

Community Programme

August 2017



Community Programme – August 2017

Our Community Programme takes Swindon Mind's social inclusion activity into the community. We are working with partners to develop fantastic opportunities for people to connect, meet, learn and support each other.

Support & Connect

Room 3 Sanford House
Sanford Street, Swindon.

Mondays, 11:00am-1:00pm

At Sanford house for members to get together and share a chat over a cuppa.

Help with Every Day Maths

Sanford House, Every Tuesday
Sanford Street, Swindon

Group 1, 10:00am-11:30am

Group 2, 11:30am-1:00pm

Our volunteer tutor, Peter can help you improve your maths, whether you are learning basic skills or tackling more advanced calculations.

Please Note: For more information or to book your place on the Maths group please contact your Wellbeing coordinator on 01793 432031.

Paper Crafting

RBL Pop-in Centre
52-54 Regent Street

Tuesdays, 2:00pm-4:00pm
(Alternate weeks only)

A group of up to 10 people where you will be taught paper-crafting skills, from card making, rubber stamping, to 3D crafts and scrap book making.

Please speak to a member of staff if you are interested in joining.

Croft Sports Centre

Marlborough Lane, Swindon

Tuesdays, 1:00pm-2:00pm

Friendly football and training session run by staff from Active Life Team with support from a BeActive/Swindon Mind worker.

Job Club

Sanford House

Sanford Street, Swindon

Tuesdays 2:00pm-4:00pm

Support to look for current employment or volunteering vacancies, get your CV up-to-date and to write letters.

Please Note: Limited numbers available. For more information or to book your place, please contact your Wellbeing coordinator on 01793 432031.

Afternoon Activity

Picnic in the park

Wednesday 30th August

Meet at the Bus Station

12:00 noon prompt.

In August we holding a picnic in the park. We will choose which park closer to the time. Members can bring their own packed lunch or bring money for refreshments to purchase lunch at a convenient café in the park. .

Please remember to bring your bus pass and money for refreshments

Keep Learning Workshops

Sanford House

Sanford Street, Swindon

Wednesdays, 1:30pm–3:15pm

Relaxation - Wednesday 23rd August

Our sessions are relaxed and informative with an emphasis on practical and self-Help measures to help with day-to-day living.

Support & Connect

Pilgrim Centre Café

Thursdays, 11:00am-1:00pm

Meeting at the Pilgrim Centre. Catch up for a chat, share your views and experiences over a coffee.

Please Note: The Pilgrim Centre will be closed throughout August with the exception of Thursday the 3rd and 31st August. Alternative venues on Thursday 10th, 17th, 24th, are to be confirmed. Please call the office on 01793 432031 on the morning.

Walking Group

1:30-4:00pm Meet at Sanford House on the following dates;

3, 10, 17, 24, 31st of August

Meet at Sanford House

Explore Swindon and the local area on foot. We will walk at the pace of the slowest walker and stop off at a café or pub for refreshments.

We will decide where to go on the day, depending on the weather.

It is important that you wear sensible/comfortable shoes to walk in and bring a raincoat. Also please ensure you eat before the walk or bring a snack/drink with you.

Needlecraft

Morrison's Regent Circus

Fridays, 11:00am-1:00pm

Bring along your current project and share your skills with others or learn new ones. We can supply all you need to get a group project off the ground.

Support & Connect

Room 3 Sanford House

Sanford Street, Swindon.

Fridays, 11:00am-1:00pm

Support and Connect session at Sanford house for members to get together and share a chat over a cuppa.

Games Afternoon

The Merlin, Drove Road, Swindon

Fridays, 2:00pm-4:30pm

Come along and join in table games in a convivial atmosphere. Try your hand at poker - no exchange of cash involved, just good fun.

Saturday Support & Connect

The Gate Café.

11:00am-1:00pm

Take time out every weekend. We now meet at the The Gate café in Town Centre, near the Brunel Statue by 'Iceland store'.

