

Come and join us and enhance your wellbeing. We offer a range of sessions to help you with both body and mind, and as a life-long wellbeing provider there's something for all ages. For more info please call 01268 520785, alternatively, email our support team [admin@motivated-mind.co.uk](mailto:admin@motivated-mind.co.uk). To keep up-to-date with what we offer visit [www.motivated-minds.co.uk/whats-on-where.php](http://www.motivated-minds.co.uk/whats-on-where.php)

### **Mondays**

10am **Walk 4 Wellness: Gloucester Park** - Join us for a stroll and friendly chat, getting in some fresh air and the opportunity to meet new people. Meet @HAPPY Hub, Eastgate and we walk around Gloucester Park. £3

11.30am **Master MINDfulness** - Guided meditation supporting clarity of mind and deep breathing practice for improved mental health. @HAPPY Hub, Eastgate £5

1pm **Cup of Kindness** - Come together for a cuppa and chat to support positive mental health. This group is perfect for those that want to get out, meet like-minded people and create positive change in a supportive environment. @HAPPY Hub, Eastgate £3

5-7pm **Well Kids Club** - A safe, fun and friendly place to play, create and learn @ Beechwood Community Centre, Craylands, Basildon. For children 8+. **FREE thanks to Swan Housing Association.**

### **Tuesdays**

10am **INside Out** - Wellness workshops that explore various subjects each week around mental health, such as anxiety, depression, self-harm. During each session we will look at the symptoms, the effects, coping strategies and support. For a listing of what we are covering when call 01268 520 785 @HAPPY Hub, Eastgate £7

3.30 - 5.00pm **Well Kids Make** - Come and build, paint or make in our fun club suitable for children of all ages. There's lego, painting, crafts and plenty of games to keep them entertained. @Happy Hub, Eastgate £5

5.00pm - 7pm **Well Youth Club** - A safe space for teens who face barriers to their mental health and wellbeing. We provide an environment to challenge those barriers and build stronger resilience. @HAPPY Hub, Eastgate. £5

6.30pm **EmpowerME** - Join our self-development book club, exploring positive mental health and inspirational text in our weekly meet. @HAPPY Hub, Eastgate @£7

### **Wednesdays**

10am **Relax, Unwind & Make** - Join our friendly make session, whether it is knitting, crocheting, lace making, or embroidery, bring it along and share your skills over a cuppa and friendly chat in this peer-led session. @HAPPY Hub, Eastgate £3.

1pm **Mind Craft** - Harmonise your mind with various arts and craft activities such as scrap booking, mindfulness colouring, pebble painting, and paper craft. @HAPPY Hub, Eastgate £5

4.00pm **Exercise Buddies: Swim** @Basildon Sporting Village £3 does not include entrance

### **Thursdays**

9.30am **Walk 4 Wellness: Northlands Park**. Join us for a group walk and talk and improve body and mind. Meet point at entrance of park, near Northlands Park cafe. £3

11am **Cup of Kindness**. Come together for a cuppa and chat to support positive mental health. This peer led group is perfect for those that want to get out, meet like-minded people and create positive change in a supportive environment. @King Edward Community Centre, Laindon, **\*FREE thanks to Peabody Housing Association**

11am **Ready Steady Move** - A specially designed exercise class for those with limited mobility. Offering a combination of seated and co-ordinated movements to support healthy body and mind. This fun class also welcome carers. @HAPPY Hub, Eastgate on the 2<sup>nd</sup> and 4<sup>th</sup> Thurs of the month. £5

1pm **Mind Craft** – Harmonise your mind with various arts and craft activities such as scrap booking, mindfulness colouring, pebble painting, & paper craft. @ King Edwards Community Ctr., Laindon. **\*FREE**

3pm **Bridging the GAP** - community dinner. Come and enjoy a home-cooked meal each week and meet new people. @Kind Edward Community Centre, Laindon. £5

5.30pm **Motivated Minds Social Night**. If you want to get out, make new friends but struggle with your mental health then this social night is for you. As a group of people who know the barriers, we will be supporting one another to overcome them and to have some fun, you know we all need fun! Events include: bowling, cinema and meals out. Please call for more info and costs.

## **Fridays**

9.30am **Exercise Buddies: Gym session** @Basildon Sporting Village £3 does not include entrance

10.00am **MEN'd** – Our men only support group explores barriers and coping strategies to mental ill health, meet like-minded people and make new friends, set goals and gain motivation, take part in various positive activities which will be decided by the group (examples include: ping pong, walking, bike building, cycling, go-karting), and improve your overall wellbeing. @ HAPPY Hub, Eastgate £5

Noon – **Exercise Buddies: Swim** @Wickford Pool. A quiet session suitable for a relaxing swim. £3 does not include swim entrance

1pm – **Board Game Club and Cuppa**. Various games, cards, puzzles to get involved with in our friendly peer led club. Come and join us @HAPPY Hub, Eastgate. £3

3.30pm – 6pm **Bridging the GAP** community dinner. Come and enjoy a home-cooked meal each week and meet new people. @Downtowner Youth Centre, Wickford. £5

6.30 - 9pm **Well Youth Club** - A safe space for teens who face barriers to their wellbeing. We provide an environment to challenge those barriers and build stronger resilience and support positive mental health. @Downtowner Youth Club, Wickford. £5

## **Saturdays**

**Well Mind:** A half day of wellness and relaxation (4 hours) exploring the concept and benefits of mindfulness, and trials various forms of practice such as colouring, mantras and meditation. We also make recommendations for future self-practice, so you are able to confidently go away and develop in your own time. Various times/venues (Upminster/Basildon (Colchester – Relax & Reboot Spa Day)) from £25 per session.

## **Saturday & Sundays**

10am – 4.00pm **Well Kids Make** – Come and build, paint or make in our fun club suitable for children of all ages. There's lego, painting, crafts and plenty of games to keep them entertained. @Happy Hub, Eastgate £5