

www.sgmind.org.uk



Swindon and
Gloucestershire



Walking Group

Explore Swindon and the local area on foot. We will walk at the pace of the slowest walker and stop off for refreshments.

Every Thursday meet at Sanford House Reception, 1:30pm till 4:00pm.

To register your interest please Contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Walking Group 2020 Calendar

January

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- Meet at Sanford House Reception, 1:30pm till 4:00pm.
- No groups UK Bank Holiday.

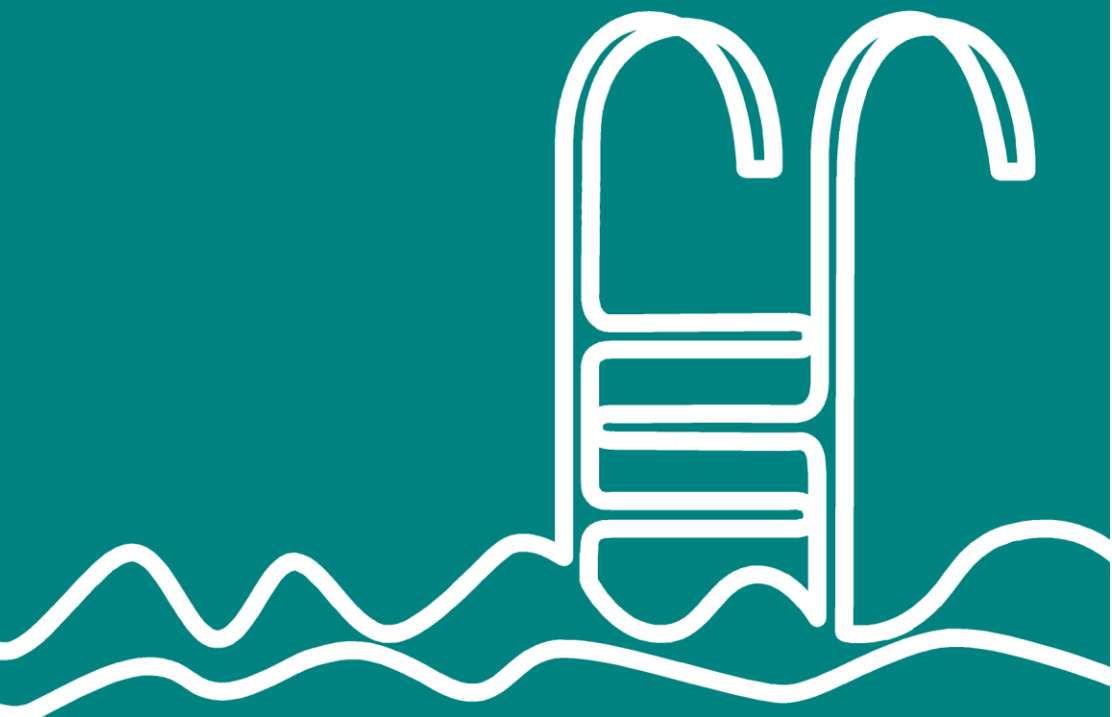


Programme



Swindon and Gloucestershire Mind
 Sanford House, Sanford Street, Swindon SN1 5HE
 Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786



Ladies Only Swimming

12 week course and cost as follows:

Beginners - building confidence in the water 10:00am till 10:45am, £1.50.

Improvers - developing swimming skills 10:45am till 11:30am, £1.50.

To register your interest please contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Ladies Only Swimming 2020 Calendar

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- Meet at Heath Hydro Reception, Beginners 10:00am. Improvers 10:45am.
- No groups UK Bank Holiday.



Programme



Swindon and Gloucestershire Mind
 Sanford House, Sanford Street, Swindon SN1 5HE
 Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786



Pottery Workshop

Learn how to create and decorate a variety of ceramic items including pots, egg cups, pinch pots, vases and many more.

Pilot Group six weeks only. Fortnightly on Wednesday at Sanford House at 11:00am till 12:00pm, £2.50 per session.

To register your interest please contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Pottery Workshop 2019 Calendar

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- Sanford House Reception, 11:00am till 12:00pm.
- No groups UK Bank Holiday.



Programme



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 Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786



Job Club

Support and advice for members seeking current employment or volunteering opportunities including; preparing your CV, completing job applications and cover letters.

Fortnightly Tuesdays, Sanford House,
2:00pm till 4:00pm.

To register your interest please contact
your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Job Club 2020 Calendar

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- Sanford House, Fortnightly, Tuesdays 2:00pm till 4:00pm.
- No groups UK Bank Holiday.



Programme





Everyday Maths

12 week course based on every day math applications, with an option to move on to an advanced course

Sanford House 10:00am till 12:45pm.

