

Would you benefit from receiving free therapy?

Free for those 17+, Croydon NHS Talking Therapies provides free guided self-help, counselling, CBT, online and group therapy, support for long-term health conditions and employment support.

Would you enjoy free groups to complement your therapy?

Active Minds provides free peer support groups to anyone receiving therapy and can support you to have a positive experience through our partnership with Croydon NHS Talking Therapies

IF YOU DON'T WANT THERAPY, YOU CAN STILL JOIN ACTIVE MINDS GROUPS, WITHOUT THE PEER SUPPORT see QR code below

In Person Activities

Tuesday	Wednesday	Thursday	Friday
Old Coulsdon	South Croydon	Central Croydon	Central Croydon
11-2pm Safe Space Café 12-12:45pm Mindfulness 1-2pm Kriya Yoga	10-12:30pm Safe Space Café 1-2pm Badminton 1-2pm CTT Peer support 4-5pm Indian Martial Arts 5.30-6.30pm Kriya Yoga	11-12pm Walk and Talk New Addintgton 1-3pm Safe Space Café 1:30-2:30pm Kriya Yoga	9.30-10.30am Kriya Yoga 10.30-12pm Table tennis

Intensity

LOW

Safe Space Café: A place to connect with others, have a cup of tea, do some games or arts and crafts and have the support of staff on hand.

Mindfulness: Breathe, stretch, move and learn strategies to be in the moment.

Kriya Yoga: Absolute beginner, relaxing, stretching and breathing. No difficult poses or downward dog! Can be adapted to do seated.

N/A CTT Peer Support: Guided talking sessions for those receiving Croydon Talking Therapy- to complement this and support each other through recovery.

Walk and Talk: Slow paces stroll to connect with nature and others.

LOW/HIGH

Table Tennis: Friendly or competitive, at your own pace. Sociable games with welcoming players who are happy to show beginners how to improve.

Badminton: Indoor racket sport you play in teams of two. Welcoming community of players. Play competitively or as a complete beginner with coaching support.

HIGH

Indian Martial Arts: Non combat sequence of fighting and defence moves based on ancient "Kalari". Excellent for your core. Squats, kicks and salutation style moves.

Online Activities

Tuesday	Wednesday	Thursday	Friday
9.30-9.40am Morning Healthy Habits 12-12:45pm Mindfulness 1-2pm Seated Yoga 5:30-6:30pm CTT Peer support 5-5.10pm Evening Healthy Habits	9.30-9.40am Morning Healthy Habits 1-2pm CTT Peer support 5-5.10pm Evening Healthy Habits	9.30-9.40am Morning Healthy Habits 10-10:30am Relaxation 5-5.10pm Evening Healthy Habits	11-11:45am Mindfulness 12.30-1.30pm Social Catch Up 5.30-6.30pm Seated Yoga

All online activities are low intensity, adaptable and suitable for everybody

Morning Healthy Habits

Mon-Thurs at 9:30am, we connect with each other, breathe, do mindful stretching and set our positive intentions for the day.

Mindfulness

Breathe, stretch and learn strategies to be in the moment.

Seated Yoga

Absolute beginner, relaxing, stretching and breathing. No difficult poses or downward dog!

CTT Peer Support

Guided talking sessions for those receiving Croydon Talking Therapy- to complement this and support each other through recovery.

Relaxation

Guided strategies to slow breathing, progressively relaxing each part of your body and imagining you are in a calm space.

Social catch up

Weekly check in facilitated by staff. An opportunity to chat, offer peer support, see some friendly faces and have fun. Occasional quizzes too!

Evening Healthy Habits

Mon-Thurs at 6:30pm we get together to breathe, relax, stretch, decompress and reflect on our day.



scan this QR code to self-refer to Croydon Talking Therapies



Alternatively, scan this QR code if you would like to access the activity groups without therapy

For more information please contact activeminds@mindincroydon.org.uk