


S.U.N Network-User Led Groups

Proud to work in partnership:



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| Monday | <p>Carers Well-being Let the SUN SHINE in your care. A new wellness oasis for carers in Tower Hamlets. Address: St Peters Community Centre, 80 Pritchard's Road, E2 9AP Monday 10:00-15:00</p> | <p>Peoples Portal A FREE fortnightly mental health recovery group exploring a variety of healing techniques and practices. Address: The Healthwatch Hub, Stepney Way (rear of Royal London Hospital), E1 2AD Email: thepeoplesportalth@gmail.com Mondays 18:00-20:00</p> | <p>Thai Boxing Fighters Academy Stay fit, healthy disciplined and focused managing yourself in more positive way to allow you to move forward and progress. Address: Sundail Centre, 11 Shipton Street, E2 7RU Email: ThaiBoxingFightersAcademy@yahoo.co.uk Telephone: 0776 9797916 Monday 19:00-20:00 Friday 19:00-20:00</p> |  <p>Improving wellbeing through group participation and shared experience.</p> |
| Tuesday | <p>Co-create Tower Hamlets Woodwork and Arts & Crafts sessions to promote Mental Health and Wellbeing via creative expression. Address: St George in the East Church ,14 Cannon Street, E1 0BH Email: cocreate.towerhamlets@gmail.com Tuesday 10:00-13:00</p> | <p>Creative Recovery Come along and ignite your creativity and imagination, using your 5 senses with Poetry, Art and Colours to express yourself. Address: Mulberry and Bigland Green Centre, 15 Richard Street, Shadwell, E1 2JP Email: creativerecoveryms@gmail.com Tuesday 14:00-15:30</p> | <p>CAFÉ NIA African Caribbean men’s and women’s service user social group. Address: Mind Tower Hamlets, 13 Whitethorn Street Bow, E3 4AD Tuesday 15:00-18:00</p> | <p>Mindful Café Learn And Practice Mindfulness. FREE DROP-IN WORKSHOPS well-being, stress, sleep, productivity, focus, self-confidence, and more. Address: Community Room at Wapping Health Centre, 22 Wapping Lane, E1W 2RL (Tuesdays) Tuesday 18:00-19:00</p> |
| Wednesday | <p>Peace of Mind Bangladeshi men’s mental health social group. Address: Mind Tower Hamlets, 13 Whitethorn Street, Bow, E3 4AD Email: babul_042003@yahoo.co.uk Wednesday 12:00-14:00</p> | <p>Upbeat UPBEAT Pilates class at Minerva Street Bethnal Green, improve your Mental and Physical Wellbeing. Address: Minerva Community Centre, 10 Minerva Street, Bethnal Green, E2 9EH Wednesday 14:00 -15:00</p> | <p>Songbirds Fortnightly singing group where members choose and write their own songs. Address: Tonybee Hall, The Community Centre, 52 Old Castle Street, E1 7AJ Email: Songbirds@toynbeehall.org.uk Wednesday 14:00—16:00</p> | <p>Expressions With Art Explore your creativity and unlock your artistic potential. Address: Christ Church, Manchester Road, E14 3NB Email: expressionswithart@yahoo.co.uk Telephone: 07904 310867 Wednesday 18:30- 19:30</p> |

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| Thursday |  | <p>Eden Sessions</p> <p>Our surroundings shape our inner world. If you're struggling with life let nature in.</p> <p>Address: Spitalfields City Farm, Buxton Street E1 5AR</p> <p>Email: Theedensessions@gmail.com</p> <p>Telephone: 0736 5865 691</p> <p>Thursday 11:00am-12:30pm</p> | <p>How to access the S.U.N groups</p> <p>Anyone wishing to take part in a S.U.N group should contact the individual group facilitator directly. Alternatively you may contact Grace Azeez, Co-production & Involvement Worker who supports and oversees the work of the S.U.N groups on behalf of Tower Hamlets.</p> <p>You may phone Monday—Friday during office hours or send an email at anytime.</p> <p>Telephone: 07714 920657 Email: grace.azeez@community-options.org.uk</p> <p>The address for correspondence for the SUN groups is: Attn: Grace Azeez. Community Options/Inspire, 86 Old Montague Street, LONDON, E1 5NN</p> | |
| Friday | <p>Thai Boxing Fighters Academy</p> <p>Stay fit, healthy disciplined and focused managing yourself in more positive way to allow you to move forward and progress.</p> <p>Address: Sundail Centre, 11 Shipton Street, E2 7RU</p> <p>Email: ThaiBoxingFightersAcademy@yahoo.co.uk</p> <p>Telephone: 0776 9797916</p> <p>Monday 19:00-20:00 Friday 19:00-20:00</p> | <p>Mindful Café</p> <p>Learn And Practice Mindfulness. FREE DROP-IN WORKSHOPS well-being, stress, sleep, productivity, focus, self-confidence, and more.</p> <p>Address: Wapping Community Hall, 15 Chandler Street, E1W 2QL (Fridays & Saturdays)</p> <p>Telephone: 07793 240039</p> <p>Friday/Saturday 12:00-13:30</p> | <p>Badminton group</p> <p>Want to get fit and have fun, while making new friends? Then why not come along to our Wellbeing Badminton Group, FOR FREE!</p> <p>Address: Whitechapel Sports Centre, 55 Durward St, Whitechapel, London E1 5AB</p> <p>Email: Healthandwellbeing55@gmail.com</p> <p>Friday 16:00pm – 17:00pm</p> | <p>When do groups run?</p> <p>Groups run 7 days a week, mornings, afternoons, evenings & weekends. Check the listings for each individual group to find out when and where they are on.</p> <p>What is the aim of the groups?</p> <p>The aim of the groups is to increase support, reduce social isolation and help people to stay well improving both physical and mental wellbeing.</p> |
| Saturday | <p>Mindful Café</p> <p>Learn And Practice Mindfulness. FREE DROP-IN WORKSHOPS well-being, stress, sleep, productivity, focus, self-confidence, and more.</p> <p>Address: Wapping Community Hall, 15 Chandler Street, E1W 2QL (Fridays & Saturdays)</p> <p>Telephone: 07793 240039</p> <p>Friday/Saturday 12:00-13:30</p> | <p>Sunday</p> <p>Urban Rambling</p> <p>Bi-monthly exercise through walking & socialising.</p> <p>Email: urban_rambling@hotmail.co.uk</p> <p>Telephone: 07958 761283</p> <p>Sunday 14:00-18:00</p> | <p>About the Support User Network (S.U.N)</p> <p>The S.U.N is made up of 14 user led groups that run across the London Borough of Tower Hamlets.</p> <p>Who are the groups for?</p> <p>The groups are for anyone that has experienced or is experiencing mental health problems aged 18+ resident in Tower Hamlets.</p> | <p>Who runs the groups?</p> <p>The groups are user led. Funding is provided by the Council and the NHS.</p> <p>Community Options are a specialist provider of mental health services and are commissioned by the council to support and oversee the running of the groups for the duration of their funding.</p> |

