

 **Mind Tower Hamlets and Newham**
Connecting Communities Active Timetable 2021



Monday	Tuesday	Wednesday		Thursday		Friday	Saturday	Sunday	
Fitness and Boxing Training (at K.O.C.A. Gym) Cat 7am - 8am (In-person)	Fitness and Boxing Training (at K.O.C.A. Gym) Cat 7am - 8am (In-person)	Fitness and Boxing Training (at K.O.C.A. Gym) Cat 7am - 8am (In-person)	Thai Boxing Fighters Academy Gohar 10am - 11.30am (In-person)		Fitness and Boxing Training (at K.O.C.A. Gym) Cat 7am - 8am (In-person)		Fitness and Boxing Training (at K.O.C.A. Gym) Cat 7am - 8am (In-person)	Thai Boxing Fighters Academy Gohar 10am - 11.30am (In-person)	
Thai Boxing Fighters Academy Gohar 10am - 11.30am (In-person)		Midweek Music Group Dave 10am - 3pm (In-person)	Co-Create Art Sessions Patricia 10.30am - 12.30pm (Online)	Men's Shed Ray/Steve 10am - 3pm (In-person)	Basic IT Skills Group (St Hilda's) Lindsey 1pm - 2pm (In-person)	Get Active, Get Cycling Graham 10am - 3pm (In-person)	Mums Matter Group (Redbridge) Leonora 12pm - 1.30pm (In-person)	Men's Shed Ray/Steve 10am - 3pm (In-person)	
Men's Shed Ray/Steve 10am - 3pm (In-person)	Forgotten Women Aisha 10am - 11am (In-person)	Walk, Talk & Snap Walking Group Colin 11am - 1pm (In-person)		Mums Matters Queries Leonora 2pm - 4pm (By phone)	Chit Chat Chai Discussion Group (St Hilda's) Lindsey 10.30pm - 1.30pm (In-person)	Coping with Life Group (Topic: Managing Anxiety) Chris 11am - 1pm (Start: 28th Oct 2021) (In-person)	Acupuncture Hong 10am - 4pm (£10 per session) (In-person)		Urban Ramblers Ana & Stella 2pm - Finish (Every other week) (In-person)
LGBTQ Mind Elaine 12pm - 2pm (In-person)	Mums Matters Coffee Meet Up Leonora 11am - 1pm (In-person)	Let's Talk Youth Group Filsan 2pm - 3pm (In-person)	Mindfulness Sessions Leonora 3pm - 4pm (In-person)		Chit Chat with Mind Rukia/LEAP 2pm - 3pm (Online)	Creative Writing Liz 2pm - 4pm (Term: Sept - Dec 2021) (Online)		Men's Space Andrew 2pm - 4pm (In-person)	Yoga (at K.O.C.A. Gym) Cat 3 - 4pm (In-person)
	Cool 2 Believe Paranoia & Distressing Beliefs Group Jeremy 1.30pm - 3pm (In-person)	Pink Power Women's Hearing Voices Group Mazen 4pm - 5pm (Online)	Dyslexia Support Group Phillip 4.30pm - 6.30pm (In-person)			Hope & Wellbeing Group Aisha 5pm - 7pm (Online)			
Thai Boxing Fighters Academy Gohar 7pm - 8.30pm (In-person)	Complementary Therapies Pathways Trust (Book Sessions for any day) Cost:£5.00 (In-person)	Expressions With Art Phillip 6.30pm - 7.30pm (Online/ In-person)		Thai Boxing Fighters Academy Gohar 7pm - 8.30pm (In-person)	Women's Yoga (St Hilda's) Lindsey 6pm - 7pm (Online)	Activate Café (28th Oct at Open House) 4pm - 7pm (In-person)	Thai Boxing Fighters Academy Gohar 7pm - 8.30pm (In-person)		LGBTQI+ Boxing (at K.O.C.A. Gym) Cat 4 - 5pm (£7 per Session) (In-person)

Register now for upcoming Sessions:
 - Women's Hearing Voices Group - (Online)
 - Activate Cafe at Open House - 28th October 2021
 - Let's Talk Youth Group - Join us!

- Acupuncture Every Friday, Book your appointment!
 - Coping with Life (CBT Course) - Managing Anxiety - 28th October 2021

For more information or to register for one of our groups, please contact our Navigators on 0207 510 1081 or email connecting.communities@mithn.org.uk.
 You can also visit www.mithn.org.uk for further resources.