

# INSPIRE GROUP ACTIVITY WEEKLY TIMETABLE—WINTER 2019

	Morning				Afternoon			Evening
<b>Monday</b>	<b>Men's Shed Project</b> 10.00—12.00 Mind in Tower Hamlets Wood work space	<b>Confidence Building</b> 11am – 1pm Mind in Tower Hamlets Training Room 1	<b>Yoga for Everyone— all abilities welcome.</b> 12pm-1pm Mind in Tower Hamlets Main Hall		<b>Arts and Craft</b> 13.30—15.30 Keddleston Walk Com- munity Centre		<b>Creative Writing</b> 14:00—17:00 Mind in Tower Hamlets Training Room 1	
<b>Tuesday</b>	<b>Women's Exercise</b> 10:00– 1100 St Hilda's	<b>Vietnamese Group</b> 11.00—13.00 Vietnamese Mental Health Service	<b>Somali Support Group</b> 11:30-13:30 Mind In Tower Hamlets Training Room 1	<b>Crafty Mornings for Bengali Women</b> 11.00—13.00 St Hilda's	<b>Create: Photography</b> 11:00– 14:00 Mind In Tower Hamlets Training Room 2		<b>Mindfulness</b> 14..00—15.30 Mind in Tower Hamlets Main Hall	<b>Youth Group 18—25</b> 16:00—18:00 Mind In Tower Hamlets Main Hall
<b>Wednesday</b>	<b>Men's Toolkit for Life</b> 10:00—11:30 Mind in Tower Hamlets Training Room 1	<b>Women's Toolkit</b> 11:00 - 13:00 Mind in Tower Hamlets Training Room 2	<b>Walk and Talk</b> 11.00—12.00pm Beside	<b>No First Night Out— Housing Drop In</b> 10:00—1:00pm Main Hall	<b>Mindful Health</b> 14.00—16.00 Mind in Tower Hamlets Training Room 1	<b>Reset Recovery</b> 15:00—16:00 Mind in Tower Hamlets	<b>Steps to wellbeing</b> 15:30—17:00 Beside	
<b>Thursday</b>	<b>Get Cycling Go Places</b> 11.00—13.30 Mind in Tower Hamlets Off site	<b>Yummy Mummy</b> 13.00—15.00 St Hilda's	<b>Coping with Life—CBT</b> 13.30—15.30 Mind in Tower Hamlets Training Room 1	<b>Inspiring Minds</b> 13:30—16:00 Bow Brew Coffee	<b>Hearing Voices</b> 15.00—17.00 Three Colts Lane	<b>Creative Writing</b> 14:00—17:00 Mind in Tower Hamlets Training Room 2	<b>Creative Movement Therapy (Dance) - Men's Group</b> 18:00-19:00 Mind in Tower Hamlets Main Hall	<b>Family Law Advice Session</b> 18:00—20:00 Mind in Tower Hamlets Every 4 weeks
<b>Friday</b>	<b>Chinese Therapy</b> 10 - 16:00 Mind In Tower Hamlets Meeting Room 4	<b>Creative Movement Therapy (Dance ) - individual sessions</b> 10.00-14:00 Mind in Tower Hamlets Main Hall	<b>Green Fingers</b> 11.00—13.00 Mind in Tower Hamlets Garden Area	<b>The Vegetable Draw</b> 12.00—14:00 Every 4 weeks Mind in Tower Hamlets Café Area	<b>Creative Movement Therapy (Dance ) - Women's Group</b> Time TBC Mind I nTower Hamlets Main Hall	<b>Soulful Music</b> 14.00—16:00 Mind in .Tower Hamlets Main Hall		
<b>Cultural Groups</b>		<b>Creative and recovery</b>		<b>Health and Wellbeing Activities</b>		<b>Therapeutic Groups</b>		<b>Learning and Educational</b>