



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
<b>Tuesday</b>	Tai Chi	9.30-10.30	£1 per session
	Kick Boxing	16.30 – 17.30	£3 per session (unwaged) £5 per session (waged)
	Relaxation Group	17.00-18.00	Free
<b>Wednesday</b>	Keep Fit and Relaxation	10.00 - 11.00	£1 per session (John Viarney Church)
	Social Inclusion (mixed gender)	13.00 - 14.00	Free
	Walking Group	13.00 - 14.00	Free
	Film Club	14.00 - 16.30	Free
<b>Thursday</b>	Vietnamese and Chinese Social Group	10.00 - 13.00	Free
	Bangladeshi Women’s English Speaking Group (ESOL)	13.00 - 16.00	Free
<b>Friday</b>	Women’s Well-Being social group	10.00 - 12.00	Free
	Creative Writing	12.15 - 14.15	Free
<b>Saturday</b>	Mixed social group	10.00 - 12.00	Free
	Move your Mood – Exercise Class Commences 7 <sup>th</sup> Jan 2017	10-00-11.00	£1 per session

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](mailto:swilson@mindinbexley.org.uk) or [cparkes@mindinbexley.org.uk](mailto:cparkes@mindinbexley.org.uk).

<b>Monday</b>	Mothers Embrace – support Group	10.30-11.30	£1.50 per session	Danson Youth Centre, Brampton Road, Bexleyheath
	Carers Support Group	13.30-1600	Free	Devonshire Road
	Mind Allotment (Alers Rd)	10.30-13.30	Free	Alers Road Allotment
<b>Tuesday</b>				
	Moving Forward (Support Group)	11.15-12.45am	Free	Devonshire Road
	Yoga	1.45-2.45pm	£3 per session	Dartfordians Rugby Club, Bexley
	Hearing Voices (run in partnership with Oxleas)	15.30-16.30	Free	Devonshire Road
<b>Wednesday</b>				
	IT Training (Drop in)	14:00 - 17.00	Free	Thames Innovation
<b>Thursday</b>				
	Pilates	12.30-1.30	£3 per session	Pilates Body Studio, 88 the Mill, Baxley High Street, DA5 1BF
	Allotment (Alers Road)	10-13.00	Free	Alers Road
	Art Psychotherapy	11.30-1pm	Free	Devonshire Road
<b>Friday</b>				
	Eco-Therapeutic garden	12.00-14.00	Free	Off Broadway, B'heath
<b>Monday-Saturday</b>	Jazzercise*	Various	8 Class (£40)	Various Venues

## 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, Emotional Resilience.
- 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](mailto:swilson@mindinbexley.org.uk) - or [cparkes@mindinbexley.org.uk](mailto:cparkes@mindinbexley.org.uk).
- Advocacy, Welfare rights
- Complimentary Therapies (Reiki Healing, Reflexology, Indian head massage)
- Employment Hub (Support finding work, 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