

www.swindonmind.org



Community Programme

June 2017



Community Programme – June 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.

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.

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.

Advanced Art

SWADS
13-14 Milton Road
Tuesdays, 1:00pm-3:00pm

This group is currently full. Please speak to Jodie to go on the waiting list.

Afternoon Activity

Trip to Avebury

Wednesday 28th June

Meet at the Bus Station at 11:45 Prompt to catch the bus.

In June we will be visiting Avebury henge and stone circles are one of the greatest marvels of prehistoric Britain. Remember to bring your bus pass and money for refreshments after a stroll around the stones and exploring the village.

Please remember to bring your bus pass plus some money for and refreshments.

Keep Learning Workshops

SWADS
13-14 Milton Road, Swindon
Wednesdays, 1.30pm-3.15pm

Relaxtion - Wednesday 14th

Motivation – Wednesday 21st

Lifting Low Mood – Wednesday 28th

A 12 week rolling programme of small, relaxed workshops offering practical sessions to help maintain and improve day-to-day wellbeing.

NEW! Support & Connect
Basement Café SWADS
13-14 Milton Road, Swindon
Wednesdays, 12.00pm–2.00pm

Catch up for a chat, share your views and experiences over a cuppa at the Basement Café at SWADS.

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.

Walking Group
Meet at Sanford House on the following dates; 7,14,21,28 of June

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
Gateway Project Café.
11.00am-1.00pm

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

Saturday Trip
Trip to Salisbury
Saturday 10th June

Meet at the Bus Station at 10:00am am prompt.

In June we will be exploring the cathedral city of Salisbury.

Please remember to bring your bus pass plus some money for and 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.

Swindon Mind Members Meeting Friday 30th June

12:00 Noon, At Sanford House, Sanford Street, Swindon SN1 1HE

All Welcome, if there are any points or items you would like raised in the Members Meeting, please speak with Justin Plaskett, (Chairman).

Be Active Programme – June 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

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

Swimming

The Link Centre

Whitehall Way, Swindon

Tuesdays 10:15am-11:00am

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

Cost £2.50

Gym Sessions

The Haydon Centre

Thames Avenue, Swindon

Sessions on the following::

- **Mondays** 1.30pm to 2.30pm
- **Wednesdays** 1.30pm to 3.00pm
- **Thursdays** 9.45am to 11.15am
- **Fridays** 9.30am to 10.30am

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

Cost £3.15 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

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

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

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

Walking

Free

A range of sociable walking groups for all abilities - from very gentle strolls to power walking - there is something for everyone. All walks are led by a volunteer walk leaders, with walks starting and finishing from many locations in Swindon and surrounding areas.

Yoga at Swindon Mind
First Session FREE
£2.00 per session thereafter
Sanford House

Every Tuesday 6:00-7:00pm

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,
10:30-11:30 Distance 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.

Whether you like to run as a group or individually, we will have different distance courses available each week for you to push your distance further. Perfect for those who may be just starting out or for those with a bit more running experience!

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?

For referral to any of the above activities please contact your Swindon Mind Be Active Coordinator on:

01793 432031

email:beactive@swindonmind.org

Thearpy dogs come to Mind

Next Visit, Friday 30th June
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: June 2017

Monday		Tuesday		Wednesday	
Support & Connect at Sanford House Ladies Swimming Beactive Course e	5	Maths Class 1 & 2 Advanced Art Football Croft Job Club Swimming Link Yoga at Mind	6	Basement Café SWADS Walking Netball Football Grange Leisure Centre	7
Support & Connect at Sanford House Ladies Swimming Beactive Course e	12	Maths Class 1 & 2 Advanced Art Football Croft Job Club Paper Crafting Swimming Link Yoga at Mind	13	Basement Café SWADS Relaxation Workshop Walking Netball Football Grange Leisure Centre	14
Support & Connect at Sanford House Ladies Swimming Beactive Course e	19	Maths Class 1 & 2 Advanced Art Football Croft Job Club Swimming Link Yoga at Mind	20	Basement Café SWADS Motivation Workshop Walking Netball Football Grange Leisure Centre	21
Support & Connect at Sanford House Ladies Swimming Beactive Course e	26	Maths Class 1 & 2 Advanced Art Football Croft Job Club Paper Crafting Swimming Link Yoga at Mind	27	Basement Café SWADS Lifting Low Mood Workshop Walking Netball Afternoon Trip to Avebury. Football Grange Leisure Centre	28

Calendar: June 2017

Thursday		Friday		Saturday	
Support & Connect at Pilgrim Centre Walking Group – Meet at Sanford House. Running Group Couch to 5K e	1	Needle Craft Boxing Scrappers Gym Support & Connect at Sanford House Cycle Drop-in Games Club	2	Support & Connect at Gateway Project	3
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Support & Connect at Pilgrim Centre Walking Group – Meet at Sanford House. Running Group Couch to 5K e	29	Members Meeting Needle Craft Boxing Scrappers Gym Support & Connect at Sanford House with Therapy Dogs Cycle Drop-in Games Club	30		

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.

