

Active Minds Schedule

FREE groups for anyone experiencing poor mental health

Please do not attend until you have registered with Active Minds

Mondays

Mindfulness with Laura

Relaxing breathing techniques and gentle movements to help focus your mind and body.

12pm-12.45pm

Location: **Online on Zoom**

Tennis

Our fab coach will guide you through fun games and exercises at your own pace.

11.30am-12.30pm

Location: **South Croydon**

Tuesdays

Boxercise

Gentle warm up, boxing style non combat fitness, then calming meditation to cool down. Free refreshments @ the cafe.

11am-12pm

Location: **Our Space, Central Croydon**

Table Tennis

A fun, friendly group. Free refreshments @ the cafe.

11am-1pm

Location: **Our Space, Central Croydon**

Mental health Drop-In

A welcoming space for people to have chat with Pauline about any additional support needed and signposting.

12pm-1pm

Location: **South Norwood Library**

Relaxation

Breathing techniques, sound healing and a Reiki guided meditation.

2pm-2.30pm

Location: **Online on Teams**

Yoga/ Sound Healing/ Meditation

Gentle breathing and stretches practice with soothing music followed by yoga and relaxation suitable for all levels including beginners.

4pm-5pm

Location: **Bethlem Royal Hospital**

Wednesdays

Wellbeing in the Garden

Chat in the sunshine, puzzles, colouring, games, quizbooks, or gardening.

11am-2pm

Location: **South Croydon Allotments**

Badminton

Learn how to play with the fantastic coaches in a fun and friendly group.

2pm-3pm

Location: **South Croydon**

Mental health drop-in

A welcoming space for people to have chat with Pauline about any additional support needed and signposting.

4.30pm-5.30pm

Location: **Our Space, Central Croydon**

Yoga/ Sound Healing/ Meditation

Gentle breathing and stretches practice with soothing music followed by yoga and relaxation suitable for all levels including beginners.

6pm-7pm

Location: **Our Space- central Croydon**

Thursdays

Sound Healing/Yoga/ Meditation

Gentle breathing and stretches practice with soothing music followed by relaxation suitable for all levels including beginners.

12.30pm-1.30pm

Location: **Family Centre New Addington/ Also online on Teams**

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

Location: **Online on Zoom**

Mental health drop-in

A welcoming space for people to have chat with Pauline about any additional support needed and signposting.

2.30pm-3.30pm

Location: **Family Centre New Addington**

Walking Group

A gentle stroll around in nature to catch up, connect and enjoy the scenery.

2pm-3pm

Location: **Lloyd's Park**

Fridays

Mindfulness

Try out breathing exercises and other strategies to use to help ground you and lessen feelings of anxiety.

11am-12pm

Location: **Online on Zoom**

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.

1.30pm-2.30pm

Location: **Online on Zoom**

To refer someone to the Active Minds groups please fill out the referral form found at: <https://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/>

Self-refer by scanning this QR code



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