



# April Newsletter



We are currently running the following online Zoom groups:

## Monday's - General Fitness/ Cardio

Get fit and build strength with these rewarding fitness sessions. You will work at your own pace and with the support of an experienced trainer, who can adapt the exercises to suit your needs.

Location: Zoom - contact team for info

Time: 12pm

## Tuesday's

### Low Impact Activity

If you want to exercise, but are injured or over 55 and find it more of a struggle, our experienced trainer will build up your fitness with specially adapted exercises.

Location: Zoom - contact team for info

Time: 12pm

### Yoga

Use gentle stretches and deep breaths to calm your mind and body, all under the guidance of our knowledgeable teacher.

Location: Zoom - contact team for info

Time: 3pm

## Thursday's - Mindfulness

Our patient and experienced teacher will guide you through ways to focus your mind, taking you into a relaxed and calm place, using breathing, visualisation and movement.

Location: Zoom - contact team for info

Time: 1pm

## Friday's - Relaxation

Listening to calming music and a soothing voice will guide you into a place of pure calm. Our lovely teacher will help you to build skills that you can use to relax your mind and body.

Location: Zoom - contact team for info

Time: 1pm

We are also running the following face-to-face groups:

## Tuesday's - Tennis

Have fun out in the fresh air, learn some new skills, get fit and make new friends at our Tennis sessions with the Award-winning Mark from MDL coaching.

Location: South Croydon Sports Club

Time: 12pm-1pm

## Wednesday's - Allotment with Jo

Get back to nature, breathe the fresh air, catch up and grow food from scratch at our lovely allotment plot. Do as much or as little as you want, whilst getting fit and soaking up the relaxed environment.

Location: South Croydon

Time: 10am-2pm

To refer someone to the Active Minds groups please fill out this form <https://www.mindincroydon.org.uk/wp-content/uploads/2020/02/Active-Minds-Referral-Form.doc> and return to [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)

Brief support to help people set up Zoom is available

**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

*PLEASE NOTE: We are no longer taking referrals to the JustBe service.*

