

# Westminster Hub - Activity Programme

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>The Fig Tree Gardening Club</b>  Beethoven Gardens 10.00am - 1.00pm Weekly	
<b>London Zoo Volunteer Programme</b>  London Zoo 10.30am - 1.00pm Weekly	<b>Mental Wellness, Yoga, Movement and Mindfulness</b>  23 Monck Street, SW1P 2AE 11.00am - 1.00pm Weekly (starting 20 <sup>th</sup> May 2025)		<b>Green Minds</b>  The Royal Parks 2.00pm - 4.00pm Every third Thursday	<b>Creative Writing</b>  23 Monck Street, SW1P 2AE 11.00am - 12.30pm Weekly (starting 16 <sup>th</sup> May)
<b>Music in Mind</b>  Unit 2, 10 Acklam Road (corner of Acklam Rd and Portobello Rd), London W10 5QZ 2.00pm - 4.00pm Weekly (starting 12 <sup>th</sup> May 2025)	<b>Filmmaking</b>  Office 1, 7 Thorpe Close, W10 5XL 1.00pm - 5.00pm Weekly (until 3 <sup>rd</sup> June 2025)	<b>Monthly Mindfulness</b>  Hope in the Community Centre 3.00pm - 5.00pm First Wednesday of every month (starting May)	<b>Supported Gym Sessions</b>  Porchester Centre 2.30pm - 3.30pm Weekly  <b>Walk and Talk</b>  Multiple locations 2.00pm - 4.00pm Weekly	<b>Music in Mind</b>  Unit 2, 10 Acklam Road (corner of Acklam Rd and Portobello Rd), London W10 5QZ 2.00pm - 4.00pm Weekly (starting 20 <sup>th</sup> May 2025)



Contact us to register interest:  
[community@wclmind.org.uk](mailto:community@wclmind.org.uk)

West Central London mind