

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness & Boxing Training @ K.O.C.A. Gym 7am - 8am	Sakinah (Maryam Place) 10am - 12pm	Fitness & Boxing Training @ K.O.C.A. Gym 7am - 8am	Women's Yoga @ St Hilda's 10am - 11am	Fitness & Boxing Training @ K.O.C.A. Gym 7am - 8am	
Men's Shed 10am - 4pm	Crafty People Arts & Crafts Group 11am - 1pm	Men's Shed 10am - 4pm			Yoga @ K.O.C.A. Gym 3pm - 4pm
Welfare Benefits Drop-in (Fortnightly) 11am - 1pm	Get Active, Go Places Cycling Group (For beginners) 11am - 1pm	Sakinah (Open House) 10am - 12pm	Get Active, Go Places Cycling (Advanced) 11am - 3pm	Acupuncture 10am - 4pm (£10 per session, by booking only)	
Creative Health and Wellbeing 11am - 1pm	Somali Group 11am - 12pm	Out & About Social Group (Fortnightly) 11am - Finish	Be Well – Walk and Talk Last Thursday of the month 11am - 1pm	Coping with Life 12:00pm - 1:30pm	
	Cool 2 Believe Paranoia & Distressing Beliefs 1:30pm - 3pm	Tea and talk @ Brady Art Centre (Fortnightly) 11:30am - 1:30pm	Just Say Hello - pop in for tea & chat 1pm - 3pm	Hearing Voices (Fortnightly) 12.00pm - 1:30pm	Sunday
					Urban Rambling (Fortnightly) 2pm - Finish
Mindfulness for all 12pm - 1pm	How Music Works 3:15pm - 4:45pm	Hearing Voices Two (Fortnightly) 12.00pm - 1:30pm	Oriental and Exotic Dance (Monthly) 1pm - 2pm	Let's Get Physical 12:30pm - 2pm	
Creative Space @ St. Hilda's 2pm - 4pm	Cooking Club @ St. Hilda's (Twice a month) 2pm - 5pm	Peace of Mind Bangladeshi Men's Group 12pm - 1pm			Register for Groups and Activities in 2025: Get support at our Welfare Benefits and Housing Drop in - Mondays (Fortnightly) 11am - 1pm. Oriental and Exotic Dace – second Thursday of the month
Creative Writing for Mental Health 3pm - 5pm	East London Drop-in Drama - improvisation games @Brady Arts Centre 3:30pm - 5:30pm	LGBTQ Mind 12pm - 2pm	Activate Cafe (Twice a month) 4pm - 7pm		Coping with life – from May
Muslim Heritage Tales Drop-in Drama sessions @ Brady Arts Centre 3pm - 5pm	East London Write Now – writing exercises and storytelling 6:30pm - 8:30pm	Dyslexia Support Group 5.30pm - 6:30pm			Muslim Heritage tales Drop-in Drama sessions – till 19th of May only
	Bipolar Support group by Bipolar UK (Monthly) 6 - 8pm	Reiki 3pm - 7pm			Activate Café (twice a month, first one is on Wednesday, second one is on Thursday) – this month 9th and 24th April 4pm-7pm
		Expressions With Art 6:30pm - 7:30pm			Bipolar Support group by Bipolar UK – Every 2nd Tuesday of the month

For more information or to register for one of our groups, please contact our Navigators on 0207 510 1081 or email: connecting.communities@mindthnr.org.uk.

You can also visit www.mindthnr.org.uk for further resources.