Saturday Trip

Trip to Hungerford

Saturday 12th August

Meet at the Bus Station at 10:15am prompt.

In August we will be visiting the market town of Hungerford.

Please remember to bring your bus pass money for refreshments.

N.B. Sessions are provided for Mind members. New members are always welcome – please speak with a member of staff for a referral form.

Be Active Programme – August 2017

The 'Be Active' programme offers access to a range of physical activities and supports you to participate. Referral forms are available from the Mind office.

Swimming (Ladies only)

Health Hydro

Milton Road, Swindon

Monday Mornings, 7-8 week courses
term-time only.

Times and cost as follows:

- **Beginners - building confidence in the water**
9.15am to 10.00am - FREE
- **Improvers - developing swimming skills**
10.00am to 10.45am - £1
- **Swimfit - for confident swimmers**
10.45am to 11.30am - £2.20

Courses resumes on Monday 4th September.

Swimming

The Link Centre,

Whitehall Way, Swindon

Tuesdays 10:15am-11:00am

Swimming for all abilities including those who want to learn or improve their swimming.

Cost £2.50

Gym Sessions

The Link Centre, Whitehill Swindon

Sessions on the following:

- Mondays 1:00pm to 3:00pm
- Wednesdays 1:00pm to 3:00pm
- Fridays 1:00pm to 2:00pm
(Seated Exercise Friday Only)

Gym Sessions (Supervised) for those requiring closer supervision due to health restrictions, or new to exercise in the gym or low in confidence.

Cost £2.50 per session.

NOTE: Referral only, an induction appointment is required prior to commencement of the sessions.

Walking Netball

Free

Haydon Centre

Thames Avenue, Swindon

Wednesday 2.30pm to 3.30pm

Designed so anyone can play regardless of age or fitness level, from those who have dropped out of the sport they love due to serious injury, to those who believe they had hung up their netball trainers.

Football with Active Life

Free

Grange Leisure Centre

Grange Drive, Swindon

Tuesdays 1.00pm to 3.30pm

£2.50 per session

Tuesday football sessions with Swindon Active Life Team.

Free taster session available to apply please call Swindon Mind on 01793 432031 and ask to speak with a Beactive coordinator.

Football

Free

Grange Leisure Centre

Grange Drive, Swindon

Wednesdays 2.30pm to 3.30pm

A FREE course delivered by Swindon Town Football in the Community Trust, with a structured warm up and stretch off, coaching drills and a 30 minute 5 aside game.

Boxing at Scrappers Gym

Free

Langley Road, Hillmead, Swindon

Friday Mornings 10:00am-11:00am

Also New Sessions

on Mondays 10:00-11:00am

'Fun, Free fitness where you can learn to box under expert tuition'.

For course dates and times please contact the Be Active Coordinator.

Yoga at Swindon Mind
First Session FREE
£2.00 per session thereafter
Sanford House
Every Tuesday 6:00-7:00pm

Sessions resume in September.

Yoga for beginner's classes, hosted by our qualified Yoga instructor 'Jade'. Learn and practice the art of Yoga in a friendly atmosphere, focusing your mind through breathing techniques helping to lower stress and improve your mood and increase flexibility.

Limited spaces available to book your space please contact Lewis at Beactive on 01793 432031

Cycle Drop-in **Free**
County Ground Athletics Track
Friday 10:00am to 12:00pm

Cycling sessions for those who want to learn how to cycle, build their confidence or just to ride around the track for fitness. Supervised by National Standard Cycle Instructors there are a range of bikes available, suitable for all including those with balance problems or disabilities. NOTE: Booking is required for learn how to cycle sessions.

Be Active Running Group **Free**
County Ground Athletics Track
Thursdays 9:15-10:15 Speed Training,
Free running Group that caters for beginners and improvers in a fun sociable environment.

The Speed Training Session is designed to improve the speed of your runs whatever the distance you cover.

Better Leisure Membership Cards
Also available are Free **Pay and Play cards**, which entitles the card holder to receive concessional rates for activities at Better leisure centres.

