

Brent, Wandsworth
and Westminster 

**BWW Mind- Wandsworth Wellbeing Hub
Activities & Support Programmes**

T: 020 7 259 8128
201-203 Tooting High Street
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 AVAILABLE

Please Email: wellbeinghubtooting@bwwmind.org.uk

MONDAY 9am – 5pm

Planned Day <u>Trips also available via group outings any workday of the week</u>	<u>10.00am Cooking Training-Staff led</u>	<u>Low-cost breakfast and Cooked Lunch available for purchase for our Service Users.</u>	<u>IT Training 1.00pm</u> <u>Staff + Volunteer</u>	
	<u>Art & Craft</u> <u>10am-12pm</u> <u>Staff & Volunteer (SU)</u>		<u>French</u> <u>2.00pm- Staff & Volunteer</u> <u>Cooking Training 1pm- Staff</u> <u>led</u>	

TUESDAY 9am – 5pm

	<u>IT Training</u> <u>10am-12pm</u> <u>Staff led</u>	<u>Low-cost breakfast and cooked Lunch available for purchase for our Service Users.</u>	<u>Music in Mind</u> <u>1-3pm -Staff</u>	
	<u>Cooking Training</u> <u>10.00am-Staff led</u>		<u>History Group –, 2.00pm,</u> <u>Staff and Volunteer</u> <u>Cooking Training 1pm-Staff</u> <u>led</u>	

WEDNESDAY 9am – 5pm

Regular well-being events <u>Visit our web site for details and dates.</u>	<u>Creative Writing</u> <u>10.00am-12pm -Staff /</u> <u>Volunteer</u>	<u>Low-cost breakfast and cooked Lunch available for purchase for our Service Users.</u>	<u>Embroidery Class-</u> <u>Patchwork & Quilting,</u> <u>Knitting, Crocheting and</u> <u>Sewing- 1pm-3pm- Staff</u> <u>and Peer Support group.</u>	WEDNESDAY CLUB – varied programme including outings, Icebreakers, games, arts & crafts, book club, movies & more- From 3pm- 5pm or later-Staff Led
	<u>Cooking Training</u> <u>10.00am- Staff led</u>		<u>Cooking Training 1pm- Staff</u> <u>led</u>	

THURSDAY 9am – 5pm

	<u>Cooking Training</u> <u>10.00am- Staff led</u>	<u>Low-cost breakfast and cooked Lunch available for purchase for our Service Users.</u>	<u>Cooking Training 1pm- Staff</u> <u>led</u>	
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FRIDAY 9am – 5pm

	<u>Cooking training 10am-</u> <u>Staff led</u> <u>Art & Craft</u> <u>10am-12pm -Staff and</u> <u>Volunteer</u>	<u>Low-cost breakfast and cooked Lunch available for purchase for our Service Users.</u>	<u>Cooking Training 1pm- Staff</u> <u>led</u>	
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