

## FREE groups for anyone experiencing poor mental health

We are running the following face-to-face groups:

### TUESDAYS

#### Boxercise

Gentle warm up, boxing style non-combat fitness, then calming meditation to cool down.

Location: **Active Communities Hub, Central Shopping Centre**

Time: **11am-12pm**

#### Table Tennis

A fun, friendly group, which also has pool table and badminton set.

Location: **Active Communities Hub, Central Shopping Centre**

Time: **11am-12pm**

#### Tennis

Friendly, fun tennis with award winning coach. All equipment supplied.

Location: **South Croydon Sports Club**

Time: **11.15am-12.15pm**

#### Zumba

Women only dance-based exercise.

Location: **Active Communities Hub, Central Shopping Centre**

Time: **12pm-1pm**

### WEDNESDAYS

#### Gardening

Relax in nature, sit and chat on the benches, dig for fitness, learn about plants or admire beautiful butterflies and flowers at our lovely Allotment group.

Location: **South Croydon Allotments**

Time: **10am-12.30pm**

#### Badminton

Learn how to play with the fantastic coaches in a fun and friendly group.

Location: **South Croydon Sports Club**

Time: **2pm-3pm**

### THURSDAYS

#### Yoga

Breathing exercises and gentle stretches with Su.

Location: **Orchard House, South Croydon**

Time: **11am-12.30pm**

#### Walking Group

A gentle stroll around in nature to catch up, connect and enjoy the scenery.

Location: **Lloyd's Park (meeting at tram stop car park)**

Time: **2pm-3pm**

We are also running the following online Zoom groups:

### TUESDAYS

#### Barre Fitness

Fun fitness session using stretches and ballet moves to music!

Location: **Zoom - contact for info**

Time: **1pm-2pm**

**Starting 14th November 2023**

#### Yoga

Breathing exercises and gentle stretches with Su.

Location: **Zoom - contact for info**

Time: **3.15pm-4.45pm**

### THURSDAYS

#### Relaxation

Do some movement and breathing exercises, then listen as you are guiding into relaxing each part of your body before imagining you are somewhere super relaxing.

Location: **Zoom - contact for info**

Time: **1pm-1.30pm**

### FRIDAYS

#### Mindfulness

Try out breathing exercises and other strategies to use to help ground you and lessen feelings of anxiety.

Location: **Zoom - contact for info**

Time: **11am-11.40am**

#### Social Chat Group

Come online and meet other members of Active Minds for a weekly catch up and talk about how you are doing and feedback any new ideas for what we can do.

Location: **Zoom - contact for info**

Time: **12pm-1pm**

To refer someone to the Active Minds groups please fill out the referral form found at: <https://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/>  
Brief support to help people set up Zoom is available

*PLEASE NOTE: We are no longer taking referrals to the JustBe service.*

**Tel 020 8253 8205**

**Email: [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)**

Self-refer by scanning this QR code

