CROYDON HEALTH AND WELLBEING SPACE

WHAT'S ON?

March 2026

020 3154 9539

All our services are FREE

UPCOMING CLOSURES

We are closed on **bank holidays.**

Volunteering

Volunteering is a great way to gain experience and to connect with others. We currently have the below vacancies:

- Reception volunteer
- Form Filling volunteer
- Support volunteer

If you are interested, **please enquire with our advice team!**

Groups and Peer Support

Sound Healing

Sound Healing is a powerful therapy that combines different healing sounds, music, and instruments to trigger a relaxation response and helps with symptoms of chronic stress.

Sessions running on **Tuesdays 1pm – 1.45pm.**

SIGN UP NOW!

Qigong

Qigong is a set of slow, gentle exercises for improving Health, Energy and Awareness.

It is suitable for all ages and levels of mobility. Many of the exercises can be done sitting down and no previous experience is needed.

Sessions running on **Fridays 11am – 12.30pm**.

SIGN UP NOW!

Kundalini Yoga

Kundalini Yoga combines breath, movement and sounds to bring you peace and energy, leading to increased emotional stability and physical vitality.

It is suitable for beginners and those who are experienced.

Sessions running on **Mondays 10am – 11.30am.**

Starting 9th March - SIGN UP NOW!

Tranquil Tuesdays

Run in collaboration with the Recovery Space. Sessions focus on mindfulness and meditation techniques to help you to relax, reduce anxiety, lower stress levels, achieve a state of calmness, and improve overall emotional wellbeing.

Sessions running on **Tuesdays - 14:30-15:30**

SIGN UP NOW!

Connect & Cope Group

Run in collaboration with the Recovery Space and Advice Team. Sessions cover anxiety, sleep, bereavement, stress, low mood, and self-esteem.

Sessions running fortnightly on **Thursdays - 14:30-16:00**

SIGN UP NOW!

Connect & Cope – Skills Lab

Designed to build on the skills learned in the Connect and Cope group, our skills lab is a safe and supportive environment to practice coping strategies, enhance resilience, and strengthen emotional wellbeing.

Sessions running fortnightly on **Thursdays - 14:30-16:00**

SIGN UP NOW!

Drop in support

Domestic Abuse Support

Did you know that we are a safe space to access if you are experiencing domestic abuse?

We will be joined by a representative from FJS on:

Thursday 26th March

DROP IN!

Mind in Croydon Carer's Support

If you are looking after someone with a mental health condition and want to find out what support is available to you

Wednesday 25th March

10:00-13:00

DROP IN!

Status Employment Support

Get advice and support from mental health supported employment specialists.

Monday 9th March

10:00-13:00

BOOK NOW!

Department of Work and Pensions drop in

Expert advice and guidance with a DWP specialist.

Sessions have been paused – new dates TBC.

10:00-13:00

DROP IN!

Tenants Advice Support

Are you living in an unfit or unsafe home and being ignored by your landlord?

Tenants Advice may be able to help!

Wednesday 18th March

10:00 – 13:00

BOOK NOW!

Benefits Support

Guidance Workshops

Do you need support to complete an application form?

- Housing Benefit and Council Tax Support
- Universal Credit (including migrations)
- Housing Register
- Discretionary Housing Payment
- Form Filling Guidance (e.g. PIP, UC50, etc.)

We now offer advice and guidance via monthly workshops.

SIGN UP NOW!

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team.

Phone appointments available every **Monday** and **Thursday**

9:30-15:30

All our services are FREE

March 2026

IN PARTNERSHIP WITH

CROYDON BME FORUM

mind in Croydon

CROYDON HEALTH AND WELLBEING SPACE

NHS South West London Integrated Care Board

NHS South London and Maudsley NHS Foundation Trust

SUN	MON	TUE	WED	THU	FRI	SAT
1 **Closed**	2 Drop in 10:00-13:00	3 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	4 Drop in 10:00-13:00 2:30pm: **Workshop Wednesdays** - Housing Benefit and Council Tax Support	5 Drop in 10:00-13:00 14:30: Connect & Cope – skills lab	6 Drop in 10:00-13:00 11:00 – 12.30: Qigong	7 Drop in 10:00-13:00
8 **Closed**	9 Drop in 10:00-13:00 10-1: Status Employment 10- 11.30: Kundalini Yoga 2:30pm: **Workshop Mondays** – PIP Form Guidance	10 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	11 Drop in 10:00-13:00 2:30pm: **Workshop Wednesdays** – Universal Credit (incl. migrations)	12 Drop in 10:00-13:00 14:30: Connect & Cope	13 Drop in 10:00-13:00 11:00 – 12.30: Qigong	14 Drop in 10:00-13:00
15 **Closed**	16 Drop in 10:00-13:00 10- 11.30: Kundalini Yoga	17 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	18 Drop in 10:00-13:00 10-1: Tenants Advice 2:30pm: **Workshop Wednesdays** – Housing Register applications	19 Drop in 10:00-13:00 14:30: Connect & Cope – skills lab	20 Drop in 10:00-13:00 11:00 – 12.30: Qigong	21 Drop in 10:00-13:00
22 **Closed**	23 Drop in 10:00-13:00 10- 11.30: Kundalini Yoga 2:30pm: **Workshop Mondays** – UC50 Form Guidance	24 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	25 Drop in 10:00-13:00 10-1: Carer's drop in 2:30pm: **Workshop Wednesdays** – Discretionary Housing Payment	26 Drop in 10:00-13:00 10-1: FJS drop in 14:30: Connect & Cope	27 Drop in 10:00-13:00 11:00 – 12.30: Qigong	28 Drop in 10:00-13:00
29 **Closed**	30 Drop in 10:00-13:00 10- 11.30: Kundalini Yoga	31 Drop in 10:00-13:00				

We are open 10:00-13:00 Monday-Saturday

Phone line open 10:00-17:00 Monday-Saturday

Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett)

020 3154 9539 **chws@mindincroydon.org.uk**