



For better
mental health

RECOVERY COLLEGE WEEKLY GROUP TIMETABLE

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Weekly on-going groups – No need to pre-book! Just come along!

The following groups run at the same time each week throughout the year at our **Devonshire Road venue**. As a registered service user you are now welcome to join the groups at any time you so wish with no need to pre-book. Just come along when it suits you!

Day	Group	Time	Cost
Tuesday	Tai-Chi	10.00 - 11.00	£1 per session
	Kick Boxing	16.30 - 18.00	£3 per session (unwaged) £5 per session (waged)
Wednesday	Keep Fit and Relaxation	10.00 - 11.00	Free
	Social Inclusion (mixed gender)	13.00 - 14.00	Free
	Walking Group	13.00 - 14.00	Free
	Film Club	14.00 - 16.30	Free
Thursday	Vietnamese and Chinese Social Group	10.00 - 13.00	Free
	Bangladeshi Women's English Speaking Group (ESOL)	13.00 - 16.00	Free
Friday	Women's Well-Being social group	10.00 - 12.00	Free
	Creative Writing	12.15 - 14.15	Free
Saturday	Mixed social group	10.00 - 12.00	Free

Please turn over..



Below are additional weekly on-going groups that need to be pre-booked.

The following groups take place at a range of venues (Map of locations attached). If you are interested in attending please let a member of our team know before you attend for the first time as there may be a limited amount of places attached to these groups. You may either do this upon your initial registration with our services, or by telephoning 020 8303 8932 (Option 1) or emailing swilson@mindinbexley.org.uk or cparkes@mindinbexley.org.uk.

Monday				
	Carers Support Group	13.30-1600	Free	Devonshire Road
	Mind Allotment (Alers Rd)	10.30-13.30 Opens 3 rd March)	Free	Alers Road Allotment
Tuesday	Hearing Voices	15.30- 16.30	Free	Devonshire Road
	Moving Forward (Support Group)	12.30-2.30	Free	Devonshire Road
Wednesday	Dance & Movement	11.00 - 13.00	Free	Devonshire Road
	IT Training (Drop in)	14:00 - 17.00	Free	Thames Innovation
Thursday	Mind Allotment (Alers Rd)	10.30-13.30 (Opens 3 rd March)	Fee	Alers Road Allotment
Friday	Art Psychotherapy	12.00 –12.50 (Finishes end of April)	Free	Devonshire Road
	Eco-Therapeutic garden	12.00-14.00	Free	Off Broadway, B’heath

Below are courses that need to be pre-booked.

- Confidence Building and Assertiveness, Confidence Building and Positivity, Living, not stressing, Mental Wellbeing through Nutrition, Mood on Track, Mindfulness, Finding Your Voice – Singing Group.

Below for a range of additional services that may be of interest to you. Please ask a member of staff upon initial registration for further details or contact us on 020 8303 8932 (Option 1). Alternatively email swilson@mindinbexley.org.uk - or cparkes@mindinbexley.org.uk.

- One-off Self- Help workshops
- Advocacy, Welfare rights
- Complimentary Therapies (Reiki Healing, Reflexology, Indian head massage)
- Employment Hub (Support finding work, accessing education, training and volunteering opportunities.)
- Peer Mentoring and Befriending
- Peer Mentoring for Substance Misuse
- Peer Mentoring for Type 2 Diabetes prevention
- Referral to bereavement counselling
- Volunteering

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