CROYDON
HEALTH AND WELLBEING SPACE

WHAT'S ON?

November 2026

chws@mindincroydon.org.uk
020 3154 9539

All our services are FREE

UPCOMING CLOSURES
We are closedon **bank holidays.**

EVENTS CALENDAR
To find out when exactly our groups,advice clinics, workshops and one-off events are happening throughout the month –flip the page and check out our

events calendar!

Scan the QRcodeto join our Whatsapp channel!

Groups and Peer Support

Kundalini Yoga
Kundalini Yoga combines breath, movement and sounds to bring you peace and energy.
It is suitable for beginners and those who are experienced.
Sessions running

fortnightlyon
Mondays10am – 11.30am.
SIGN UPNOW!

Sound Healing
Sound Healingisa powerful therapy that combines different healing sounds, music, and instrumentsto trigger a relaxation response and helps with symptoms of chronic stress.
Sessions running

on **Tuesdays-1:00 – 1.45pm.**

SIGN UP NOW!

Tranquil Tuesdays
Run in collaboration with theRecovery 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 runningon
Tuesdays - 14:30-15:30

SIGN UP NOW!

Connect& Cope Group
Run incollaboration withthe RecoverySpace andAdvice Team. Sessions cover anxiety, sleep, bereavement, stress, low mood, and self-esteem.

The session has been temporarily paused to allow materials to be refreshed.

Connect & Cope–Skills Lab

Ourskills lab is a safeandsupportive environment to practice coping strategies, enhance resilience, and strengthen emotional wellbeing.

The session has been temporarily paused to allow materials to be refreshed.

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 10am -11.15am,** then **11.30am – 12.45pm**.

SIGN UP NOW!

Mindful Movements
Run in collaboration with Active Minds.

Breathe, stretch, and learn strategies to be inthe moment.
Sessions running on

Fridays - 13:00-14:00

SIGN UP NOW!

Drop in support

Domestic Abuse Support
Did you know that wearea safe space experiencing domestic abuse? to access if you are

We will be joined by a representative from FJS on:
Thursday 26th November
10:00-13:00
DROP IN!

Mind in Croydon Carer's Support
If you are looking after someone with a mental or physical

want to find out what support is available to you

Wednesday 25th November
10:00-13:00
DROP IN!

Status Employment Support

Get advice and support from employment specialists.

Postponed until further notice

Benefits Support

TenantsAdvice 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 November
10:00 – 13:00

BOOK NOW!

Guidance Workshops
Do you need support to complete an application form?

- Housing Benefit and Council Tax
- Support
- Housing Register Form Filling Guidance (e.g. PIP, WCA50, etc.)

We now offer advice and guidance via monthly workshops.

SIGN UP NOW!

Volunteering

Are you wanting to make a difference in your community?
Volunteering is a great way to gain experience and to connect with others.
We are currently looking for volunteers who are able to support with form filling!

If you are interested in volunteering with us, **please enquire via email:**
chwsvolunteering@mindincroydon.org.uk

All our services are FREE

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

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 10:00 - 11:30: Kundalini Yoga	3 *14:30 - Tranquil Tuesday*	4 14:30: Workshop Wednesdays -Housing Benefit and Council Tax Form Guidance	5	6 10:00 -11:15 Qigong 11:30 -12:45 Qigong 13:00-14:00 Mindful Movements	7	8
9 14:30: Workshop Mondays –PIP Form Guidance	10 11:00-12.30: Art for Wellness *14:30 - Tranquil Tuesday*	11	12	13 10:00 -11:15 Qigong 11:30 -12:45 Qigong 13:00-14:00 Mindful Movements	14	15
16 10:00 - 11.30: Kundalini Yoga	17 13:00: Sound Healing 14:30 - Tranquil Tuesday	18 10:00-13:00: Tenants Advice 11:00-12:30: Art for Wellness 14:30:Workshop Wednesdays -HousingRegister/Transfer Form Guidance	19	20 10:00 -11:15 Qigong 11:30 -12:45 Qigong 13:00-14:00 Mindful Movements	21	22
23	24 13:00: Sound Healing 14:30-Tranquil Tuesday	25 10:00 - 13:00: Carer's Drop-in 11:00-12:30: Art for Wellness	26 10:00 - 13:00: FJS Drop-in	27 13:00-14:00 Mindful Movements	28	29 ***We are open 10:00-13:00 Monday-Saturday*** *Phone lineopen10:00- 17:00 Monday-Saturday* Unit 1101-1102 WhitgiftCentre, Croydon (next to The Works)