



For better
mental health

RECOVERY COLLEGE WEEKLY GROUP TIMETABLE

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Weekly on-going groups

The following groups run at the same time each week throughout the year.

Day	Group	Time	Cost	Venue
Tuesday	Tai Chi	9.30-10.30	£1 per session	2a Devonshire Road
	Kick Boxing	16.30-17.30	£3 per session (unwaged) £5 per session (waged)	Re-instate St Johns Hall, West St, Erith, DA8 1AN
Wednesday	Social Inclusion (mixed gender) From 1 st Nov	12:15-13.15	Free	2a Devonshire Road
	Walking Group	13.00-14.00	Free	
	Film Club From 1 st Nov	13.15-15.15	Free	2a Devonshire Road
	Get Your Life Back: The Road to Freedom from Addiction. Drop in support group	19.30-21.00	Free	Emmanuel Church, Hadlow rd, Sidcup DA14 4AA
	Vietnamese and Chinese Social Group	10.00 - 13.00	Free	2a Devonshire Road
Friday	Keep Fit and Relaxation	9.30-10.30	£1per session	2a Devonshire Road
	Womens Well-being social group	10.45-12.45	Free	2a Devonshire Road
	Creative Writing	12.45-14.30	Free	Revival Cafe
Saturday	Mixed social group	10.00 - 12.00	Free	2a Devonshire Road
	Move your Mood – Exercise Class	10-00-11.00	£1 per session	Roberts Hall 74a Broadway

- John Vianney Church - 21 Heathfield Rd, Bexleyheath DA6 8NP
- Roberts Hall – Behind Christchurch 74a Broadway Bexleyheath DA6 7EE

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

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	Mothers Embrace – support Group	10.30-11.30	£1.50 per session	Danson Youth Centre, Brampton Road, Bexleyheath
	Moving forward Support Group	12.15-14.15		2a Devonshire Road
	Mind Allotment (Alers Rd)	10.00-13.00	Free	Alers Road Allotment
	Book Club (once every 4 weeks – commencing 20/11)	10.00-12.00	Free	2a Devonshire Road
Tuesday	Relaxation Group	11.00-12.00	£1 per session	2a Devonshire Road
Wednesday	IT Training (Group)	14:00 - 17.00	Free	Re-instate Ltd St Johns Hall West Street Erith DA8 1AN
	Hearing Voices (run in partnership with Oxleas)	15.45 - 16.45 From 1 st Nov	Free	Oxleas Emmerton Close
Thursday	Pilates	12-1pm	£3 per session	Pilates Body Studio, 88 the Mill, Bexley High Street, DA5 1BF
	Allotment (Alers Road)	10.00-13.00	Free	Alers Road
Friday	Eco-Therapeutic garden	12.00-14.00	Free	Off Broadway, B'heath
	Art Psychotherapy	13.00-15.00	Free	2a Devonshire Road

Below are courses that need to be pre-booked.

- Confidence Building and Assertiveness, Confidence Building and Positivity, Stress and Anxiety, Mood on Track, Mindfulness, Emotional Resilience.

See 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.

- Advocacy
- Welfare rights
- Employment Hub (Support finding work, education, training and volunteering opportunities.)
- Peer Mentoring and Befriending
- Peer Mentoring for Substance Misuse
- Referral to bereavement counselling
- Volunteering

Updated 2nd November 2017