How to access activities?

To access any of the above activities please contact your Swindon Mind Be Active Coordinator on:

01793 432031

email:beactive@swindonmind.org

Therapy dogs come to Mind

Next Visit, Friday 25th August
Sanford House, 11:00 till 1:00pm.

Isla & Maisie therapy dogs visited Mind last month. They made a lot of people smile. Looking forward to more visit during Support and Connect, 11.00am till 1:00pm, at Sanford House.

Everyone Welcome



Calendar: August 2017

Monday		Tuesday		Wednesday	
		Maths Class 1 & 2 Football Croft Job Club Swimming Link Football with Active Life - Croft	1	Walking Netball Football Grange Leisure Centre Gym Session at The Link	2
Support & Connect at Sanford House Boxing Scrappers Gym Gym Session at The Link	7	Maths Class 1 & 2 Football Croft Job Club Paper Crafting Swimming Link Football with Active Life - Croft	8	Walking Netball Football Grange Leisure Centre Gym Session at The Link	9
Support & Connect at Sanford House Boxing Scrappers Gym Gym Session at The Link	14	Maths Class 1 & 2 Football Croft Job Club Swimming Link Football with Active Life - Croft	15	Walking Netball Football Grange Leisure Centre Gym Session at The Link	16
Support & Connect at Sanford House Boxing Scrappers Gym Gym Session at The Link	21	Maths Class 1 & 2 Football Croft Job Club Paper Crafting Swimming Link Football with Active Life - Croft	22	Afternoon Trip Relaxation Workshop Walking Netball Football Grange Leisure Centre Gym Session at The Link	23
Support & Connect at Sanford House Boxing Scrappers Gym Gym Session at The Link	28	Maths Class 1 & 2 Football Croft Job Club Swimming Link Football with Active Life - Croft	29	Walking Netball Football Grange Leisure Centre Afternoon Trip – Picnic in the Park Gym Session at The Link	30

Calendar: August 2017

Thursday		Friday		Saturday	
Support & Connect at Pilgrim Centre Walking Group – Meet at Sanford House. Running Group	3	Needle Craft Boxing Scrappers Gym Gym Session Link Support & Connect Cycle Drop-in Games Club	4	Support & Connect at The Gate Cafe	5
Walking Group – Meet at Sanford House. Running Group	10	Needle Craft Boxing Scrappers Gym Gym Session Link Support & Connect Cycle Drop-in Games Club	11	Support & Connect at The Gate Cafe Saturday Trip to Hungerford	12
Walking Group – Meet at Sanford House. Running Group	17	Needle Craft Boxing Scrappers Gym Gym Session Link Support & Connect Cycle Drop-in Games Club	18	Support & Connect at The Gate Cafe	19
Walking Group – Meet at Sanford House. Running Group	24	Needle Craft Boxing Scrappers Gym Gym Session Link Support & Connect with Therapy Dogs Cycle Drop-in Games Club	25	Support & Connect at The Gate Cafe	26
Support & Connect at Pilgrim Centre Walking Group – Meet at Sanford House. Running Group	31				

Sessions are provided for Mind members. New members are always welcome. If you are not a member but are interested in engaging with our service, please phone 01793 432031 for a referral form or download the form from our website, swindonmind.org.

Regular Members' Meetings are held to discuss the service and activities. If you wish to attend or have an issue to raise, please speak to your committee representatives, Justin or James.

For more information about the community activity programme, please phone Swindon Mind on 01793 432031. Our office is open Monday to Fridays from 9.00am to 4.00pm.

If you would like to get in touch, you can call us, email us, write to us, or just come and visit our offices.

Swindon Mind
Sanford House,
Sanford Street,
Swindon
SN1 1HE

Telephone: 01793 432031

Email: admin@swindonmind.org

Self Harmony Counselling Service

Confidential 1-to-1 sessions are available with specialist counsellors. Referral to this service is through the Wellbeing Co-ordinator.

