



























Organisation	Activity
<p>Activities 4 U</p> 	<p>Superwoman Saturdays [Available from April 2022]</p> <p>A weekly child-friendly community fitness club for women and girls</p> <ul style="list-style-type: none"> When: Saturdays, 9am-10am Location: Reay Primary School, Hackford Road, London, SW9 0EN Contact Ruth Eyle: 07538521864 or email: admin@activities4u.org.uk
<p>Archbishop's Park Community Trust</p> 	<p>Archbishop's Park Gardening Club [Available from April 2022]</p> <p>Monthly sessions for older people comprising a walk and wellbeing craft activity using things found in the park.</p> <ul style="list-style-type: none"> When: Once per month on a Wednesday. Confirmed dates: 18/05/22 & 15/06/22. Remaining dates to be confirmed Location: Community Room, Archbishop's Park, Carlisle Lane, London SE1 7LE Contact Sarah Hooper: 020 7021 1633
<p>Autism Voice Limited</p> 	<p>Wellbeing support for Healthy aging [Available from April 2022]</p> <p>A mental wellbeing support group and series of wellbeing activities to support people over the age of 35 with autism, with a particular focus on Black, Asian and multi-ethnic groups.</p> <ul style="list-style-type: none"> When: Support Group held on Wednesdays, 10am-12pm*. Location: 161-167 Clapham Manor Street, London, SW4 6DB. Contact: 07460 399 290 or email: info@autismvoice.org.uk / autismvoice1@gmail.com <p>* Additional wellbeing activities are held once monthly</p>
<p>Lambeth Elderly Association from Vietnam</p> 	<p>Never Too Late [Available from April 2022]</p> <p>Tea dancing, healthy eating, and food meet ups, for older Vietnamese and Chinese-Vietnamese former refugees, most of whom have long-term health conditions*.</p> <ul style="list-style-type: none"> When: Every Monday, 12pm-2pm and Every Thursday, 11am-1pm. Location: LEAV, 56b Courland Grove, London SW8 2PX Contact: 020 7498 2465 or email: myd@leav.org.uk <p>* Group is for Vietnamese & Chinese elderly who speak very little English. Interpreter will be present.</p>
<p>Sporting Recovery CIC</p> 	<p>SR Lambeth Wellness Programme [Available from April 2022]</p> <p>Weekly sports sessions for vulnerable adults with mental health or complex care needs.</p> <ul style="list-style-type: none"> When: Tuesday 1-4 pm Location: Black Prince Trust, Beaufoy Walk, London SE11 6AA Contact: 03000 301 233 or email: help@sportingrecovery.org.uk
<p>Loughborough Junction Action Group</p> 	<p>Craft Workshop [Available from April 2022]</p> <p>Weekly craft workshops for older BME people at the Carnegie Library delivered by Maude Estwick.</p> <ul style="list-style-type: none"> When: Tuesdays, 10am-1pm (term time) Location: Carnegie Library, Herne Hill Road, London, SE24 0AG Contact Maude Estwick: 07956 105 455 or email: mrassoc@fastmail.co.uk

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<p>Stockwell Strikers Football Academy</p> 	<p>Stockwell Strikers Wellbeing project [Available from April 2022]</p> <p>A programme of health and wellbeing, sport, and physical activities for BAME young adults in Lambeth.</p> <p>Football Sessions:</p> <ul style="list-style-type: none"> ▪ Mondays, 6:30pm-7pm and Saturdays 10am-12pm at Eythorne Park, Myatt's Field North, Eythorne Road, SW9 7RH <p>Workshops:</p> <ul style="list-style-type: none"> ▪ 6 -7pm at Golden Centre 21, Clarewood Walk, SW9 7TX ▪ Contact: stockwellstrikers@gmail.com ▪ Instagram: https://www.instagram.com/stockwellstrikers1/ 																								
