

COME JOIN US TO STIMULATE YOUR MIND & BODY

# WELLBEING PROGRAMME

EVERY MONDAY & WEDNESDAY

**London MINDSPORTS Centre**  
**21 Dalling Road, Hammersmith W6 0JD**

(Near Ravenscourt Park Tube, Buses: 190, 218, 306)

**NEW TERM STARTS**  
**MONDAY 16<sup>TH</sup> SEPTEMBER 2024**

**Discover a new kind of community centre in Hammersmith & Fulham for residents**

LBHF **Active Minds** and West London NHS Trust have created a Wellbeing Programme at the MINDSPORTS Centre.

## MONDAY HIGHLIGHTS

**Dementia Academy**  
10:00am - 1:15pm

**'Understanding Dementia' Training by WLT NHS**  
Mon 21 Oct, 10:30am - 12:30pm  
Thu 14 Nov, 2:00pm - 4:00pm (online)

**Dance for Dementia (10 weeks)**  
10:30am - 11:30am

**Drop-In Dementia Information Sessions**  
11:00am - 1:15pm

**Monthly Admiral Nurse Appointments**  
11:00am - 2:30pm

**Poetry Reading and Coffee (Tea)**  
Mon 16 Sept, then first and last Monday of the month, 11:30am - 12:30pm

**Your Physical Wellbeing Course by WLT NHS**  
Mon 23 Sept for 4 weeks, 1:30pm - 4:00pm

**Good Life Course**  
Mon 21 Oct for 8 weeks, 1:30pm - 3:00pm

## WEDNESDAY HIGHLIGHTS

**Pilates & Breathing**  
11:00am - 12:00pm

**Singing with the English National Opera & WLT NHS**  
Wed 2 Oct for 5 weeks, 11:00am - 1:00pm

**'Creativity and Making Art' Sessions**  
Wed 18 Sept for 14 weeks, 12:30pm - 2:00pm

**Yoga**  
Wed 18 Sept for 10 weeks, 2:00pm - 3:00pm

**Memory Strategies for ALL WLT NHS**  
Wed 2 Oct, 2:00pm - 4:00pm

**All sessions are FREE, fully inclusive and dementia-friendly**

**Café is open for drinks and light snacks throughout the day**

**Term ends 11<sup>th</sup> December 2024**

## FOR MORE INFORMATION

Call: 07775 784 520 Email: [info@hfdaa.org](mailto:info@hfdaa.org)  
For weekly schedules, visit: [www.hfdaa.org](http://www.hfdaa.org)