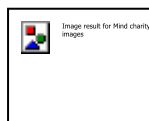




201-203 Tooting High Street (corner of Trevelyan Road) London
SW17 0SZ
0207 259 8128

WW Mind Wandsworth Wellbeing Hub
Support and Outreach Group Programme
Regular Day Trips and Residential Holidays
Office Telephone 020 7 259 8128 Main Line



cstreet@bwwmind.org.uk

MONDAY 8.30am – 4pm

Regular Day Trips	<u>10.00am Cooking</u>		<u>IT Training 1.00pm</u> <u>SIPW + Volunteer</u> <u>Charlotte</u>	
	<u>Art & Craft</u> <u>Room 1</u> <u>10am</u> <u>Volunteer Charlotte</u>		<u>French Room 2</u> <u>2.00pm Farida</u>	

TUESDAY 8.30am – 4pm

9.00am-10am team meeting	<u>IT Training</u> <u>Room 1</u> <u>10am</u> <u>Karl K + SIPW</u>		<u>Music in Mind</u> <u>Room 1</u> <u>1pm</u>	
	<u>Cooking Training</u> <u>10.00am</u>		<u>History Group 2.00pm</u> <u>Linford plus Volunteer</u>	

WEDNESDAY 8.30am – 8.30pm

Regular well-being events <u>Visit our web site for details and dates</u> www.bwwmind.org.uk	<u>Creative Writing</u> <u>Room 1</u> <u>10.00am Sneha</u>	<u>Service users' meetings</u>	<u>Patchwork & Quilting</u> <u>Room 2</u> <u>1.00pm Louisa</u>	<u>3.15pm-5.15pm</u> <u>The Wednesday Club – varied programme, including outings, movie nights & cooking sessions</u> <u>Sneha</u>
	<u>Cooking Training</u> <u>10.00am</u>			

THURSDAY 8.30am – 4pm

	<u>Workshops - Charlotte</u>		<u>Peer led project – date and time to be confirmed</u>	
	<u>Cooking Training</u> <u>10.00am</u>			

FRIDAY 8.30am – 4pm

Celebrations throughout the year including Black History Month and World Mental Health Day <u>Visit our web site for details dates</u> www.bwwmind.org.uk	<u>Art & Craft</u> <u>Room 1</u> <u>10am</u> <u>Mark Ryder</u>		<u>ROOM RENTAL</u> <u>1.00PM – 7.30PM</u>	