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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** |
| **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.** |  |