



Scan the code to self-refer

Activities Schedule

All our groups are free to attend

Online Activities

<p>Mondays</p> <p>Peer Support Group A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff. 10am-11am</p> <p>Sound Healing / Yoga / Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 11.30am-12.30pm</p>	<p>Tuesdays</p> <p>Yoga Breathing exercises and gentle stretches with Su. 3.15pm-4.45pm</p> 	<p>Wednesdays</p> <p>Sound Healing / Yoga / Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 4.30pm-5.30pm</p> <p>Peer Support Group A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff. 6pm-7pm</p>
<p>Thursdays</p> <p>Relaxation Do some movement and breathing exercises, then listen as you are guided into relaxing each part of your body before imagining you are somewhere super relaxing. 1pm-1.30pm</p>	<p>Fridays</p> <p>Mindfulness Try out breathing exercises and other strategies to use to help ground you and lessen feelings of anxiety. 11am-11.40am</p>	<p>Social Chat Group Come online and meet other members of Active Minds for a weekly catch up and talk about how you are doing and feedback any new ideas for what we can do. 12pm-1pm</p>

In Person Activities (Royal Bethlem Hospital)

<p>Tuesdays</p> <p>Mindful Movements This session aims to bring our awareness to our movement and focus on our breath or the way our body feels as it moves. Suitable for all levels including beginners. 11.30am-12.30pm</p> <p>Social at the Community Cafe Time to meet and chat or play table tennis, foosball, pool table if you want. 1pm-2pm</p>	<p>Sound Healing / Yoga / Meditation Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners. 4pm-5pm</p> <p>Peer Support Group A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff. 5.30pm-6.45pm</p>	<p>Wednesdays</p> <p>Peer Support Group A welcoming space for people who have taken part in talking therapies to come together, connect and help each other improve their well-being, facilitated by a member of staff. 11.30am-1pm</p> <p>Barre Gentle exercise practice inspired by elements of ballet and stretches to music, suitable for all levels including beginners. 2pm-3pm</p>
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