

## 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

### In Person Activities

Tuesday	Wednesday	Thursday	Friday
Old Coulsdon	South Croydon	Central Croydon	Central Croydon
<b>11-2pm</b> Safe Space Café <b>12-12:45pm</b> Mindfulness <b>1-2pm</b> Kriya Yoga	<b>10-12:30pm</b> Safe Space Café <b>1-2pm</b> Badminton <b>1-2pm</b> CTT Peer support <b>4-5pm</b> Indian Martial Arts <b>5.30-6.30pm</b> Kriya Yoga	<b>11-12pm</b> Walk and Talk New Addintgton <b>1-3pm</b> Safe Space Café <b>1:30-2:30pm</b> Kriya Yoga	<b>9.30-10.30am</b> Kriya Yoga <b>10.30-12pm</b> 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
<b>9.30-9.40am</b> Morning Healthy Habits <b>12-12:45pm</b> Mindfulness <b>1-2pm</b> Seated Yoga <b>5:30-6:30pm</b> CTT Peer support <b>5-5.10pm</b> Evening Healthy Habits	<b>9.30-9.40am</b> Morning Healthy Habits <b>1-2pm</b> CTT Peer support <b>5-5.10pm</b> Evening Healthy Habits	<b>9.30-9.40am</b> Morning Healthy Habits <b>10-10:30am</b> Relaxation <b>5-5.10pm</b> Evening Healthy Habits	<b>11-11:45am</b> Mindfulness <b>12.30-1.30pm</b> Social Catch Up <b>5.30-6.30pm</b> 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 the QR code to self-refer to Active Minds complementary peer support

For more information please contact [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)