

Community Programme

October 2017



Community Programme – October 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.

Sorry, No Session on 17 October

For more information or to book your place on the Maths group please contact your Wellbeing Co-ordinator.

Job Club

Sanford House, Sanford Street,
Swindon. Tuesday, 3, 17, 31 of
October, 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.

Croft Sports Centre

Marlborough Lane, Swindon

Tuesdays, 2:00pm-3:00pm

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

World Mental Health Day 2017

To mark the occasion we will be holding a special session during Support & Connect at Sanford House, 11:00-1:00pm, Monday 9th October.

We will have quick tips handouts, tea and a talk and views on improving wellbeing.

All Welcome



Afternoon Activity

Ten Pin Bowling

Wednesday 25 October

Meet at the Bus Station

12:00 noon prompt.

Back by popular demand. This month we will be going Ten Pin Bowling at Shaw Ridge. Tenpin bowling is great fun for everyone so come along regardless of your ability. Please remember to bring your bus pass.

Keep Learning Workshops

**Sanford House, Sanford Street,
Swindon**

Self Care and Pamper Session –

**Wednesday 4 October, 1:30pm –
3:15pm**

Learn and share a short massage routine and experience natural ways to wellbeing. Please bring a small towel and pillow for this session.

**Relaxation Workshop – Wednesday
18 October, 1:30pm – 3:15pm**

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

Walking Group

Thursdays 1:00-4:00pm

**Meet at Sanford House on the
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 or bottled water with you.

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.

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.

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

Visit to Stroud, Saturday 14 October

Meet at the Train Station at

9:30am prompt.

Trip to Stroud Farmers' Market a multi award-winning and is well known as one of the biggest, busiest and most popular farmers' market in the UK. Please remember to bring money for your train fare.

Be Active Programme – October 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

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

Croft Leisure Centre
Marlborough Road, Swindon
Tuesdays 2:00pm to 3:00pm
£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'.

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,

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 27th October
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: October 2017

Monday		Tuesday		Wednesday	
Support & Connect at Sanford House Ladies Swimming Beactive Course e Boxing Scrappers Gym Link Gym Session	2	Maths Class 1 & 2 Football Croft Job Club Swimming Link Football with Active Life - Croft Yoga at Mind	3	Walking Netball Gym Session at The Link Workshop – Self Care & Pamper Session	4
Support & Connect at Sanford House Ladies Swimming Beactive Course e Boxing Scrappers Gym Link Gym Session	9	Maths Class 1 & 2 Football Croft Swimming Link Football with Active Life - Croft Yoga at Mind	10	Walking Netball Gym Session at The Link	11
Support & Connect at Sanford House Ladies Swimming Beactive Course e Boxing Scrappers Gym Link Gym Session	16	Football Croft Job Club Swimming Link Football with Active Life - Croft Yoga at Mind	17	Walking Netball Gym Session at The Link Workshop – Relaxation	18
Support & Connect at Sanford House Ladies Swimming Beactive Course e Boxing Scrappers Gym Link Gym Session	23	Maths Class 1 & 2 Football Croft Swimming Link Football with Active Life - Croft Yoga at Mind	24	Walking Netball Football Grange Leisure Centre Gym Session at The Link Ten Pin Bowling – Shaw Ridge	25
Support & Connect at Sanford House Ladies Swimming Beactive Course e Boxing Scrappers Gym Link Gym Session	30	Maths Class 1 & 2 Football Croft Job Club Swimming Link Football with Active Life – Croft Yoga at Mind	31		

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Thursday		Friday		Saturday	
Support & Connect at Pilgrim Centre Walking Group – Meet at Sanford House. Running Group	5	Needle Craft Boxing Scrappers Gym Gym Session Link Support & Connect Cycle Drop-in Games Club	6	Support & Connect at The Gate Cafe	7
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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.

