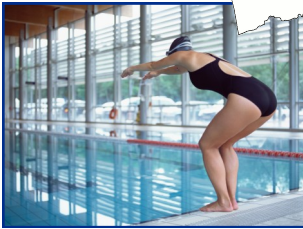




Session Activity Programme

April - June 2010

For better mental health



Office opening hours

10am - 4.00pm Tuesday - Saturday

1-2-1 Support

The centre is open Tuesday - Saturday 10am - 4pm for 1-2-1 support, this is by appointment only, please see a member of the community team for more information.

For more information on current and future sessions please see a member of staff

Wellingborough and District Mind

14 Havelock Street

Wellingborough

Northamptonshire

NN8 4QA

T: 01933 223591

w: www.wellingboroughmind.org.uk

e: admin@wellingboroughmind.org.uk

Tuesday

11.00 - 12.30 Yoga at the Waendel centre

1.00 - 4.00 Drop in services

Wednesday

10.00 - 12.00 Art and Mixed Media

1.00 - 4.00 Drop in services

Thursday

12.00 - 1.00 Swimming at the Waendel centre

1.30 - 3.30 Art Group

Friday

10.00 - 12.00 Drop in services

10.00 - 12.00 Walking group

Saturday

10.00 - 12.00 Social Drop in

10.00 - 12.00 Knit and Natter

1.00 - 4.00 Saturday Workshops

Monthly

1st Wednesday 12.00 - 1.30 'Bring and Share' lunch

1st Saturday 1.00 - 4.00 Massage and Relaxation

3rd Saturday 1.00 - 4.00 Public open day & Freegle

last Saturday 1.00 - 4.00 Bowling

Minds Mission

Wellingborough mind works towards a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect. We campaign to improve policy and attitudes and, in partnership with other local Mind associations, develop quality services that can be accessed by people experiencing mental distress.

Need our help?

The service that we provide is free of charge to those that need it. We do require a referral from a medical professional, we can suggest that you can get this from your GP or Key worker, this is so our Support Workers can give their advice on what they can do that would be best for your situation. Please speak to a member of staff or alternatively you can download a copy of our referral form from our webpage or email:

admin@wellingboroughmind.org.uk