

SOUTHWARK
WELLBEING
HUB

together
FOR MENTAL WELLBEING

Wellbeing workshops

January - March 2020





Winter into Spring...

As we welcome the longer days it's a great time to start thinking about getting out again and making positive changes for the year ahead. This term it's all about movement, slow or speedy, you can set the pace at our weekly Gym Group and Yoga sessions.

Whether your goals are around improving your fitness and lifestyle, tackling a particular issue or making time to be social or creative, all the groups and workshops in this brochure provide a supportive space to focus on you and your wellbeing.

To book yourself place on any of the workshops in this brochure please contact us:

Email: southwarkhub@together-uk.org

Tel. 020 3751 9684

Talking Therapies Southwark

Long-Term Physical Health Conditions

Wellbeing Programme for Health Conditions

What: Weekly rolling group, 2 hours

When: Tuesdays 14th January to 31st March, 10.30am - 12:30pm

Where: Thames Reach Employment Academy

This group is for those experiencing long term physical health conditions who would like to:

- Connect with other people facing similar challenges
- Learn strategies and techniques for managing the anxiety, low mood, fatigue and other difficulties that can accompany these conditions

To attend this programme you will need to be:

- Motivated and able to attend regularly
- Comfortable in a group, and able to listen to other people's experiences with an option to share some of your own
- Interested in learning new approaches and exploring positive changes to how you might cope with your condition

Southwark Wellbeing Hub has partnered with Talking Therapies Southwark Service to offer the group programmes for people with chronic physical health conditions. If you would like to participate in either of these groups, please contact Southwark Psychological Therapies Service direct on **020 3228 2194** or **sptsadmin@slam.nhs.uk**. They will guide you through their assessment process to confirm your eligibility for the group.

Talking Therapies Southwark

Long-Term Physical Health Conditions

Mindfulness for Health Programme

What: 10 weekly group sessions, 2 hours 15 minutes

When: Wednesdays 5th February to 1st April, 10:30pm - 12.30pm

Where: Thames Reach Employment Academy

This group is suitable for those who would like to learn mindfulness and meditation techniques in order to better cope with the difficulties arising from their physical health condition. To attend this programme, you will need to be able to:

- Commit to attending all sessions of the programme
- Commit to at least half an hour of home meditation practice every day
- Feel comfortable in a group and be able to listen to other people's experiences

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Shared Reading Group

What: A weekly rolling group

When: Every Friday 12:00pm - 3:00pm

Where: InSpire Café

The
Reader

CONNECT
REALISE
CHANGE



Shared reading is more than following words on a page; it's sharing an experience, evoking memories and thoughts that we discuss together.

Each week we're in another world, following the characters and the laws of a different time and place

We meet to socialise and then read together; everything is read aloud at the group so there is no need to read anything in advance.

The Reader is a charitable social enterprise working to connect people with great literature through shared reading. Their primary way of doing this is through their innovative shared reading model, bringing people together in weekly groups to listen to poems and stories read aloud by a trained 'Reader', the group are given opportunities to discuss and also read aloud.

Gym Group for beginners

What: A rolling 6 week programme

When: TBC - please express your interest by contacting us

Where: The Castle Centre

If the idea of going to the gym makes you sweat then this group is for you! Over 6 weeks you'll have the opportunity to look at your fitness and create some realistic goals with a fitness instructor. Find out which exercises are right for you, relax with others in the gym environment and leave with a natural lift in mood and energy. Places in the group are offered every 6 weeks.

Yoga at Sporting Recovery



What: A weekly rolling group

When: Wednesdays, 3-4pm (8th January - 1st April, no class on 19th Feb)

Where: Sporting Recovery

“Yoga is for everyone. Kirsty the teacher knows how to put you at ease and is understanding of different abilities; it's encouraged me to focus and work hard on my health”

Sporting Recovery are a wellness centre helping people with mental health issues cope with their recovery journey and find ways to connect with their community. They offer sports, nutritional advice and education. We have partnered with them to provide free Yoga sessions for beginners. Yoga can be a gentle way to increase your overall health.

Creative Writing for Beginners



What: 4 individual workshops

When: Thursdays in March from 5th -26th 1:30-3:30pm

Where: Elephant and Castle Community Hub

“For some people, writing is a very private medium, and for some it is empowering to share their words with others. Creative writing is a very individual process and can help you to explore your experiences and emotions whilst building self-confidence and self-acceptance.”

These workshops are suitable for beginners and open to anyone interested in having the opportunity to create something unique and personal.

Creative Corner

What: A monthly meet up

When: 12:30-2:30pm: 30th January, 27th February; 12:30-1:30: 26th March

Where: Elephant and Castle Community Hub

This is a monthly meetup where anybody interested in writing is welcome to relax, socialise and explore their creativity! There is absolutely no previous writing experience needed to join in as each session is guided by a tutor and offers a variety of competitions and prompts to get you started.