<p>Lambeth Asian Centre</p> 	<p>Managing mental & psychological wellbeing amidst COVID-19 pandemic: Positive psychology interventions [Available from 4th April 2022]</p> <p>A weekly programme consisting of physical activities and conversations around positive psychology, reaching older Asian people experiencing poor mental health.</p> <ul style="list-style-type: none"> ▪ When: Mondays, 1pm-4pm ▪ Location: Balham Library, 16 Ramsden Road, London, SW12 8QY* ▪ Contact: lambethasiancenter@googlemail.com <p>* Location will change to Tate Gallery Library, 63 Streatham High Road, Streatham, London, SE16 1PN</p>																								
<p>Lady Margaret Hall Settlement</p> 	<p>Crafts for Wellbeing [Available from 21st April 2022]</p> <p>Crafting activities and sessions exploring wellbeing and resilience to improve people's mental health and wellbeing.</p> <ul style="list-style-type: none"> ▪ When: Thursdays, 1pm-3pm (term time) ▪ Location: All Sewn Up, Unit 1, Co-op Centre, 11 Mowll Street, Vassal, London, SW9 6BG ▪ Contact: 020 7840 0216 or email: admin@lmhs.org.uk 																								
<p>Happy Drums</p> 	<p>Happy Drums [Available from May 2022]</p> <p>Interactive dance and music workshops targeting older people and Black Men.</p> <table border="1" data-bbox="370 1287 1448 1528"> <thead> <tr> <th>Starting</th> <th>Duration</th> <th>When</th> <th>Location</th> </tr> </thead> <tbody> <tr> <td>02/05/22</td> <td>4 weeks</td> <td>Mondays, 12-1pm</td> <td>Brixton Recreation Centre</td> </tr> <tr> <td>03/05/22</td> <td>10 weeks</td> <td>Tuesdays, 1-2pm</td> <td>Angell Town Old People's Home</td> </tr> <tr> <td>11/05/22 (fortnightly)</td> <td>4 weeks</td> <td>Wednesdays, 2:30 - 3:30pm</td> <td>Marcus Lipton Centre</td> </tr> <tr> <td>06/06/22</td> <td>10 weeks</td> <td>Monday's 11:45-12:45pm</td> <td>Brixton House</td> </tr> <tr> <td>08/06/22</td> <td>8 weeks</td> <td>Wednesday 1-2pm</td> <td>Myatt's Field Park (outdoors)</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ▪ Contact Tony Bailey: 07762 155 338 or email: tonybhappydrums@gmail.com <p>Additional Information:</p> <ul style="list-style-type: none"> ▪ Intergenerational workshops - All participants will learn African dance step and perform routines at Myatt's Fields Park Black History Month Celebration event in late July ▪ Happy Drums will provide all participants with Drums, special percussive instruments, and song sheets of popular songs. 	Starting	Duration	When	Location	02/05/22	4 weeks	Mondays, 12-1pm	Brixton Recreation Centre	03/05/22	10 weeks	Tuesdays, 1-2pm	Angell Town Old People's Home	11/05/22 (fortnightly)	4 weeks	Wednesdays, 2:30 - 3:30pm	Marcus Lipton Centre	06/06/22	10 weeks	Monday's 11:45-12:45pm	Brixton House	08/06/22	8 weeks	Wednesday 1-2pm	Myatt's Field Park (outdoors)
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<p>Afewee Training Centre</p> 	<p>Parents Forum Live-Your Wellbeing [Available from May 2022]</p> <p>Parents forums supporting the health and wellbeing of the football team's parents and carers For parents / carers of club members</p> <ul style="list-style-type: none"> When: Periodically throughout the year Location: Afewee Football Club
<p>Friends of Windmill Gardens</p> 	<p>Brixton Windmill Community Club [Available from May 2022]</p> <p>A community club for older and isolated residents on the Blenheim Gardens estate. The club will involve a variety of cookery classes, gardening, and other activities, to connect people and improve their wellbeing.</p> <ul style="list-style-type: none"> When: Every Thursday, 10am-1pm Location: Brixton Windmill Centre, 100 Blenheim Gardens, London, SW2 5DA Contact: 07587 170 029
