

Community Wellbeing Programmes Timetable

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



Contact us to register interest:
community@wclmind.org.uk

West Central London mind