Beethoven Garden)</b>            11.00am-2.00pm (Free)</p>	<p><b>Music in Mind (WM)</b>            12.00pm – 2.00pm (Free)</p>
<p><b>Music in Mind Workshop (WM)</b>            2.00pm – 4.00pm (Free)</p>	<p><b>Building Employment Skills &amp; Training workshop</b>            2.00pm - 4.00pm (Free)</p>	<p><b>Sports @ Lords (Lords Cricket Ground)</b>            2.00-4.00pm (Free)</p>	<p><b>Green Minds (Hyde Park)</b>  <b>3rd Thursday of the month</b>            2.00 – 4.00pm (Free)</p>	

**Contact below to register interest in:**

**Community groups: email [community@bwwmind.org.uk](mailto:community@bwwmind.org.uk) or call 020 7259 8122**

**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](mailto: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](mailto: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**
- **Ecotherapy groups**
- **Sports at Lords**

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