

What's NEW at the Croydon Health and Wellbeing Space....

Coping with the Cost of Living Crisis

Come and join us to learn how to better cope with the cost of living crisis and support your mental health. This workshop is run by Croydon Talking Therapies. See leaflet for more info!

Friday 23rd June

10:00-13:00

BOOK YOUR PLACE NOW!

CV Writing and Interview Workshop

In partnership with Croydon Way2Work. Support with your journey into volunteering, work experience or paid work!

Thursday 13th July

13:30-14:30

REGISTER YOUR INTEREST NOW!

Benefit Advice

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team. Book a phone appointment now for any benefit queries.

Every Monday and Thursday

9:30-15:30

BOOK NOW!

Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist. No appointment necessary.

Every Other Friday

9th, ~~23rd June~~

10:00-13:00

DROP IN!

Relaxation Group

Run by Active Minds, held IN PERSON here at the Croydon Health and Wellbeing Space. Online access also available.

Every Friday

12:00-13:00

BOOK NOW!

This month at the Croydon Health and Wellbeing Space...

Be Kind to Yourself: Self-Compassion Therapy Group

Connect & Cope Group (50+)

Coping Skills Group

Dance Movement Psychotherapy

Please note these groups are now at maximum capacity. Please enquire if you'd like to be added to a waiting list for future cohorts!

Ongoing Support at the Croydon Health and Wellbeing Space....

020 3154 9539

info@croydonhws.co.uk

DROP IN/CALL FOR AN INITIAL 15 MINUTE CHAT OR BOOK AN APPOINTMENT (1 hour slot)

Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Croydon Health and Wellbeing Space</p> <p align="center">Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett)</p> <p align="center">020 3154 9539 info@croydonhws.co.uk</p> <p align="center">Drop in/call us to speak to a support worker or to sign up to a group</p>				Drop in 10:00-16:45 1	Drop in 10:00-16:45 2	Drop in 10:00-16:45 3
				Welfare Benefit Phone Appointments	12:00: Relaxation	Dance Movement Appointments 15:00: Connect & Cope
Drop in 11:00-15:45 4	Drop in 10:00-16:45 5	Drop in 11:30-16:45 6	Drop in 10:00-16:45 7	Drop in 10:00-16:45 8	Drop in 10:00-16:45 9	Drop in 10:00-16:45 10
	Welfare Benefit Phone Appointments		12:00: Coping Skills Group	Welfare Benefit Phone Appointments	10-1: DWP Drop in 12:00: Relaxation	Dance Movement Appointments
Drop in 11:00-15:45 11	Drop in 10:00-16:45 12	Drop in 11:30-16:45 13	Drop in 10:00-16:45 14	Drop in 10:00-16:45 15	Drop in 10:00-16:45 16	Drop in 10:00-16:45 17
	Welfare Benefit Phone Appointments		12:00: Coping Skills Group	Welfare Benefit Phone Appointments	12:00: Relaxation	Dance Movement Appointments 15:00: Connect & Cope
Drop in 11:00-15:45 18	Drop in 10:00-16:45 19	Drop in 11:30-16:45 20	Drop in 10:00-16:45 21	Drop in 10:00-16:45 22	Drop in 10:00-16:45 23	Drop in 10:00-16:45 24
	Welfare Benefit Phone Appointments 12:00: Self-Compassion Group		12:00: Coping Skills Group	Welfare Benefit Phone Appointments	10-1: DWP Drop in 10-1: COL Workshop 12:00: Relaxation	Dance Movement Appointments
Drop in 11:00-15:45 25	Drop in 10:00-16:45 26	Drop in 11:30-16:45 27	Drop in 10:00-16:45 28	Drop in 10:00-16:45 29	Drop in 10:00-16:45 30	<p align="center">Please note: DWP Drop in on 23/06/23 is cancelled. Next Date 7th July</p>
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