Hearing Voices Group

What: 1 hour workshop

When: Every first and third Thursday of the month

Where: The session on the first Thursday of the month is held at Elephant and Castle Community Hub, 1-2pm. The session held on the third Thursday is at Time & Talents Centre, 3-4pm

Between 3 and 10% of the population hear voices that other people don't.

Hearing voices and seeing visions is not uncommon. A number of famous and important people (past and present) have experience of hearing or seeing things that other people don't.

"This is a great opportunity to meet people who experience similar things, I go to talk to people who also experience psychosis"

Carers' Group

What: 2 hour session

When: Every second Tuesday of the month, 1.30-3.30pm

Where: Thames Reach Employment Academy

This group is a safe space to discuss issues affecting carers in today's world. To attend you will need to currently care for a loved one/friend/family member with a mental health condition. There will be no pressure to tell us your life story in the first instance, you can just listen and get to know the group. The aim of this group is to support you both emotionally and practically.

You don't need to have had a Carer Assessment to attend, or feel like you need one, but there is opportunity to discuss what the Carer Assessment is and how it can support you.

Workshop Locations

Southwark Wellbeing Hub/Thames Reach Employment Academy

Thames Reach Employment Academy, 29 Peckham Road, London SE5 8UA
Buses: 12, 36 171, 345, 436 (Vestry Road Stop) 40, 176, 68 (Camberwell Green)

Nearest train/tube station: Peckham Rye or Denmark Hill

The Castle Centre, Elephant and Castle

2 St Gabriel Walk, London SE1 6FG.

Buses: 35, 133, 136, 333, 343, 415, N133, N343

Nearest train/tube: Elephant and Castle

InSpire Café

The Crypt at St. Peter's Liverpool Grove, SE17 2HH

Buses: 12, 171, 35, 45, 148

Nearest train/tube station: Elephant and Castle or Denmark Hill

Elephant and Castle Community Hub

First floor Elephant and Castle Shopping Centre, opposite Jenny's Burgers, New Kent Rd, Elephant and Castle, London SE1 6TE

Buses: 12, 171, 35, 45, 148
Nearest train/tube station: Elephant and Castle

Sporting Recovery

Damilola Taylor Centre, 1 East Surrey Grove, SE15 6DR

Buses: 63, 363, 136, 343

Nearest train/tube station: Elephant and Castle or Denmark Hill

Time & Talents Centre

The Old Mortuary, St. Marychurch Street, London SE16 4JE

Bus: 381, C10, N381

Nearest train/tube station: Rotherhithe /Canada Water

Information and Advice

If you're looking for more support with your wellbeing, and with issues affecting your wellbeing, come and speak to us at these locations. You don't need to book an appointment in advance, our Hub Support Coordinators can direct you to a range of service for issues such as housing, talking therapies, family support and benefits.

Southwark Wellbeing Hub

Thames Reach Employment Academy, 29 Peckham Road, London, SE5 8UA
Mondays, Wednesdays and Fridays, 1pm – 4pm (6 x 30min face-to-face appointments
available on a first come first serve basis on these days)

Dragon Café

Dragon Café is across the street from Borough tube station, and based inside St George the Martyr's church, in their crypt, Borough High St, SE1 1JA
Mondays 2pm – 4pm
Buses: 35, 40, 133, 343, C10 (Borough stop)

Blackfriars Settlement

1 Rushworth Street, London SE1 0RB
The 1st Thursday of each month at 10am – 12pm
Tube: Southwark: Bus: 35, 40, 133, 343, C10 (Southwark Street); 45, 63, 100 (Pocock Street); 344 (Great Suffolk Street); 381, RV1 (Lavington Street)
This Pop Up is run in conjunction with Blackfriars Settlement and Three Cs' Well Connected programme.

Nunhead Surgery

58 Nunhead Grove, London SE15 3LY
Train: Nunhead
Bus: 78, P12 (Nunhead Green stop)
When you first arrive at the Nunhead Surgery, ask at reception. This Pop Up can be used by patients of Nunhead Surgery – please contact the surgery to book an appointment.
Thursdays at 2pm – 5pm (closed on the third Thursday of each month)

Pembroke House:

80 Tatum Street, London SE17 1QR

Every other Tuesday 11am – 1pm

Train/Tube: Elephant and Castle

Bus: 42(Congreve St stop) 21, 53, 63, 168, 172, 363, 453 (Old Kent Road East St stop)

Time & Talents Centre

Every 2nd and 4th Thursday 3pm – 5pm

The Old Mortuary, St. Marychurch Street, London SE16 4JE

Train/Tube: Rotherhithe /Canada Water Bus: 381, C10, N381

Contact Us

For enquiries or workshop bookings:

Call: **020 3751 9684**

Email: **southwarkhub@together-uk.org**

To find out more about our service:

Visit: **www.southwarkhub.together-uk.org**

Follow us: **[@southwarkhub](https://www.instagram.com/southwarkhub)**

