

# Promoting Mental Wellbeing



**Is Stress and/or Anxiety limiting  
your ability to live a full life?**

*If so, SACI is here to help you become more active  
through physical and social activities and achieve  
mental wellbeing*



***To participate, get involved or to receive this service***

SACI, Vestry Hall, 336-338 London Road, Mitcham, CR4 3UD, United Kingdom  
t: 020 8543 2100 | m: 07535 685877 | e: [info@saci.org.uk](mailto:info@saci.org.uk) | w: [www.saci.org.uk](http://www.saci.org.uk)

*SACI exists to promote the health and mental wellbeing of people suffering from, at risk of, or otherwise affected by stress and anxiety*

### ***We define mental wellbeing as:***

- ***Feeling positive about the present***
- ***Being hopeful about the future***
- ***Feeling confident about having the ability to handle stresses and problems***
- ***Having an overall sense of fulfilment and reward in life***

## **SERVICES ARE PROVIDED FREE EXCEPT OUR SOCIAL PROGRAMME FOR WHICH VARIOUS CHARGES APPLY**

**Swimming:** Swimming classes can reduce stress levels, lower incidences of depression and anxiety and improve sleep patterns.

**Cycling:** Cycling sessions can improve physical and emotional health and brain functioning.

**Dancing:** Dancing has physical, emotional wellbeing and confidence boosting benefits.

**Learning:** Computer classes provide opportunities for people to learn new skills and develop confidence.

**Workshops:** We offer individual and group activities to explore experiences and develop coping mechanisms.

**Socialising:** We organise a programme of social events, both local and international, for people to build their confidence in a range of social situations.

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