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| **ACTIVITIES SCHEDULE- WANDSWORTH WELLBEING HUB-Updated October 2023.**  A blue text on a black background  Description automatically generated  **BWW Mind- Wandsworth Wellbeing Hub**  **Activities & Support Programmes**  **Wandsworth Office: 020 7 259 8128**  201-203 Tooting High Street (corner of Trevelyan Road), London, SW17 0SZ. | | | **N.B: Cooking Training (depends on available space and all activities are to be paid for-please enquire for more details)**  **ROOM / SPACE RENTAL ALSO AVAILABLE!!! – please enquire.**  **Please Email: Judith (Community Lead -Wandsworth) on:** [**josakwe@bwwmind.org.uk**](mailto:josakwe@bwwmind.org.uk) | | |
| **MONDAY 9am – 4pm** | | | | | |
| **Planned Day**  **Trips also available via group outings any workday of the week** | **10.00am Cooking Training-Staff led**  **Art & Craft**  **Room 1**  **10am-12pm**  **Staff & Volunteer (SU)** | **Low-cost breakfast and Cooked Lunch available for purchase for our Service Users.** | | **IT Training 1.00pm Room1**  **Staff + Volunteer**  **French Room 2**  **2.00pm- Staff & Volunteer**  **Cooking Training 1pm- Staff led.** |  |
| **TUESDAY 9am – 4pm** | | | | | |
|  | **IT Training**  **Room 1**  **10am-12pm**  **Staff led.**  **Cooking Training 10.00am-Staff led.** | **Low-cost breakfast and cooked Lunch available for purchase for our Service Users.** | | **Music in Mind**  **Room 1**  **1-3pm -Staff**  **History Group – Room2, 2.00pm, Staff and Volunteer (SU)**  **Cooking Training 1pm-Staff led.** |  |
| **WEDNESDAY 9am – 5/5.30pm** | | | | | |
| **Regular well-being events**  **Visit our web site for details and dates.**  [www.bwwmind.org.uk](http://www.bwwmind.org.uk) | **Creative Writing**  **Room 1**  **10.00am-12pm -Staff / Volunteer**  **Cooking Training 10.00am- Staff led** | **Periodic Service Users Meetings.**  **Low-cost breakfast and cooked Lunch available for purchase for our Service Users.** | | **Embroidery Class- Patchwork & Quilting, Knitting, Crocheting and Sewing- 1pm-3pm- Staff and Peer Support group.**  **Cooking Training 1pm- Staff led.** | **WEDNESDAY CLUB! – varied programme including outings, Icebreakers, games, arts & crafts, book club, movies & more- From 3pm-5pm or later-Staff Led** |
| **THURSDAY 9am – 4pm** | | | | | |
|  | **Cooking Training 10.00am- Staff led.** | **Low-cost breakfast and cooked Lunch available for purchase for our Service Users.** | | **Cooking Training 1pm- Staff led.** |  |
| **FRIDAY 9am – 4pm** | | | | | |
| **Celebrations throughout the year including Black History Month and World Mental Health Day**  **Visit our web site for details dates.**  **www.bwwmind.org.uk** | **Cooking training 10am- Staff led.**  **Art & Craft**  **Room 1**  **10am-12pm -Staff and Volunteer** | **Low-cost breakfast and cooked Lunch available for purchase for our Service Users.** | | **Cooking Training 1pm- Staff led.** |  |