

Please call Support on 020 7924 3924 if coming to a drop-in class for the first time

# Wellbeing Calendar



Day Month	Monday	Tuesday	Wednesday	Thursday	Friday
Apr	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b> No class on 22 & 29	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>			<b>Yoga Class</b> 2.30pm-3.30pm 5 <sup>th</sup>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm 8 <sup>th</sup>	<b>Social Morning</b> 11.00am – 12.30pm 2 <sup>nd</sup>			<b>Moving Meditation</b> 2.00pm-3.30pm 12, 26
		<b>Asian Support Group</b> 10.30am-12.30pm 30 <sup>th</sup>			
May	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>	<b>Walking Group</b> 10.15 start from the bandstand in Battersea Park 1, 8, 15, 22 May	<b>Move Dance Feel</b> 10.30am– 2.30pm 2, 9, 16, 23 & 30	<b>Yoga</b> 2.30pm-3.30pm 17, 31
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm 13 <sup>th</sup>	<b>Social Morning</b> 11.00am – 12.30pm 7 <sup>th</sup>	<b>Alexander Technique</b> 11.00am–12.00pm 22 <sup>nd</sup>		<b>Moving Meditation</b> 2.00pm-3.30pm 3, 10 & 24
		<b>Asian Support Group</b> 10.30am-12.30pm 28 <sup>th</sup>			
June	<b>Get Active</b> 2.00pm - 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>	<b>Walking Group</b> 10.15 start from the bandstand in Battersea Park 5, 12 & 19		<b>Yoga</b> 2.30pm – 3.30pm 14, 28
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm 10 <sup>th</sup>	<b>Social Morning</b> 11.00am–2.30pm 4 <sup>th</sup>		<b>Move Dance Feel</b> 10.30am– 2.30pm 6, 13, 20, 27	<b>Moving Meditation</b> 2.00pm-3.30pm 7, 21
		<b>Singing Workshop</b> 12.30pm– 2.00pm 4, 11, 18 & 25			
		<b>Asian Support Group</b> 10.30am-12.30pm 25 <sup>th</sup>			

# WELLBEING CALENDAR

## April to June 2019

### **Mondays 2–3pm, Get Active classes with Mark Wild**

If you will be coming for the first time, please let us know in advance because you will need to have a short review with Mark before the class.

### **Second Monday of the month 12-2pm, African & Caribbean Cancer Support Group facilitated by Alecia May.**

### **Tuesdays 12.30pm to 2.00pm, Singing Workshop –with Colette Parham**

A fun and friendly singing workshop including breathing & vocal exercises and group singing. No previous singing experience required. No singing workshop in April or May: check dates on the time table.

### **Tuesdays 2-3pm, Qi Gong with Marilyn Harvey**

Qi Gong may be described as a practice that improves one's mental & physical health by integrating posture, movement and breathing. Beginners are encouraged to stay for the first 30 to 45 minutes.

**First Tuesday of the month 11am-12.30pm, Monthly social morning.** Join us to enjoy a hot drink, cake and fruit in a relaxed environment; have a chat and meet other Centre members

### **Last Tuesday of the month 10.30am-12.30pm, Asian Support Group facilitated by Nazira Visram**

### **Wednesdays 10.15am to 11.00, Walking Group -- led by Rosie Fowler**

This walk starts from the bandstand in Battersea Park and finishes at Paul's centre.

### **Thursdays 10.30am to 12.30pm, Move Dance Feel –with Emily Jenkins**

A 10 week creative dance project designed to support women who are affected by cancer. For further information contact the Support Team. You are welcome to attend all ten weeks or drop in to individual sessions. May 2, 9, 16, 23; June 6, 13, 20; July 4 2019

### **Fridays fortnightly 2-3.30pm, Moving Meditation with Maria Black**

This class is open to anyone with an interest in meditation; you do not need any previous experience; if you already meditate, Maria's teaching will support you in deepening your practice.

**Fridays fortnightly 2.30-3.30pm, Yoga with Vicky Fox** A very gentle class suitable for beginners and all levels.

### **The following courses need to be booked in advance**

#### **Yoga for men, Mondays 2.00pm to 3.15pm with Sarah Buckland**

A small group of up to three men at a time, practicing gentle movement and breathing exercises to balance both physical and mental energies.

**Macmillan HOPE course starts on Tuesday 7<sup>th</sup> May, 3-6pm.** A six week course providing information and practical advice about managing fatigue, improving sleep, setting goals and developing mindfulness skills. The dates are 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> May and 4<sup>th</sup> & 11<sup>th</sup> June.

**Alexander Technique, Wednesdays fortnightly, starting May 22, 11.00am to 12.00pm with Deborah Levy.** A class to help you identify and correct postural habits that may aggravate stress or pain.

**Photography course for people living with secondary cancer, starts on Friday 14 June, 10.00am -1.00pm with Jessica Mitchell and Diogo Duarte.** During this six week course you will learn how to use a DSLR camera whilst exploring the impact of cancer on your life.