



Mental Health and Wellbeing Peer Support Summer Wellbeing Programme

Our Summer Wellbeing Programme offers a variety of courses designed to improve mental health and wellbeing which focus on common mental difficulties such as anxiety, stress and depression. During the summer there'll be drop in sessions on ways to improve social connections and boost wellbeing, with mindfulness, walks and other creative and outdoor activities. Get in touch to find out more or to book your places. Call 07718 445558 or email wellbeing@bromleywell.org.uk or roxana.graves@bromleywell.org.uk.

Well Walks

A gentle paced walk in Beckenham Place Park to include a mindfulness element with time for coffee and connecting with others will take place on:

- Dates: Wednesdays 31st July, 14th & 28th August
- Times: 10:45am-12:45pm
- Meeting point: Mansion Café, Beckenham Place Park

Out and About

An opportunity to explore different parks in and around the Bromley Borough and meet new people will take place on:

- Dates: Wed 7th August
- Times: 10:45am-12:45pm
- Meeting point: the Café (near dinosaurs) Crystal Palace Park

Ways to Wellbeing an Introduction

If you are not sure where to start here is a good place! This 90-minute session will introduce you to the Five Ways to Wellbeing and the simple steps we can all take to improve our own health and wellbeing, will take place on:

- Dates: Mondays 5th & 19th August
- Times: 1pm-2:30pm
- Meeting point: Red Room, Beckenham Centre, BR3 4HY

Mindfulness, meditation and relaxation

These 90 minute sessions will focus on various mindfulness activities and/or meditation and are suitable for everyone.

- Dates: Wednesdays 7th & 21st August
- Times: 1.30pm – 3pm
- Meeting point Red Room, Beckenham Centre, BR3 4HY

On-Going Wellbeing Events



Coffee Connections

A friendly and inclusive on-going drop-in, discussion and support group which runs every Tuesday in Bromley, this summer the group will take place on:

Tuesday 6th & 20th August at Costa Coffee, Bromley Market Square from **5pm-7pm**

Tues 30th July, 13th & 27th August at the South Street Café, Community House, South Street, Bromley, **1.30pm-3pm**



Ways to Wellbeing: Peer Support Group

These interactive courses give participants an opportunity to share their own experiences alongside learning practical techniques to help increase wellbeing and are facilitated by volunteers with their own lived experience. The next group will take place on:

Sept 2019 - Date TBC

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