

## Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist.

Every Other Friday

10:00-13:00

**DROP IN!**

## Relaxation Group

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

Every Friday

13:00-14:00

**BOOK NOW!**

## 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!**

## Mindfulness

Run by Active Minds. This is an ONLINE zoom session, for those without access to a computer we will be providing access here at the Croydon Health and Wellbeing Space

Every Friday

11:00-12:00

**BOOK NOW!**

## 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

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

## Working Homes: Employment Support

Start your journey towards finding a job that works for you

Every Other Wednesday

10:30-14:00

**DROP IN!**

## Be Kind to Yourself: Self-Compassion Therapy Group

New group to be run by our psychology team starting 19<sup>th</sup> June.

Every Monday

12:00-13:00

**SIGN UP NOW!**

## Connect and Cope Group

New group for over 50's aimed to help those struggling with social isolation or emotional wellbeing. Starts 3<sup>rd</sup> June. Grab a leaflet to find out more!

Every Other Saturday

15:00-16:30

**SIGN UP NOW!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>CLOSED: Bank Holiday</b>	Drop in 11:30-16:45 <b>2</b>	Drop in 10:00-16:45 <b>3</b> 10:30-2: Working Homes Drop in	Drop in 10:00-16:45 <b>4</b> Welfare Benefit Phone Appointments	Drop in 10:00-16:45 <b>5</b> 13:00: Relaxation	Drop in 10:00-16:45 <b>6</b> Dance Movement Psychotherapy Appointments
Drop in 11:00-15:45 <b>7</b>	<b>8</b> <b>CLOSED: Bank Holiday</b>	Drop in 11:30-16:45 <b>9</b>	Drop in 10:00-16:45 <b>10</b>	Drop in 10:00-16:45 <b>11</b> Welfare Benefit Phone Appointments	Drop in 10:00-16:45 <b>12</b> 10-1: DWP Drop in 13:00: Relaxation	Drop in 10:00-16:45 <b>13</b> Dance Movement Psychotherapy Appointments
Drop in 11:00-15:45 <b>14</b>	<b>15</b>	Drop in 11:30-16:45 <b>16</b>	Drop in 10:00-16:45 <b>17</b> 10:30-2: Working Homes Drop in	Drop in 10:00-16:45 <b>18</b> Welfare Benefit Phone Appointments	Drop in 10:00-16:45 <b>19</b> 11:00: Mindfulness 13:00: Relaxation	Drop in 10:00-16:45 <b>20</b> Dance Movement Psychotherapy Appointments
Drop in 11:00-15:45 <b>21</b>	<b>22</b>	<b>23</b> <b>CLOSED: Staff Training</b>	Drop in 10:00-16:45 <b>24</b>	Drop in 10:00-16:45 <b>25</b> Welfare Benefit Phone Appointments	Drop in 10:00-16:45 <b>26</b> 10-1: DWP Drop in 11:00: Mindfulness 13:00: Relaxation	Drop in 10:00-16:45 <b>27</b> Dance Movement Psychotherapy Appointments
Drop in 11:00-15:45 <b>28</b>	<b>29</b> <b>CLOSED: Bank Holiday</b>	Drop in 11:30-16:45 <b>30</b>	Drop in 10:00-16:45 <b>31</b> 10:30-2: Working Homes Drop in	<b>Croydon Health and Wellbeing Space</b> Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) <b>020 3154 9539</b> <a href="mailto:info@croydonhws.co.uk">info@croydonhws.co.uk</a> Drop in/call us to speak to a support worker or to sign up to a group		