<p>Loughborough Junction Action Group (nurture)</p>	<p>Thriving Vassall & Coldharbour [Available from May 2022]</p> <p>Four wellbeing day events bringing together a range of local people, organisations, and health professionals to provide health check alongside information, advice and guidance, affordable food and volunteering opportunities reaching BAME people.</p> <ul style="list-style-type: none"> When: First event held on 12th May at ML Community Enterprise Location: Around Loughborough Junction Contact Anthea Masey: 07799 621 582 or email: anthemasey@btinternet.com <p>Additional Information: Thriving Vassall & Coldharbour holds regular Zoom get togethers for health practitioners & community groups in the Vassall & Coldharbour wards on first and last Tuesday of the month.</p>
<p>New Vision For Women CIC</p> 	<p>Women Wellness [Available from May 2022]</p> <p>A series of gentle exercise and healthy cooking sessions for BAME and migrant women in Thornton Ward.</p> <ul style="list-style-type: none"> When: Mondays, 9am-1pm Location: One O'Clock Club, Agnes Riley Gardens, Poynders Road, London, SW4 8PL. Contact: nighat.khan@newvision4women.co.uk
<p>Station Hall (nurture)</p> 	<p>Mental Health & Wellbeing Sessions [Available from May 2022]</p> <p>Weekly wellbeing yoga and meditation classes at Station Hall targeting men and other minority groups who may feel excluded from mainstream classes delivered by Claudia Feigk.</p> <ul style="list-style-type: none"> When: Tuesdays 9.30-11am Location: Station Hall, 1st Floor Herne Hill Station, Railton Road, SE24 0JW Contact: www.cloudneunyoga.cloudstudios.com <p>Additional Information: Yoga Mats are Provided. Workshops are followed by a Coffee Morning. The Hall is accessed by a staircase.</p>

Organisation	Activity
<p>Millennium Community Solutions CIC</p> 	<p>Loneliness Engagement Project [Available from June 2022]</p> <p>Loaning assistive technology and offering technical support to isolated disabled people across all wards in Lambeth.</p> <ul style="list-style-type: none"> When: Tuesday - Thursday 10am - 2pm Location: Southywick Coding and Arts Centre, Moreland Road, London, SW9 8UR Contact: https://www.millenniumcommunitysolutions.com/
<p>Lambeth Somali Community Association</p> 	<p>Women's Positive Changes Project [Available from 07/06/22]</p> <p>Weekly peer-to-peer support space, workshops, and activities, for Somali women who have experienced isolation and mental health issues following Covid-19.</p> <ul style="list-style-type: none"> When: Every Tuesday & Thursday 10:30 am- 2pm Location: Annex Building, 13-15 Stockwell Road, London, SW9 9AU Contact: 020 7738 6372 or email: lamsom@lamsom.org.uk
<p>Root 'n' Branch</p> 	<p>A Space for All [Available from 7th June 2022]</p> <p>An inclusive programme of environmentally focused activities in the Studley Estate.</p> <p>6 week course 'Introduction to Gardening sessions'</p> <ul style="list-style-type: none"> Starting on 09/06/22 until 14/07/22. Thursdays, 10am-12pm. <p>Open access community gardening sessions</p> <ul style="list-style-type: none"> 07/06/22, 10.30am-12.30pm and 14/06/22, 10pm-2pm Location: The Stockwell Centre, 1 Studley Rd, SW4 6RA Contact Marie Monaghan or Gary Thomas: 07980107187 or email: hello@rootnbranch.org.uk <p>Additional Information: Other dates and activities to be confirmed including gardening sessions, afternoon tea, film screenings and environmental themed workshops.</p>
<p>Art4Space (nurture)</p> 	<p>Well-being through creativity. Peer-led [Available from 9th June 2022]</p> <p>A weekly series of peer-led creative workshops to improve mental health and wellbeing. 40 sessions will be held over the year.</p> <ul style="list-style-type: none"> When: Thursdays, 10-12 Where: Art4space, Unit 1, 31 Jeffreys Road, Stockwell, SW4 6QU Contact: 07816 386 270 or email: jewels@art4space.co.uk
