

SEPTEMBER Activities - Manor Gardens, 6-9 Manor Gardens, N7 6LA

MONDAY

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

TUESDAY

10:30-12:30	Coffee Morning (North Library first floor) Join us for coffee & conversations around wellbeing, information and support.
13:00-14:30	Conversation café (Room 9 Ground Floor) Practise English through conversation, discussion and exercises in a friendly space
18:00-20:00	LGBTQIA+ support group (Room 9 Ground Floor) BOOKING REQUIRED Peer support & wellbeing for the LGBTQIA+ community in a safe, confidential space

WEDNESDAY

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

THURSDAY

12:00-13:00	Mat Yoga (Room 9 Ground Floor) BOOKING REQUIRED Gentle floor-based yoga exercise to relax and build resilience and strength
14:00-15:00	Home Skills workshop (Room 9 Ground Floor) <u>From 3rd October</u> Gain confidence in the use of basic tools and tips on home DIY
16:00-17:30	Painting for Wellbeing (Room 9 Ground Floor) Come and try your hand at painting or drawing to improve your wellbeing

FRIDAY

10.30-12:30	Breakfast and games morning (Room 9 Ground Floor) 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

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

Registered charity no. 1036053