To register your interest please contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Everyday Maths 2020 Calendar

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 Sanford House Reception, 11:00am till 12:00pm.
 No groups UK Bank Holiday.



Programme



Swindon and Gloucestershire Mind
 Sanford House, Sanford Street, Swindon SN1 5HE
 Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786

www.sgmind.org.uk



Supported by



Needlecraft

Bring along your current project and share your skills with others or learn new ones.

Fridays, Fig Offices, 3 Newbridge Square, Swindon, SN1 1HN
11:00am till 1:00pm.

To register your interest please contact your Wellbeing Coordinator.
Telephone: 01793 432031.



Swindon and
Gloucestershire

Needlecraft 2020 Calendar

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Fig Offices, 3 Newbridge Square, Swindon, SN1 1HN Fridays. 11:00am till 1:00pm.

No groups UK Bank Holiday.



Programme



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Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786



Let's cook

Come along and learn your way around the kitchen preparing new tasty nutritious meals in a friendly environment.

Community Centre Christ Church,
Cricklade Street, Old Town, Swindon.
11:00am till 1:45pm.

This is a six week pilot group. To register your interest please contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Let's Cook 2020 Calendar

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 Community Centre Christ Church, Cricklade Street, Swindon. 11:00am till 1:45pm.
 No groups UK Bank Holiday.



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Choose
from
2 Football
Sessions



Football Groups

Tuesday 2:00pm till 3:00pm at the Croft Sports Centre run by staff from Active Life Team. £2.50 per session, pay on site (Debit Card Only).

Wednesdays 2:30pm till 3:30pm, Grange Leisure Centre. Free Taster Session £2.50 per session thereafter.

To register your interest please contact your Wellbeing Coordinator.

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Football Groups 2020 Calendar

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July

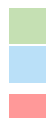
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Croft Sports Centre, Tuesdays 2:00pm till 3:00pm.

Grange Leisure Centre, Wednesdays 2:30pm till 3:30pm (£2:50).

No groups UK Bank Holiday,



Programme



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Registered Charity Number 1174786



Support and Connect

A chance for members to get together and share a chat over a cuppa.

Monday, 11:30am-1:30pm, Sanford House.

Thursday, 11:00am-1:00pm, McCtaffs.

Friday, 11:00am-1:00pm, Sanford House.

Saturday, 11:00am-1:00pm, McCtaffs.

To register your interest please contact your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Support and Connect 2020

January

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Sanford House, Monday 11:30am till 1:30pm. Friday. 11:00am till 1:00pm.

McCaffs, Cake & Tearooms, Brunel Shopping Centre, Thursday, 11:00am 1:00pm

McCaffs, Cake & Tearooms, Brunel Shopping Centre, Saturday, 11:00am 1:00pm

No groups UK Bank Holiday.



Programme



Swindon and Gloucestershire Mind
Sanford House, Sanford Street, Swindon SN1 5HE
Telephone: 01793 432031 Email: admin@sgmind.org.uk

Registered Charity Number 1174786

www.sgmind.org.uk

Fortnightly,
Sanford House,
Friday
1:30pm till 3:00pm
(18-30yrs).



Young Mind Group

Fortnightly sessions for young people to meet up and try new things based upon the five ways to wellbeing such as; creative writing, mindful colouring, games and trips out.

Sanford House, 1:30pm till 3:00pm.

To register your interest please contact your wellbeing coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Young Mind 2020 Calendar

January

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March

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July

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 Sanford House Fortnightly, Fridays 1:30pm till 3:00pm.
 No groups UK Bank Holiday.



Programme



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Registered Charity Number 1174786



Yoga Group

Learn to relax practicing Yoga, every Thursday virtual tuition sessions with Charle.

Anytime Fitness, 3 Hoopers Place,
Swindon SN1 3RA.

Thursdays 1:30pm till 2:30pm

To register your interest please contact
your Wellbeing Coordinator.

Telephone: 01793 432031.



Swindon and
Gloucestershire

Yoga Group 2020 Calendar

January

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February

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March

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- Anytime Fitness, 3 Hoopers Place, Swindon SN1 3RA. 1:30am till pm.
- No groups UK Bank Holiday.



Programme



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ReCrafted Group

Come and be inspired to create your own art... make a gift for someone, turn something old into something new.

Alternate Tuesdays, Sanford House,
2:00pm till 4:00pm.

To register your interest please speak
with your wellbeing coordinator.

Telephone: 01793 432031



Swindon and
Gloucestershire

ReCrafted Group 2020 Calendar

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Programme



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Programme

'We won't give up until everyone experiencing a mental health problem gets support and respect'.



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Registered charity - No. 1174786