<p>Station Hall (nurture)</p> 	<p>Parents Learning Together Available from 10/06/22]</p> <p>Monthly workshop sessions at Station Hall for parents/ family members and supporters of Black Caribbean and African young people aged 16-25 delivered by the Blackberry Hub.</p> <ul style="list-style-type: none"> When: 2nd Friday of the month starting 10th June 2022 from 6pm-10pm, Location: Station Hall, 1st Floor Herne Hill Station, Railton Road, SE24 0JW (please note the Hall is only accessible by a staircase) Contact details: <ul style="list-style-type: none"> https://www.facebook.com/theblackberryhub/ https://www.instagram.com/theblackberryhub/ https://blackberryhublivesessions.eventbrite.co.uk

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<p>Respeito</p> 	<p>Self-care and Community Resilience [Available from June 2022]</p> <p>1:1 counselling and group support project for Portuguese speakers experiencing poor mental health.</p> <table border="1" data-bbox="375 344 1446 552"> <thead> <tr> <th>Activity</th> <th>Starting</th> <th>Duration</th> </tr> </thead> <tbody> <tr> <td>Forums – Physical Wellbeing</td> <td>June 2022 and July 2022</td> <td></td> </tr> <tr> <td>Forums – Women Self-care awareness</td> <td>November 2022 and March 2023</td> <td></td> </tr> <tr> <td>Counselling (online)</td> <td>August 2022 to March 2023</td> <td></td> </tr> <tr> <td>Workshops (Year 1)</td> <td>September 2022 to December 2022</td> <td>4 sessions</td> </tr> <tr> <td>Workshops (Year 2)</td> <td>January 2023 to March 2023</td> <td>4 sessions</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ▪ Location: Most part of the activities is taking place at the Lansdowne – Stockwell ▪ Contact: 0300 365 2800 or email: juliana.rondon@respeito.org.uk / mjoaomelo@respeito.org.uk <p>Additional Information:</p> <ul style="list-style-type: none"> ▪ Activities focus on developing resilience, self-esteem, and abilities to be agents of social and personal transformation, empowered with knowledge about different forms of domestic abuse, social integration, gender equality and equal opportunities. ▪ Forums -2 sessions on Physical Wellbeing (sexual health, HIV prevention & cervical screening) ▪ Forums - 2 sessions on Women Self-care awareness in celebration of International’s Day against violence with women (Nov/22) and girls and women's day (March/23). Art expression for self-esteem and freedom of speech through poetry, craft art, etc.) 	Activity	Starting	Duration	Forums – Physical Wellbeing	June 2022 and July 2022		Forums – Women Self-care awareness	November 2022 and March 2023		Counselling (online)	August 2022 to March 2023		Workshops (Year 1)	September 2022 to December 2022	4 sessions	Workshops (Year 2)	January 2023 to March 2023	4 sessions
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<p>Communities Welfare Network</p> 	<p>Improving the Wellbeing of Local Older people [Available from 15th June 2022]</p> <p>A wraparound support service for older BAME people suffering with poor health, consisting of domestic support, physical activities, a regular social club, advice and information service, and basic IT skills course.</p> <ul style="list-style-type: none"> ▪ When: three times per month for befriending and once a month for Social club. Wednesday and Saturday, 11am – 3pm ▪ Location: 49 Camberwell New Road, London, SE5 0RZ ▪ Contact Beugre Jacques: 020 7820 7736 or email: cowelfare.net@gmail.com 																		
<p>Joy of Sound</p> 	<p>Accessible Tai chi and Dance Workshops [Available from 17th June 2022]</p> <p>Inclusive weekly dance, movement and seated/standing Tai chi workshops for people with learning and / or physical disabilities- online and in person at St Peter’s Heritage Centre, Vauxhall.</p> <ul style="list-style-type: none"> ▪ Thursdays (Online) (Time PM TBC) ▪ Fridays (In-person) 10am-1am with refreshments after. Location: Vauxhall Heritage Centre ▪ Contact: amefranklin@hotmail.com / angelacontucci@gmail.com 																		
