

## NOVEMBER Activities - Manor Gardens, 6-9 Manor Gardens, N7 6LA

### MONDAY

10:00-11:00	<b>Carers Support Group (Room 9 Ground Floor)</b> A group focused on managing specific difficulties but also strengths, resources and coping skills in contribute to your own health and wellbeing on a long-term basis.
11:15-12.30	<b>Women and Wellbeing Group (Room 9 Ground Floor)</b> A safe space to get creative and have conversations about health and wellbeing
12:30-14:00	<b>Beginners ESOL (Room 9 Ground Floor)</b> Learn to speak English with confidence in a supportive group environment
14:30-16:00	<b>Drumming Basics (Room 9 Ground Floor) <u>From 7<sup>th</sup> October</u></b> Learn basic drumming techniques and how to combat anxiety with a professional tutor

### TUESDAY

11:30-12:45	<b>Reading for Wellbeing (Room 9 Ground Floor) <u>From 8<sup>th</sup> October</u></b> Practise your English through reading of fiction, positive news publications & poetry
13:00-14:30	<b>Conversation café (Room 9 Ground Floor)</b> Practise English through conversation, discussion and exercises in a friendly space
18:00-20:00	<b>LGBTQIA+ support group (Room 9 Ground Floor) <b>BOOKING REQUIRED</b></b> Peer support & wellbeing for the LGBTQIA+ community in a safe, confidential space

### WEDNESDAY

10:30-12:30	<b>Coffee Morning (Training Room, 10 Manor Gardens)</b> Join us for conversations around wellbeing, information and support.
11:00-12:00	<b>Food Co-operative (Room 9 Ground Floor)</b> A community co-op with surplus food for local residents for £3 per week.
13:00-14:00	<b>Chair Yoga (Room 9 Ground Floor)</b> Gentle chair yoga exercises to keep you moving

### THURSDAY

11:30-12:30	<b>Mat Yoga (Room 9 Ground Floor) <b>BOOKING REQUIRED</b></b> Gentle floor-based yoga exercise to relax and build resilience and strength
12:00-14:00	<b>Urban Gardeners Growing Group</b> Help us to set up a new food growing space, focusing on Afro-Caribbean produce
16:00-17:30	<b>Painting for Wellbeing (Room 9 Ground Floor)</b> Come and try your hand at painting or drawing to improve your wellbeing

### FRIDAY

10.30-12:30	<b>Breakfast and games morning (Room 9 Ground Floor)</b> Join us for our weekly fun, friendly tea, toast, conversation and games
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To volunteer or for more information, contact: Michael Tiritas, Volunteer & Activities Coordinator

 07928 009412 OR  [michael@manorgardenscentre.org](mailto:michael@manorgardenscentre.org)

All activities are free & open to everyone. To support our much-needed wellbeing activities & community work, donate: [localgiving.org/charity/manorgardenswelfaretrust/](https://localgiving.org/charity/manorgardenswelfaretrust/)

Registered charity no. 1036053