

Face-to-Face Groups (continued)

Wednesdays

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-1.30pm

Badminton

Meet new people and learn a new skill with the fantastic coaches who will ensure you have a fun and friendly badminton session.

Location: South Croydon Sports Club
Time: 2pm-3pm

Places are limited so please book

How do I register?

You will need a referral to access Active Minds. We can accept referrals from any agency supporting you with your mental health e.g. GP, psychiatrist, CPN, housing worker, CMHT.

Please complete the online referral form from our website - <https://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/>

Please contact us if you need assistance getting a referral.

Contact Active Minds Team to find out more on:

020 8253 8205

Email: activeminds@mindincroydon.org.uk

Website: www.mindincroydon.org.uk

Address: Orchard House
15a Purley Road
South Croydon
CR2 6EZ

We are doing everything possible to provide Covid safe activity groups during this time, please be aware changes to group provision may need to be made at short notice in response to government advice.



CROYDON
www.croydon.gov.uk



Active Minds aims to promote physical and mental wellbeing by supporting people to take part in community activities and encouraging people to make lifestyle changes.

2021 Activities

 **mind in Croydon**

Charity no: 1073880

With thanks to Michael Lishman for photos

ZOOM SESSIONS

We are currently delivering the following sessions over ZOOM video calls.

Mondays

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 for info

Time: 12pm

Tuesdays

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 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 for info

Time: 3pm

For details on how to join in please contact the Active Minds team on activeminds@mindincroydon.org.uk or call 020 8253 8205.

Thursdays

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 for info

Time: 1pm

Fridays

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 for info

Time: 1pm

Face-to-Face Groups

The following groups have restarted face-to-face but with social distancing in place.

Mondays

Yoga

Gentle breathing and stretching exercises.

Location: Central Shopping Centre

Time: 10am-10.50am

Table Tennis

A chance to play table tennis among friends in our welcoming small group.

Location: Central Shopping Centre

Time: 11am-11.50am

Tuesdays

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

Places are limited so please book