<p>Carers4Carers (nurture)</p> 	<p>Men’s Walk n Talk [Available from Saturday 18th June 2022]</p> <p>Men’s Walk n Talk sessions which provide a safe space to improve the mental health and wellbeing of 50 local men with Caribbean and African heritage.</p> <ul style="list-style-type: none"> ▪ When: Saturdays and Sundays, 9am - 12 noon ▪ Location: Various locations in and around Lambeth ▪ Contact Chakka Shombe: 07961 421 996 or email: willan4carers@gmail.com <p>Additional Information: In addition to walks participants can take part in discussions, health workshops & Tai Chi and be part of a WhatsApp group.</p>																		

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<p>Brockwell Park Community Gardens and Natural Collection</p> 	<p>Wellbeing Wednesdays for Women [Available from 6th July 2022]</p> <p>Gentle yoga, mindfulness, nature connection and action learning for wellbeing. The project aims to support recovery from the impact of Covid, including for people with Long Covid and other long term health conditions as well as anyone who is isolated and wanting support and connection.</p> <ul style="list-style-type: none"> When: Wednesdays 12:30-14:30pm Location: Brockwell Community Gardens (SE24 9BJ), located in the centre of Brockwell Park between the walled gardens & the tennis courts. Follow the Community Greenhouses signs. Contact: 07769392377 or email: info@naturalconnection.org.uk <p>Additional Information:</p> <ul style="list-style-type: none"> On the outdoor decking in summer and inside the barn in autumn/winter. Yoga mats will be provided. Children's activities available in the school holidays.
<p>St Vincent's Centre Brixton</p> 	<p>Woven Stories [Available from September 2022]</p> <p>Two arts and crafts projects per year and one 8-week creative writing project each year reaching older people aged 55+.</p> <ul style="list-style-type: none"> When: Tuesday 10-1pm, Wednesday 10-1pm, Creative writing TBC Location: St Vincent's Brixton, Talma Road, London , SW2 1AS (the hall is fully accessible) Contact: 020 7274 1190 / 07512 722 572 or email: JaneDR@svp.org.uk
<p>The Lambeth Food Partnership (nurture)</p>	<p>Conversation & Cooking: An Oral History of Wellbeing [Available September – October 2022]</p> <p>An intergenerational oral history recording and food project and associated community cooking events reaching people across Lambeth primarily those with mental and physical health challenges delivered by On The Record.</p> <ul style="list-style-type: none"> When: Weekly drop-in sessions. To be confirmed in July. Location: Various - 1st workshop series will take place at Loughborough Farm and Platform Cafe, Loughborough Rd, London SW9 7AH. Contact: 07787 243 656 or email: laura@on-the-record.org.uk <p>Additional Information: Workshops are open to all and we particularly welcome those with lived experience of mental health difficulties, whether you are a service user, a carer, family member or work in the caring professions. Fully accessible with hot meal provided.</p>
<p>Longfield Hall Trust (nurture) Neurodiversity Learning</p> 	<p>DIY skills workshop for single parents in and around Loughborough Junction [Available from 06/09/22]</p> <p>Supporting young, low income, single parents in the Loughborough Junction area to develop DIY skills, with support from local creatives and makers who specialise in sustainable creations. Neurodiversity will be considered during planning and delivery.</p> <ul style="list-style-type: none"> When: Tuesdays, 9:30am-11:30am Location: 51 Lilford Road, Vassal, London, SE5 9HY Contact: Info@neurodiversitylearning.co.uk